Defense and Veterans Pain Rating Scale

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

MILD
(Green)

MODERATE
(Yellow)

SEVERE
(Red)