

Pain Outcomes Questionnaire- VA: Discharge – Scoring Template

Pain:

Self-report of pain intensity.

Item 2a

Activities of Daily Living (ADL):

Self-report of pain-related impairment
in completing ADLs.

 + + + =
Item 11 Item 12 Item 13 Item 14 Total

Mobility:

Self-report of pain-related
impairment in mobility.

 + + + =
Item 5 Item 6 Item 8 Item 9 Total

Negative Affect (NA):

Self-report of dysphoric
affect and associated
symptoms.

 + + + + =
Item 16 Item 22 Item 23 Item 27 Item 29 Total

Vitality:

Subjective sense of impairment in
activity and energy levels.

30 – (+ +) =
 Item 18 Item 19 Item 21 Total

Fear:

Pain-related fear and avoidance.

(10 -) + =
 Item 26 Item 25 Total

ADL

(0='6th%') (1='13th%') (2='15th%') (3='18th%') (4='22nd%') (5='26th%') (6='29th%') (7='32nd%') (8='36th%') (9='40th%') (10='44th%') (11='47th%') (12='50th%') (13='53rd%') (14='55th%') (15='58th%') (16='61st%') (17='64th%') (18='67th%') (19='69th%') (20='72nd%') (21='75th%') (22='76th%') (23='78th%') (24='80th%') (25='83rd%') (26='85th%') (27='86th%') (28='87th%') (29='88th%') (30='89th%') (31='90th%') (32='92nd%') (33='93rd%') (34='94th%') (35='95th%') (36='96th%') (37='96th%') (38='97th%') (39='97th%') (40='99th%')

MOBILITY

(0='0.7th%') (1='1st%') (2='2nd%') (3='2nd%') (4='2nd%') (5='3rd%') (6='3rd%') (7='3rd%') (8='4th%') (9='5th%') (10='6th%') (11='7th%') (12='9th%') (13='10th%') (14='12th%') (15='14th%') (16='16th%') (17='17th%') (18='20th%') (19='22nd%') (20='25th%') (21='28th%') (22='32nd%') (23='35th%') (24='38th%') (25='42nd%') (26='46th%') (27='50th%') (28='53rd%') (29='56th%') (30='60th%') (31='65th%') (32='68th%') (33='72nd%') (34='76th%') (35='80th%') (36='83rd%') (37='86th%') (38='90th%') (39='93rd%') (40='97th%')

NEGATIVE AFFECT

(0='0.4th%') (1='1st%') (2='1st%') (3='2nd%') (4='2nd%') (5='2nd%') (6='3rd%') (7='4th%') (8='5th%') (9='5th%') (10='6th%') (11='7th%') (12='8th%') (13='9th%') (14='10th%') (15='10th%') (16='12th%') (17='15th%') (18='17th%') (19='18th%') (20='20th%') (21='22nd%') (22='24th%') (23='27th%') (24='30th%') (25='32nd%') (26='36th%') (27='39th%') (28='42nd%') (29='45th%') (30='49th%') (31='52nd%') (32='56th%') (33='60th%') (34='64th%') (35='68th%') (36='72nd%') (37='75th%') (38='79th%') (39='82nd%') (40='85th%') (41='88th%') (42='90th%') (43='92nd%') (44='94th%') (45='95th%') (46='97th%') (47='98th%') (48='99th%') (49='99th%') (50='99th%')

VITALITY

(0='0.1st%') (1='0.2nd%') (2='0.3rd%') (3='0.5th%') (4='0.7th%') (5='1st%') (6='2nd%') (7='2nd%') (8='3rd%') (9='3rd%') (10='4th%') (11='6th%') (12='7th%') (13='8th%') (14='10th%') (15='13th%') (16='18th%') (17='23rd%') (18='29th%') (19='35th%') (20='41st%') (21='50th%') (22='60th%') (23='68th%') (24='76th%') (25='83rd%') (26='88th%') (27='92nd%') (28='95th%') (29='97th%') (30='99th%')

FEAR

(0='2nd%') (1='3rd%') (2='4th%') (3='6th%') (4='8th%') (5='10th%') (6='13th%') (7='16th%') (8='19th%') (9='24th%') (10='32nd%') (11='42nd%') (12='50th%') (13='58th%') (14='66th%') (15='75th%') (16='82nd%') (17='88th%') (18='93rd%') (19='97th%') (20='99th%')

PERCENTILE INTERPRETATION

<40% = mild interference
40%-60% = moderate interference
61-90% = moderate to severe interference
>90% = severe interference