

Hawaiian Rehabilitation Services, Inc

McGill Pain Questionnaire

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Name: _____

Date: _____

DIRECTIONS:

There are many words that describe pain. Some of these are grouped below. Look at each group of words and circle any word which describes the pain you are experiencing **RIGHT NOW**. Continue until you have finished all 20 word groups. You should choose only one word from each word group but you do not have to choose a word from every word group. If none of the words in a particular work group describes your pain, go to the next word group.

1.

Flickering
Quivering
Pulsing
Throbbing
Beating
Pounding

2.

Jumping
Flashing
Shooting

3.

Pricking
Boring
Drilling
Stabbing
Lancinating

4.

Sharp
Cutting
Lacerating

5.

Pinching
Pressing
Gnawing
Cramping
Crushing

6.

Tugging
Pulling
Wrenching

7.

Hot
Burning
Scalding
Searing

8.

Tingling
Itchy
Smarting
Stinging

9.

Dull
Sore
Hurting
Aching
Heavy

10.

Tender
Taut
Rasping
Splitting

11.

Tiring
Exhausting

12.

Sickening
Suffocating

13.

Fearful
Frightful
Terrifying

14.

Punishing
Grueling
Cruel
Vicious
Killing

15.

Wretched
Blinding

16.

Annoying
Troublesome
Miserable
Intense
Unbearable

17.

Spreading
Radiating
Penetrating
Piercing

18.

Tight
Numb
Drawing
Squeezing
Tearing

19.

Cool
Cold
Freezing

20.

Nagging
Nauseating
Agonizing
Dreadful
Torturing