

Graded Chronic Pain Scale – 1-month version

1. How would you rate your facial pain **RIGHT NOW**? Use a scale from 0 to 10, where 0 is "no pain" and 10 is "pain as bad as could be".

No pain Pain as bad as could be

0 1 2 3 4 5 6 7 8 9 10

2. In the LAST 30 DAYS, how would you rate your **WORST** facial pain? Use the same scale, where 0 is "no pain" and 10 is "pain as bad as could be".

No pain Pain as bad as could be

0 1 2 3 4 5 6 7 8 9 10

3. In the LAST 30 DAYS, **ON AVERAGE**, how would you rate your facial pain? Use the same scale, where 0 is "no pain" and 10 is "pain as bad as could be". [That is, *your usual pain* at times you were in pain.]

No pain Pain as bad as could be

0 1 2 3 4 5 6 7 8 9 10

4. In the LAST 30 DAYS, how many days did your facial pain keep you from doing your **USUAL ACTIVITIES** like work, school, or housework? (every day = 30 days)

_____ Days

5. In the LAST 30 DAYS, how much has facial pain interfered with your **DAILY ACTIVITIES**? Use a 0-10 scale, where 0 is "no interference: and 10 is "unable to carry on any activities".

No interference Unable to carry on any activities

0 1 2 3 4 5 6 7 8 9 10

6. In the LAST 30 DAYS, how much has facial pain interfered with your **RECREATIONAL, SOCIAL AND FAMILY ACTIVITIES**? Use the same scale, where 0 is "no interference: and 10 is "unable to carry on any activities".

No interference Unable to carry on any activities

0 1 2 3 4 5 6 7 8 9 10

7. In the LAST 30 DAYS, how much has facial pain interfered with your **ABILITY TO WORK**, including housework? Use the same scale, where 0 is "no interference: and 10 is "unable to carry on any activities".

No interference Unable to carry on any activities

0 1 2 3 4 5 6 7 8 9 10

Scoring Guidelines for Graded Chronic Pain Scale – 1-month version¹

Description

The 1-month Graded Chronic Pain Scale (GCPS) uses the same item structure as found in the original GCPS for 6 months, published in 1992.

Version 2.0 of the GCPS (6 months) was published in 2011. In addition to the 3 items for pain intensity and 4 items for function, one item was added to measure the number of days of pain. The additional item was not scored but served, instead, as an indicator for pain persistence. The DC/TMD includes a GCPS 1-month instrument that is structurally based on the GCPS 2.0 for 6 months and therefore includes the additional item measuring the number of pain days; adopting the GCPS 2.0 as the source instrument for the 1-month GCPS in the DC/TMD was made in recognition of the clinical usefulness of assessing pain persistence.

This version of the GCPS for measuring pain during the prior 30 days has been evaluated for reliability and validity, and only those items that were evaluated are included. This version therefore includes measurement only of pain intensity and pain-related disability during the past 30 days.

Scoring (item numbers refer to GCPS 1-month as attached to these scoring guidelines)

Characteristic Pain Intensity (CPI): compute mean of items 1-3 (pain right now, worst pain, average pain), and multiply by 10. Score range: 0-100.

Disability points for number of days with interference: assign points to item 4 based on below table.

Interference Score: compute mean of items 5-7 (daily activities, social activities, work activities), and multiply by 10. Score range: 0-100.

Disability points for the interference score: assign points based on the below table; the determination is the same for both time frames.

Points for Disability Days		Points for Interference Score	
Days	Points	Interference	Points
0-1	0	0-29	0
2	1	30-49	1
3-4	2	50-69	2
5-30	3	70-100	3

Total Disability Points = Points for Disability Days + Points for Interference Score.

¹ Adapted from: Ohrbach R and Knibbe W (2018) Diagnostic Criteria for Temporomandibular Disorders (DC/TMD): Scoring Manual for Self-Report Instruments. Available at www.rdc-tmdinternational.org.

Missing data

If more than one response is missing among items 1-3 (pain intensity) or among items 5-7 (function), the respective subscale should not be scored. Missing data for number of disability days precludes determination of chronic pain grade.

Interpretation

Determination of Chronic Pain Grade

Grade	Label	CPI	Total Disability Points
0	None	0	N/A
1	Low intensity pain, with none-low pain-related disability	< 50	< 3
2	High intensity pain, with none-low pain-related disability	\geq 50	< 3
	[2a] High intensity pain, without pain-related disability	\geq 50	0
	[2b] High intensity pain, with low pain-related disability	\geq 50	1-2
3	Moderately limiting	N/A	3 - 4
4	Severely limiting	N/A	5 - 6

References

- Sharma S, Kallen MA, Ohrbach R (in review). Graded Chronic Pain Scale: Validation of 1-month reference frame. Submitted to *Journal of Pain*.
- Von Korff M (2011). Assessment of chronic pain in epidemiological and health services research: Empirical bases and new directions. *Handbook of Pain Assessment*, Third Edition. DC Turk and R Melzack (Eds). New York, Guilford Press: 455-473.
- Von Korff M, et al. (1992). Grading the severity of chronic pain. *Pain* **50**: 133-149.
- Von Korff MR, et al. (1992). Research diagnostic criteria. Axis II: Pain-related disability and psychological status. In: SF Dworkin & L LeResche (Eds.), Research Diagnostic Criteria for Temporomandibular Disorders. *Journal of Craniomandibular Disorders, Facial and Oral Pain* **6**: 330-334.