

## Pain Outcomes Questionnaire- VA: Admission – Scoring Template

**Pain:**

*Self-report of pain intensity.*

            
Item 12a

**Activities of Daily Living (ADL):**

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

           +            +            +            =             
Item 26    Item 27    Item 28    Item 29    Total

**Mobility:**

*Self-report of pain-related  
impairment in mobility.*

           +            +            +            =             
Item 20    Item 21    Item 23    Item 24    Total

**Negative Affect (NA):**

*Self-report of dysphoric  
affect and associated  
symptoms.*

           +            +            +            +            =             
Item 31    Item 37    Item 38    Item 42    Item 44    Total

**Vitality:**

*Subjective sense of impairment in  
activity and energy levels.*

30 – (            +            +            ) =             
          Item 33    Item 34    Item 36    Total

**Fear:**

*Pain-related fear and avoidance.*

(10 –           ) +            =             
          Item 41    Item 40    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