NEUROPATHIC PAIN SCALE

Instructions: There are several different aspects of pain which we are interested in measuring: pain sharpness, heat/cold, dullness, intensity, overall unpleasantness, and surface vs. deep pain.

The distinction between these aspects of pain might be clearer if you think of taste. For example, people might agree on how sweet a piece of pie might be (the intensity of the sweetness) but some might enjoy it more if it were sweeter while others might prefer it to be less sweet. Similarly, people can judge the loudness of music and agree on what is more quiet and what is louder, but disagree on how it makes them feel. Some prefer quiet music and some prefer it more loud. In short, the intensity of a sensation is not the same as how it makes you feel. A sound might be unpleasant and still be quiet (think of someone grating their fingernails along a chalkboard). A sound can be quiet and “dull” or loud and “dull”.

Pain is the same. Many people are able to tell the difference between many aspects of their pain: for example, how much it hurts, and how unpleasant or annoying it is. Although often the intensity of pain has a strong influence on how unpleasant the experience of pain is, some people are able to experience more pain than others before they feel very bad about it.

There are scales for measuring different aspects of pain. For one patient, a pain might feel extremely hot, but not at all dull, while another patient may not experience any heat, but feel like their pain is very dull. We expect you to rate very high on some of the scales below, and very low on others. We want you to use the measures that follow to tell us exactly what you experience.

Place an “X” through the number that best describes your pain.

1. Please use the scale below to tell us how intense your pain is.
   
   No pain
   
   0 1 2 3 4 5 6 7 8 9 10
   
   The most intense pain sensation imaginable

2. Please use the scale below to tell us how sharp your pain feels. Words used to describe “sharp” feelings include “like a knife”, “like a spike”, “jabbing”, or “like jolts”.
   
   Not sharp
   
   0 1 2 3 4 5 6 7 8 9 10
   
   The most sharp sensation imaginable ("like a knife")

3. Please use the scale below to tell us how hot your pain feels. Words used to describe very hot pain include “burning” and “on fire”.
   
   Not hot
   
   0 1 2 3 4 5 6 7 8 9 10
   
   The most hot sensation imaginable ("on fire")

4. Please use the scale below to tell us how dull your pain feels. Words used to describe very dull pain include “like a dull toothache”, “dull pain”, and “like a bruise”.
   
   Not dull
   
   0 1 2 3 4 5 6 7 8 9 10
   
   The most dull sensation imaginable

5. Please use the scale below to tell us how cold your pain feels. Words used to describe very cold pain include “like ice” and “freezing”.
   
   Not cold
   
   0 1 2 3 4 5 6 7 8 9 10
   
   The most cold sensation imaginable ("freezing")

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6. Please use the scale below to tell us how sensitive your skin is to light touch or clothing. Words used to describe sensitive skin include “like sunburned skin”, and “raw skin”.

<table>
<thead>
<tr>
<th>Not sensitive</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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</thead>
</table>

The most sensitive sensation imaginable (“raw skin”)

7. Please use the scale below to tell us how itchy your pain feels. Words used to describe itchy pain include “like poison oak” and “like a mosquito bite”.

<table>
<thead>
<tr>
<th>Not itchy</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

The most itchy sensation imaginable (“like poison oak”)

8. Pain can also have different time qualities. For some people, the pain comes and goes and so they have some moments that are completely without pain; in other words the pain “comes and goes”. This is called intermittent pain. Others are never pain free, but their pain types and pain severity can vary from one moment to the next. This is called variable pain. For these people, the increases can be severe, so that they feel they have moments of very intense pain (“breakthrough” pain), but at other times they can feel lower levels of pain (“background” pain). Still, they are never pain free. Other people have pain that really does not change that much from one moment to another. This is called stable pain. Which of these best describes the time pattern of your pain (please select only one):

- ( ) I have intermittent pain (I feel pain sometimes but I am pain-free at other times).
- ( ) I have variable pain (“background” pain all the time, but also moments of more pain, or even severe “breakthrough pain or varying types of pain).
- ( ) I have stable pain (constant pain that does not change very much from one moment to another, and no pain-free periods).

9. Now that you have told us the different physical aspects of your pain, the different types of sensations, we want you to tell us overall how unpleasant your pain is to you. Words used to describe very unpleasant pain include “miserable” and “intolerable”. Remember, pain can have a low intensity, but still feel extremely unpleasant, and some kinds of pain can have a high intensity but be very tolerable. With this scale, please tell us how unpleasant your pain feels.

<table>
<thead>
<tr>
<th>Not unpleasant</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<th>10</th>
</tr>
</thead>
</table>

The most unpleasant sensation imaginable (“intolerable”)

10. Lastly, we want you to give us an estimate of the severity of your deep versus surface pain. We want you to rate each location of pain separately. We realize that it can be difficult to make these estimates, and most likely it will be a “best guess”, but please give us your best estimate.

**HOW INTENSE IS YOUR DEEP PAIN?**

<table>
<thead>
<tr>
<th>No deep pain</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

The most intense deep pain sensation imaginable

**HOW INTENSE IS YOUR SURFACE PAIN?**

<table>
<thead>
<tr>
<th>No surface pain</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<th>10</th>
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</thead>
</table>

The most intense surface pain sensation imaginable