

## Global Pain Scale

Lynch PJ, Woodhouse J, Gentile DA (2005). Available at [www.paindoctor.com/global-pain-scale](http://www.paindoctor.com/global-pain-scale)

**INSTRUCTIONS:** For each question, please circle the number that best represents your answer. If a question does not apply to you, please leave that item blank. Please note that some questions ask you about right now, and some ask you to answer for the past week.

**YOUR PAIN:** (Please indicate your level of pain by circling a number from 0 to 10)

My current pain is ..... No pain: 0 1 2 3 4 5 6 7 8 9 10 :Extreme pain

During the past week,

the best my pain has been is .....No pain: 0 1 2 3 4 5 6 7 8 9 10 :Extreme pain

During the past week,

the worst my pain has been is .....No pain: 0 1 2 3 4 5 6 7 8 9 10 :Extreme pain

During the past week,

my average pain has been .....No pain: 0 1 2 3 4 5 6 7 8 9 10 :Extreme pain

**YOUR FEELINGS:** (Indicate your agreement or disagreement with each statement by circling a number from 0 to 10)

During the past week,

I have felt less pain .....Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

*During the past week, I have felt:*

Depressed ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

Anxious ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

Afraid ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

Hopeless ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

Exhausted ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

Terrified ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

**CLINICAL OUTCOMES:** (Indicate your agreement or disagreement with each statement by circling a number from 0 to 10)

*During the past week,*

I had trouble sleeping ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I had trouble feeling comfortable ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I took fewer medications ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

My overall mood improved ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I was more independent ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I had more energy ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I was able to do my work ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I had more control over my pain ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I needed to see the doctor less often ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

I was satisfied with my medical care ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

**YOUR ACTIVITIES:** (Indicate your agreement or disagreement with each statement by circling a number from 0 to 10)

*I am currently unable to:*

- Go to the store ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Do chores in my home ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Exercise ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Bathe and dress myself ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Enjoy my friends and family ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Spend time outside ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Walk up or down stairs ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Bend over to pick things up ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Stand as long as I want to be able to ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Walk as far as I want to be able to ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Drive ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree  
 Comfortably enjoy sex ..... Strongly Disagree: 0 1 2 3 4 5 6 7 8 9 10 :Strongly Agree

### Internal Reliability of the GPS

The total GPS scale was reliable (Cronbach alpha = .89), as were each of the subscales ('Your Pain' = .87, 'Your Feelings' = .84, 'Clinical Outcomes' = .72, and 'Your Activities' = .96). Confirmatory factor analyses were conducted to verify that the items fit within their intended subscales. Three subscales had all factor loadings over .400 (ranges for each subscale: Pain = .790 to .946, Feelings = .629 to .814, Clinical Outcomes = .239 to .736, and Activities = .697 to .913). The hypothesized 4-factor structure thus appears to be appropriate, with the possible exception of the Clinical Outcomes factor. The Clinical Outcomes factor includes 11 statements about potentially clinically relevant issues in the previous week. Eight of the 11 had high factor loadings (over .400). This limitation will be discussed in more detail later.

	Pain	Emotions	Clinical Outcomes	Activities
Pain				
Emotions	.23 <sup>c</sup>			
Clinical Outcomes	.33 <sup>c</sup>	.31 <sup>c</sup>		
Activities	.22 <sup>c</sup>	.19 <sup>b</sup>	.10	
Total	.65 <sup>c</sup>	.67 <sup>c</sup>	.60 <sup>c</sup>	.67 <sup>c</sup>

Note: a  $P < .05$ , b  $P < .01$ , c  $P < .001$

Table 2. Intercorrelations among the subscales of the Global Pain Scale

### Construct Validity of the GPS

Table 2 displays the inter-correlations among the GPS subscales and the total weighted score. Pain itself is significantly correlated with each of the other subscales, as it should if pain affects one's emotional state, activities, and clinical outcomes. Although the individual sub-scales are correlated, the correlations are in the small to moderate range, suggesting that they each have unique variance and are measuring separate constructs. These significant but moderate inter-correlations are an indication of construct validity of the subscales.

Source: [www.painphysicianjournal.com](http://www.painphysicianjournal.com); January/February 2011; 14:61-70