

McGill Questionnaire

Name: _____ Date: _____

SECTION A

How does your pain changes over time? Choose one number only

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

SECTION B

Which of the following items increase or decrease your pain? Choose ↑ = or ↓ for each only

Up arrow (↑) for increase. Down arrow (↓) for decrease. Equal (=) if neutral/none.

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

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.

Which word best describes your pain right now?

None Mild Discomforting Distressing Horrible Excruciating

Which word best describes it as its worst?

None Mild Discomforting Distressing Horrible Excruciating

Which word describes 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 worst headache you ever had?

Never Mild Discomforting Distressing Horrible Excruciating

Which word describes the worst stomach ache you ever had?

Never Mild Discomforting Distressing Horrible Excruciating