

McGill Questionnaire

Name: _____ Date: _____

SECTION A

Please circle one section that best describes how your pain change with time? **Choose one number only**

1. Continuous, Steady, Constant.
2. Rhythmic, Periodic, Intermittent.
3. Brief, Momentary, Transient.

SECTION B

Please circle which of the following items increases or decreases your pain?

Up arrow (↑) for increase, down arrow (↓) for decrease, equal (=) if neutral/none.

- | | | |
|------------------------|--------------------------------------|------------------------------|
| ↑ = ↓ Liquor | ↑ = ↓ Massage / Vibrator | ↑ = ↓ Urination / Defecation |
| ↑ = ↓ Coffee Stimulant | ↑ = ↓ Pressure | ↑ = ↓ Tension |
| ↑ = ↓ Eating | ↑ = ↓ No Movement | ↑ = ↓ Loud Noises |
| ↑ = ↓ Cold | ↑ = ↓ Movement | ↑ = ↓ Going to Work |
| ↑ = ↓ Damp | ↑ = ↓ Sleep / Rest | ↑ = ↓ Intercourse |
| ↑ = ↓ Weather Changes | ↑ = ↓ Lying Down | ↑ = ↓ Mild Fatigue |
| | ↑ = ↓ Distraction (TV, Reading, etc) | ↑ = ↓ Fatigue |

SECTION C

How Strong is your Pain? Please circle one for each question

People agree that the following 6 words (none, (mild, discomfort, distressing, horrible, excruciating) represent pain of increasing intensity. To answer each question below, select of the most appropriate word.

Which word best describe your pain right now?

None Mild Discomforting Distressing Horrible Excruciating

Which word best describe it as its worst?

None Mild Discomforting Distressing Horrible Excruciating

Which words describe it when it is least?

None Mild Discomforting Distressing Horrible Excruciating

Which word describes the worst toothache you ever had?

Never Mild Discomforting Distressing Horrible Excruciating

Which word best describes the word headache you ever had?

Never Mild Discomforting Distressing Horrible Excruciating

Which word describes the worst stomachache you ever had?

Never Mild Discomforting Distressing Horrible Excruciating