Pain Disability Index

Pain Disability Index: The rating scales below are designed to measure the degree to which aspects of your life are disrupted by chronic pain. In other words, we would like to know how much pain is preventing you from doing what you would normally do or from doing it as well as you normally would. Respond to each category indicating the overall impact of pain in your life, not just when pain is at its worst.

For each of the 7 categories of life activity listed, please circle the number on the scale that describes the level of disability you typically experience. A score of 0 means no disability at all, and a score of 10 signifies that all of the activities in which you would normally be involved have been totally disrupted or prevented by your pain.

**Family/Home Responsibilities:** This category refers to activities of the home or family. It includes chores or duties performed around the house (e.g. yard work) and errands or favors for other family members (e.g. driving the children to school).
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Recreation:** This disability includes hobbies, sports, and other similar leisure time activities.
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Social Activity:** This category refers to activities, which involve participation with friends and acquaintances other than family members. It includes parties, theater, concerts, dining out, and other social functions.
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Occupation:** This category refers to activities that are part of or directly related to one’s job. This includes non-paying jobs as well, such as that of a housewife or volunteer.
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Sexual Behavior:** This category refers to the frequency and quality of one’s sex life.
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Self Care:** This category includes activities, which involve personal maintenance and independent daily living (e.g. taking a shower, driving, getting dressed, etc.)
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

**Life-Support Activities:** This category refers to basic life supporting behaviors such as eating, sleeping and breathing.
No Disability 0__. 1__. 2__. 3__. 4__. 5__. 6__. 7__. 8__. 9__. 10__. Worst Disability

Signature_________________________ Please Print______________________

Date ____________
The Pain Disability Index (PDI)

Overview: The Pain Disability Index (PDI) a simple and rapid instrument for measuring the impact that pain has on the ability of a person to participate in essential life activities. This can be used to evaluate patients initially to monitor them over time and to judge the effectiveness of interventions. The index was developed at St. Louis University Medical Center.

Measures of disability related to pain:

(1) family and home responsibilities: activities related to home and family

(2) recreation: hobbies sports and other leisure time activities

(3) social activity: participation with friends and acquaintances other than family members

(4) occupation: activities partly or directly related to working including housework or volunteering

(5) sexual behavior: frequency and quality of sex life

(6) self care: personal maintenance and independent daily living (bathing dressing etc.)

(7) life-support activity: basic life-supporting behaviors (eating sleeping breathing etc.)

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<tr>
<th>Level of Disability</th>
<th>Points</th>
<th>My Terms (not from paper)</th>
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<tr>
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<tr>
<td>total</td>
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</tbody>
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pain disability index =

= SUM(points for all 7 parameters)

Interpretation:
• minimal index: 0

• maximal index: 70

• The higher the index the greater the person's disability due to pain.

Performance:

• modest test-retest reliability

• discriminates between patients with low and high levels of disability

References:

