Defense and Veterans Pain Rating Scale

- **MILD (Green)**
  - 0: No pain
  - 1: Hardly notice pain
  - 2: Notice pain, does not interfere with activities
  - 3: Sometimes distracts me

- **MODERATE (Yellow)**
  - 4: Distracts me, can do usual activities
  - 5: Interrupts some activities
  - 6: Hard to ignore, avoid usual activities

- **SEVERE (Red)**
  - 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

v 2.0
**DO/D/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**:

   ![Rating Scale for Activity Interference]

   - 0: Does not interfere
   - 10: Completely interferes

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

   ![Rating Scale for Sleep Interference]

   - 0: Does not interfere
   - 10: Completely interferes

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

   ![Rating Scale for Mood Impact]

   - 0: Does not affect
   - 10: Completely affects

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

   ![Rating Scale for Stress Contribution]

   - 0: Does not contribute
   - 10: Contributes a great deal

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