

APPENDIX A
GRADED CHRONIC PAIN QUESTIONNAIRE (ENGLISH)

Graded Chronic Pain Questionnaire (GCPQ)

Questions Used to Grade Chronic Pain Status

Pain intensity items

1. How would you rate your back/headache/facial pain on a 0–10 scale at the present time, that is right now, where 0 is 'no pain' and 10 is 'pain as bad as could be'?

| | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|-------------------------|
| No pain - | | | | | | | | | | | Pain as bad could be |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

2. In the past 6 months, how intense was your worst pain rated on a 0–10 scale where 0 is 'no pain' and 10 is 'pain as bad as could be'?

| | | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|-------------------------|
| No pain | | | | | | | | | | | Pain as bad could be |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

3. In the past 6 months, on the average, how intense was your pain rated on a 0–10 scale where 0 is 'no pain' and 10 is 'pain as bad as could be'? (That is, your usual pain at times you were experiencing pain.)

| | | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|-------------------------|
| No pain | | | | | | | | | | | Pain as bad could be |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

Disability items

4. About how many days in the last 6 months have you been kept from your usual activities (work, school or housework) because of back/headache/facial pain?

Disability days

5. In the past 6 months, how much has back/headache/facial pain interfered with your daily activities rated on a 0–10 scale where 0 is 'no interference' and 10 is 'unable to carry on any activities'?

| | | | | | | | | | | | |
|-----------------|---|---|---|---|---|---|---|---|---|----|---|
| No interference | | | | | | | | | | | Unable to Carry on any activities |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

6. In the past 6 months, how much has back/headache/facial pain changed your ability to take part in recreational, social and family activities where 0 is 'no change' and 10 is 'extreme change'?

| | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|-------------------|
| No change | | | | | | | | | | | Extreme change |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

7. In the past 6 months, how much has back/headache/facial pain changed your ability to work (including housework) where 0 is 'no change' and 10 is 'extreme change'?

| | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|-------------------|
| No change | | | | | | | | | | | Extreme change |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

Methods of Grading Chronic Pain Severity

Scoring

Characteristic Pain Intensity is a 0–100 score derived from questions 1–3:

Mean (Pain Right Now, Worst Pain, Average Pain) \times 10

Disability Score is a 0–100 score derived from questions 5–7:

Mean (Daily Activities, Social Activities, Work Activities) \times 10

Disability Points: add the indicated points for disability days (question 4) and for Disability Score.