



**ACPA**<sup>®</sup>

American Chronic Pain Association

# Quality of Life Scale

**A Measure of function for people with pain.** The degree to which pain interferes with the quality of a person's life is highly personal. Circle your function to communicate the impact of your pain.

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

Normal Quality of Life