

McGill Questionnaire

How does your pain change with time?

- Continuous Steady Constant
- Rhythmic Periodic Intermittent
- Brief Momentary Transient

Which of the following items increase or decrease your pain?

Please indicate with arrows. ↑ for increase, ↓ for decrease.

- | | | |
|-----------------------------|--------------------------------------|---------------------------|
| • Liquor | • Massage or use of a | • Urination or Defecation |
| • Stimulants such as coffee | Vibrator | • Tension |
| • Eating | • Pressure | • Bright Lights |
| • Heat | • No Movement | • Loud Noises |
| • Cold | • Movement | • Going to Work |
| • Damp | • Sleep or Rest | • Intercourse |
| • Weather Changes | • Lying down | • Mild Exercise |
| | • Distraction (TV, Reading,
etc.) | • Fatigue |

How strong is your pain?

People agree that the following 5 words (mild, discomfort, distressing, horrible, excruciating) represent pain of increasing intensity. To answer each question below, select of the most appropriate word.

Which word describes your pain right now?

Mild Discomforting Distressing Horrible Excruciating

Which word describes it as its worst?

Mild Discomforting Distressing Horrible Excruciating

Which word describes it when it is least?

Mild Discomforting Distressing Horrible Excruciating

Which word describes the worst toothache you ever had?

Mild Discomforting Distressing Horrible Excruciating

Which word best describes the worst headache you ever had?

Mild Discomforting Distressing Horrible Excruciating

Which word describes the worst stomach ache you ever had?

Mild Discomforting Distressing Horrible Excruciating