

Form Approved
OMB Control No.: 0920-XXXX
Expiration date: 09/30/2023

The Brief Pain Inventory

Subject ID Number: _____

Start Date: ____/____/____ & Time: ____am/pm
Month Day Year HH:MM

Complete Date: ____/____/____ & Time: ____am/pm
Month Day Year HH:MM

Copyright 1991 Charles S. Cleeland, PhD
Pain Research Group
All rights reserved.

Public reporting burden of this collection of information is estimated to average 13 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB Control Number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA 0920-XXXX

Brief Pain Inventory

1) Throughout our lives, most of us have had pain from time to time (such as minor headaches, sprains, toothaches). Have you had pain **other** than these everyday kinds of pain during the **last week?**

1. Yes

2. No

1a) Did you take pain medications in the last 7 days?

1. Yes

2. No

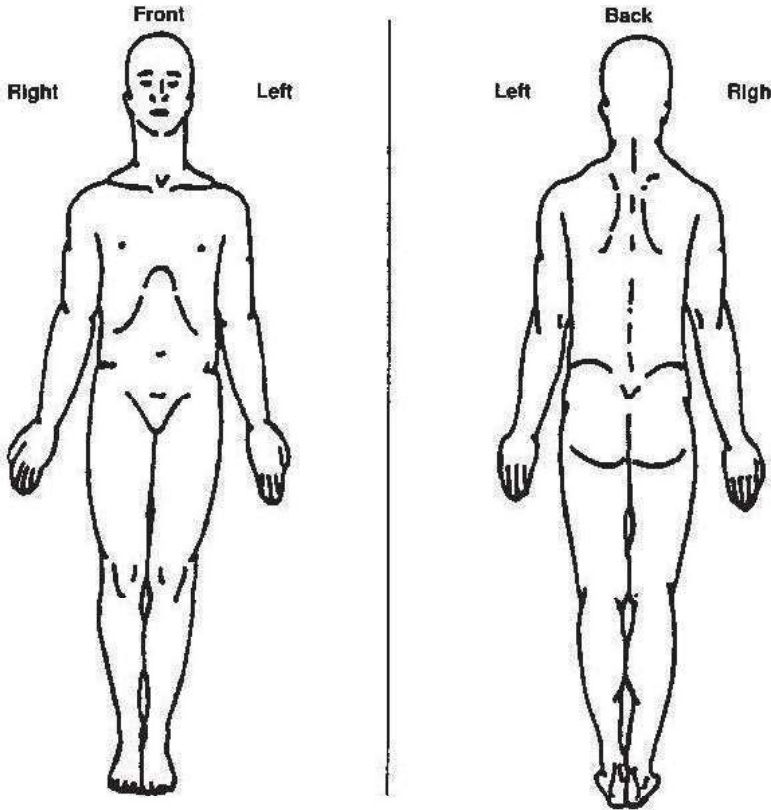
1b) I feel I have some form of pain now that requires medication each and every day.

1. Yes

2. No

IF YOUR ANSWERS TO 1, 1a, AND 1b WERE ALL NO, PLEASE STOP HERE AND GO TO THE NEXT QUESTIONNAIRE.
IF ANY OF YOUR ANSWERS TO 1, 1a, AND 1b WERE YES, PLEASE CONTINUE.

2) On the diagram, shade in the areas where you feel pain. Put an X on the area that hurts the most.



10) If you take pain medication, how many hours does it take before the pain returns?

- | | |
|---|---|
| 1. <input type="checkbox"/> Pain medication doesn't help at all | 5. <input type="checkbox"/> Four hours |
| 2. <input type="checkbox"/> One hour | 6. <input type="checkbox"/> Five to twelve hours |
| 3. <input type="checkbox"/> Two hours | 7. <input type="checkbox"/> More than twelve hours |
| 4. <input type="checkbox"/> Three hours | 8. <input type="checkbox"/> I do not take pain medication |

11) Check the appropriate answer for each item.
I believe my pain is due to:

Yes No 1. The effects of treatment (for example, medication, surgery, radiation, prosthetic device).

Yes No 2. A medical condition (for example, arthritis).

Please describe condition: _____

12) For each of the following words, check Yes or No if that adjective applies to your pain.

- | | | |
|-----------------|------------------------------|-----------------------------|
| 1) Aching | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2) Throbbing | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3) Shooting | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4) Stabbing | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5) Gnawing | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6) Sharp | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7) Tender | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8) Burning | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9) Exhausting | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10) Tiring | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11) Penetrating | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12) Nagging | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13) Numb | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14) Miserable | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15) Unbearable | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

13) Circle the one number that describes how, during the past week, pain has interfered with your:

A. General Activity

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

B. Mood

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

C. Walking Ability

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

D. Normal Work (includes both work outside the home and housework)

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

E. Relations with other people

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

F. Sleep

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

G. Enjoyment of life

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

14) I prefer to take my pain medicine:

1. On a regular basis
2. Only when necessary
3. Do not take pain medicine (STOP-- GO TO NEXT QUESTIONNAIRE)

15) I take my pain medicine (in a 24 hour period):

1. Not every day 4. 5 to 6 times per day
2. 1 to 2 times per day 5. More than 6 times per day
3. 3 to 4 times per day

16) Do you feel you need a stronger type of pain medication?

1. Yes 2. No 3. Uncertain

17) Do you feel you need to take more of the pain medication than your doctor has prescribed?

1. Yes 2. No 3. Uncertain 4. N/A

18) Are you concerned that you use too much pain medication?

1. Yes 2. No 3. Uncertain

If Yes, why? _____

19) Are you having problems with side effects from your pain medication?

1. Yes 2. No

Which side effects? _____

20) Do you feel you need to receive further information about your pain medication?

1. Yes 2. No

21) Other methods I use to relieve my pain include: (Please check all that apply)

- Warm compresses Cold compresses Relaxation techniques
Distraction Biofeedback Hypnosis
Other Please specify _____