

## CHRONIC PAIN EVALUATION

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Derived from David Patterson, Ph.D.

1. Where is the pain?
2. What is the diagnosis?
3. How intense is the pain? (0-10)
4. How unpleasant is the pain? (0-10)
5. How much does the pain bother you? (0-10)
6. In what way does it bother you?
7. How often does the pain happen?
8. How long does the pain last when it flares up?

9. What is the trigger or context for the pain to flare up?

10. What is the worst pain intensity? (0-10)

When does this occur?

11. What is the least pain intensity? (0-10)

When does this occur?

12. How anxious are you about the pain right now? (0-10)

13. How anxious are you about the pain usually? (0-10)

14. Are you depressed about the pain?

How depressed about the pain are you? (0-10)

How does the depression about your pain affect your life?

15. How does the pain affect your sleep?

16. What do you know about what is causing the pain?

17. What treatments have you tried for the pain?
18. Which were effective?
19. Which would you like to try again?  
  
Why?
20. What do you do to deal with the pain?
21. How do significant people in your life know you are experiencing pain?
22. What are your thoughts about the pain?
23. What do you tell yourself about the pain?
24. What thoughts go through your head when you have a flare-up or onset of the pain?
25. What kind of support do you get from significant others regarding the pain?

26. What kind of support do you get from significant others on a more global level? (Including the pain, but not exclusive to the pain)
  
27. How does \_\_\_\_\_ respond to your program for dealing with the pain? For example: exercise, watching television, pacing your activities, sleeping, etc.
  
28. What is your program for dealing with the pain?
  
29. How does your spouse/family member/friend know that you are hurting?
  
30. What does your spouse/family member/friend do when he/she knows you are in pain?
  
31. What does she/he do when you exercise or do chores when you are in pain?
  
32. What do you no longer do because of your pain?
  
33. What do you do less of because of your pain?

34. What are you doing that is new because of your pain?
  
35. What do you do more of because of your pain?
  
36. What else would you like to tell me about your pain?
  
37. Besides the physical pain, what are other stressors in your life?