### Quality Of Life Scale
A Measure Of Function
For People With Pain

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Stay in bed all day. Feel hopeless and helpless about life.</td>
</tr>
<tr>
<td>1</td>
<td>Stay in bed at least half the day. Have no contact with outside world.</td>
</tr>
<tr>
<td>2</td>
<td>Get out of bed but don’t get dressed. Stay at home all day.</td>
</tr>
<tr>
<td>3</td>
<td>Get dressed in the morning. Minimal activities at home. Contact with friends via phone, email.</td>
</tr>
<tr>
<td>4</td>
<td>Do simple chores around the house. Minimal activities outside of home two days a week.</td>
</tr>
<tr>
<td>5</td>
<td>Struggle but fulfill daily home responsibilities. No outside activity. Not able to work/volunteer.</td>
</tr>
<tr>
<td>6</td>
<td>Work/volunteer limited hours. Take part in limited social activities on weekends.</td>
</tr>
<tr>
<td>7</td>
<td>Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends.</td>
</tr>
<tr>
<td>8</td>
<td>Work/volunteer for at least six hours daily. Have energy to make plans for one evening social activity during the week. Active on weekends.</td>
</tr>
<tr>
<td>9</td>
<td>Work/volunteer/be active eight hours daily. Take part in family life. Outside social activities limited.</td>
</tr>
<tr>
<td>10</td>
<td>Go to work/volunteer each day. Normal daily activities each day. Have a social life outside of work. Take an active part in family life.</td>
</tr>
</tbody>
</table>

**Normal Quality of Life**
Quality Of Life Scale
A Measure Of Function
For People With Pain

Pain is a highly personal experience. The degree
to which pain interferes with the quality of a
person’s life is also highly personal.

The American Chronic Pain Association Quality of
Life Scale looks at ability to function, rather than at
pain alone. It can help people with pain and their
health care team to evaluate and communicate the
impact of pain on the basic activities of daily life.
This information can provide a basis for more effective
treatment and help to measure progress over time.

The scale is meant to help individuals measure activity
levels. We recognize that homemakers, parents and
retirees often don’t work outside the home, but activity
can still be measured in the amount of time one is
able to “work” at fulfilling daily responsibilities be
that in a paid job, as a volunteer, or within the home.

With a combination of sound medical treatment,
good coping skills, and peer support, people with
pain can lead more productive, satisfying lives. The
American Chronic Pain Association can help.

For more information, contact the ACPA:
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