Defense and Veterans Pain Rating Scale

MILD (Green)

Moderate (Yellow)

Severe (Red)

0: No pain
1: Hardly notice pain
2: Notice pain, does not interfere with activities
3: Sometimes distracts me
4: Distracts me, can do usual activities
5: Interrupts some activities
6: Hard to ignore, avoid usual activities
7: Focus of attention, prevents doing daily activities
8: Awful, hard to do anything
9: Can’t bear the pain, unable to do anything
10: As bad as it could be, nothing else matters