**Defense and Veterans Pain Rating Scale**

- **0**: No pain
- **1**: Hardly notice pain
- **2**: Notice pain, does not interfere with activities
- **3**: Sometimes distracts me
- **4**: Distracts me, can do usual activities
- **5**: Interrupts some activities
- **6**: Hard to ignore, avoid usual activities
- **7**: Focus of attention, prevents doing daily activities
- **8**: Awful, hard to do anything
- **9**: Can't bear the pain, unable to do anything
- **10**: As bad as it could be, nothing else matters

**MILD** *(Green)*

**MODERATE** *(Yellow)*

**SEVERE** *(Red)*
**DoD/VA Pain Supplemental Questions**

For clinicians to evaluate the biopsychosocial impact of pain

1. Circle the one number that describes how, during the past 24 hours, pain has interfered with your usual **ACTIVITY**:  

   0 1 2 3 4 5 6 7 8 9 10  
   Does not interfere  
   Completely interferes

2. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **SLEEP**:  

   0 1 2 3 4 5 6 7 8 9 10  
   Does not interfere  
   Completely interferes

3. Circle the one number that describes how, during the past 24 hours, pain has affected your **MOOD**:  

   0 1 2 3 4 5 6 7 8 9 10  
   Does not affect  
   Completely affects

4. Circle the one number that describes how, during the past 24 hours, pain has contributed to your **STRESS**:  

   0 1 2 3 4 5 6 7 8 9 10  
   Does not contribute  
   Contributes a great deal