
ASSESSMENT AND DIAGNOSIS



Signs and Symptoms of Visceral Pain



Signs and Symptoms of IBS

- Abdominal pain or cramping
- Bloating feeling
- Gas
- Diarrhea or constipation
 - Sometimes in alternating bouts of constipation and diarrhea
- Mucus in the stool
- Bowel movements improve the discomfort
- Feeling that a bowel movement is incomplete



Signs and Symptoms of Interstitial Cystitis

- Chronic pelvic pain
- Pain between vagina and anus (women) or scrotum and anus (men)
- Persistent, urgent need to urinate
- Frequent urination – often small amounts – throughout the day and night
 - Up to 60 times/day
- Pain/discomfort while bladder fills
- Relief after urination
- Painful sexual intercourse



Signs and Symptoms of Endometriosis

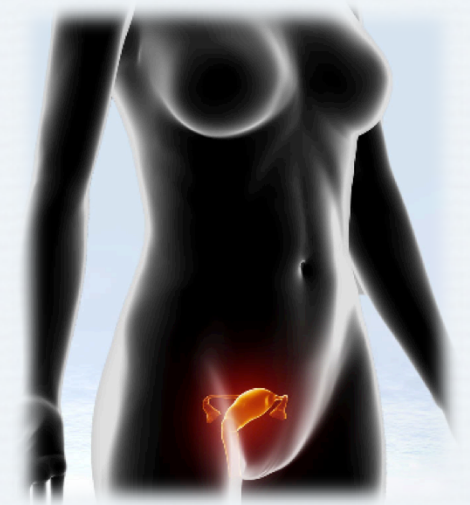
- Dysmenorrhea
- Pain with intercourse
- Pain with bowel movements or urination
- Excessive menstrual bleeding
- Infertility
- Fatigue
- Diarrhea or constipation
- Bloating
- Nausea



Especially during menstruation

Signs and Symptoms of Vulvodynia

- Pain in genital area:
 - Burning
 - Soreness
 - Stinging
 - Rawness
 - Painful intercourse
 - Throbbing
 - Itching
- Occasional or constant pain that can last for months or years



Vulvodynia Questionnaires



ISSVD Vulvodynia Pattern Questionnaire

What are your symptoms? (circle all that apply)

burning stinging rawness irritation
soreness itching stabbing knife-like
paper-cuts aching
other _____

Which of the following produces pain?

Sexual intercourse

If yes,

With penetration

During intercourse

After intercourse

With all partners

Insertion of tampon

Tight clothing or blue jeans

Which of the following problems do you have? (circle)

Fibromyalgia	High blood pressure
Frequent headaches	Angina pectoris/heart attacks
Frequent urinary tract infections	Diabetes mellitus
Chronic fatigue syndrome	Genital herpes
Low energy levels	Thyroid disease
Depression	Sinus problems/hay fever
Difficulty sleeping	Allergies to medications
Weight gain or loss of more than ten pounds unintentionally in the past six months	
Back pain	TMJ syndrome (temporomandibular joint)
Pelvic pain	

[Full questionnaire](#)

Vulval Pain Functional Questionnaire

1. Because of my pelvic pain

- ³ I can't wear tight-fitting clothing like pantyhose that puts any pressure over my painful area.
- ² I can wear closer fitting clothing as long as it only puts a little bit of pressure over my painful area.
- ¹ I can wear whatever I like most of the time, but every now and then I feel pelvic pain caused by pressure from my clothing.
- ⁰ I can wear whatever I like; I never have pelvic pain because of clothing.

3. My pelvic pain

- ³ Gets worse when I sit, so it hurts too much to sit any longer than 30 minutes at a time.
- ² Gets worse when I sit. I can sit for longer than 30 minutes at a time, but it is so painful that it is difficult to do my job or sit long enough to watch a movie.
- ¹ Occasionally gets worse when I sit, but most of the time sitting is comfortable.
- ⁰ My pain does not get worse with sitting, I can sit as long as I want to.
- ⁰ I have trouble sitting for very long because of another medical problem, but pelvic pain doesn't make it hard to sit.

6. Because of my pelvic pain

- ³ I don't get together with my friends or go out to parties or events.
- ² I only get together with my friends or go out to parties or events every now and then.
- ¹ I usually will go out with friends or to events if I want to, but every now and then I don't because of the pain.
- ⁰ I get together with friends or go to events whenever I want, pelvic pain does not get in the way

10. Because of my pelvic pain

- ³ It hurts too much for my partner to touch me sexually even if the touching doesn't go in my vagina.
- ² My partner can touch me sexually outside the vagina if we are very careful
- ¹ It doesn't usually hurt for my partner to touch me sexually outside the vagina, but every now and then it does hurt
- ⁰ It never hurts for my partner to touch me sexually outside the vagina
- ⁰ This question does not apply to me because I don't have a sexual partner.
- ⁰ Specifically, I won't get involved with a partner because I worry about pelvic pain during sex.

Vulval Pain Questionnaire

Indicate the effect which the following have on your discomfort:

[On the list, circle the best treatments and underline the worst treatments]

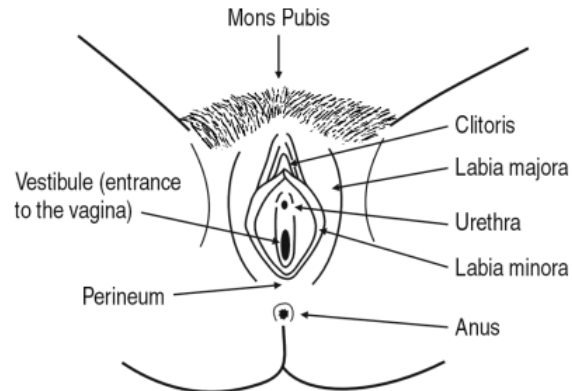
Heat (like a hot bath)	Relief	No change	Worsens
Cold (like a cool compress)	Relief	No change	Worsens
Sexual activity - (does not have to be intercourse)	Relief	No change	Worsens
Underwear	Relief	No change	Worsens
Friction (rubbing or scratching)	Relief	No change	Worsens
Other	Relief	No change	Worsens

My discomfort usually causes

- NO interference with daily routine or planned activities
- SOME interference with daily routine or planned activities
- An interruption in daily routine or planned activities
- Confinement to bed
- The pursuit of immediate medical attention

Please mark the squares which best show the location of your symptoms

- Mons pubis area
- Clitoris
- Labia majora
- Labia minora
- Urethra (bladder opening)
- Vestibule (inside vulva)
- Vagina (within the vestibule)
- Perineum
- Anal area



[Full questionnaire](#)

Acute vs. Chronic Visceral Pain

Acute

Rapid onset
Severe/intense attacks
Rapid progression
Duration <3 months
Commonly inflammation or infection

Chronic

Duration ≥ 3 months
Continuous non-cyclic condition

Clinical Features of Visceral Pain

Characteristic	Description
Site	Thoracoabdominal, generally along the central axis and mainly in the low sternal and epigastric regions
Spatial discrimination	Poorly discriminated, diffused
Quality	Dull, heavy, oppressive, tensive
Intensity	Slight to intolerable
Evolution in time	Continuous, subcontinuous, undulating, accessional (colics)
Duration	A few minutes to a few hours, after which pain stops or becomes "referred" (parietalized)
Emotional reaction	Severe anxiety, anguish, sense of impending death
Accompanying neurovegetative signs	Pallor, sweating, nausea, vomiting, brady- or tachycardia, pollakiuria, alvus disturbances
Additional stimuli	Do not increase pain

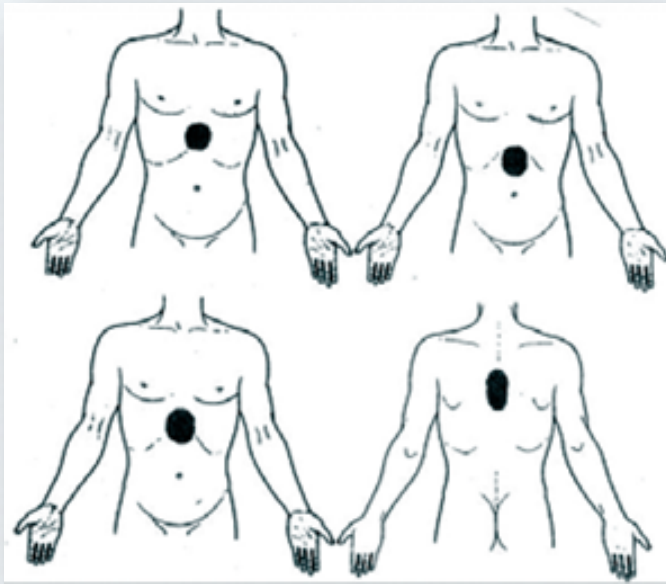
Clinical Features of Visceral Pain

- Temporal evolution
 - Features vary in different phases of pathology¹
- Diffuse and poorly defined sensation¹
- Regardless of organ of origin, pain is usually perceived in midline at level of lower sternum or upper abdomen
- Regardless of origin, in early stages pain is perceived in this same general area²

Autonomic and Emotional Features of Visceral Pain

- **Autonomic symptoms**
 - Pallor
 - Profuse sweating
 - Nausea/vomiting
 - Changes in heart rate and blood pressure
 - Gastrointestinal disturbances (*e.g.*, diarrhea)
 - Changes in body temperature
- Strong **emotional reactions** commonly present
 - Anxiety
 - Anguish
 - Sometimes a sense of impending death

Clinical Features of “True Visceral Pain”



- Midline, poorly discriminated pain
- Marked neurovegetative and emotional features
- No hypersensitivity on palpation of painful area
- Intensity generally bears no relationship to extent of internal injury

Visceral pain should thus always be suspected when vague midline sensations of malaise are reported, especially in elderly patients

Visceral Pain Descriptors

- Symptoms can be complex with considerable variability in frequency and intensity
- Descriptors vary with underlying organ involved and any pathology:
 - Sharp
 - Stabbing
 - Crampy
 - Squeezing sensation
 - Dull aching
 - Pressure or heaviness
- Severe, steady, or intermittent; may radiate
- Patients may experience pain only at certain times, such as pain during intercourse or pain during defecation or when standing



Some patients can become temporarily incapacitated by their pain

Associated Signs and Symptoms of Visceral Pain

- Associated signs and symptoms vary with the type of visceral pain
- Not all organs are sensitive to pain

No pain when injured*

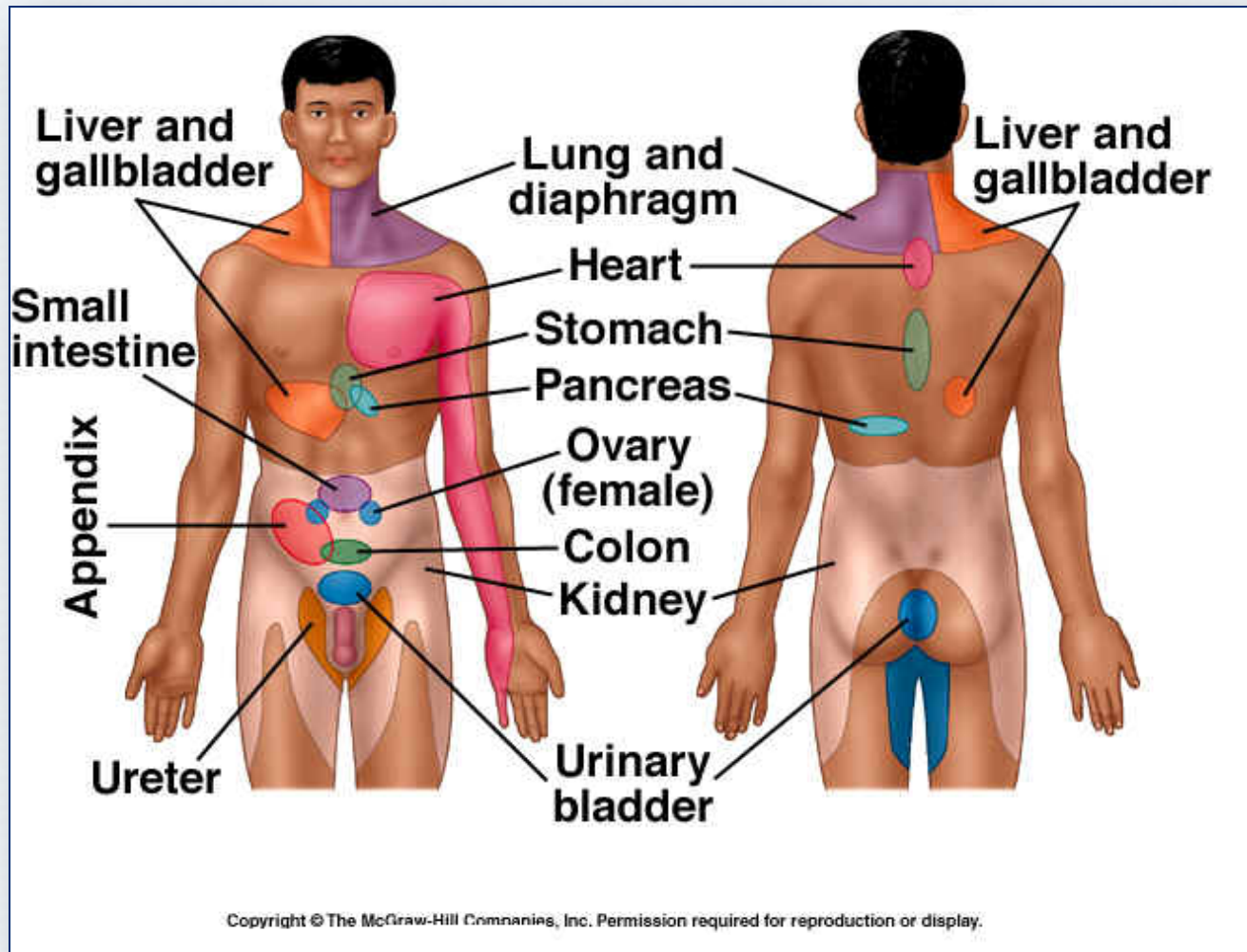
Liver
Lung
Kidney

Excruciating pain when injured

Stomach
Bladder
Ureters

There is no close relationship between the degree of organ damage and the amount/type of pain as there is when a somatic organ is injured.

Patterns of Referred Pain



Diagnosis of Visceral Pain



Visceral Pain Can Be Difficult to Diagnose

- Temporal evolution; insidious in early stages
- Diagnosis may be complicated by presence of concurrent painful conditions in >1 internal organ
- Pain intensity generally not related to extent of internal injury
- Further diagnostic issues arise as visceral pain progresses
 - Pain may be experienced at sites of body wall whose innervation enters spinal cord at same level as innervation from the involved organ
 - This is “referred pain”

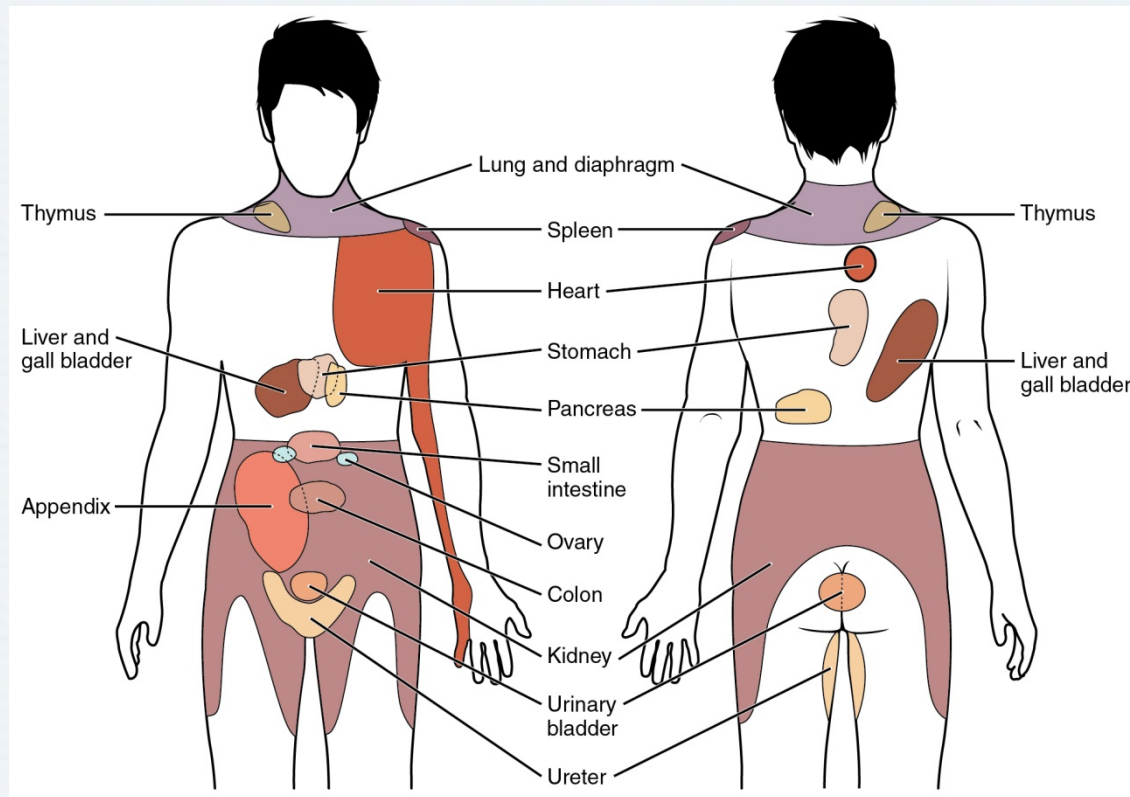
Diagnosis of Visceral Pain

- Patients with visceral pain require careful assessment
 - Patients should be referred to specialists for investigation and treatment in the first instance
- Patients become anxious and concerned that their persistent symptoms indicate investigations have not been thorough enough
 - They believe more tests are needed
 - They believe the pathology and reason for their pain has been missed
- However, visceral pain can be difficult to diagnose...

Patient Assessment

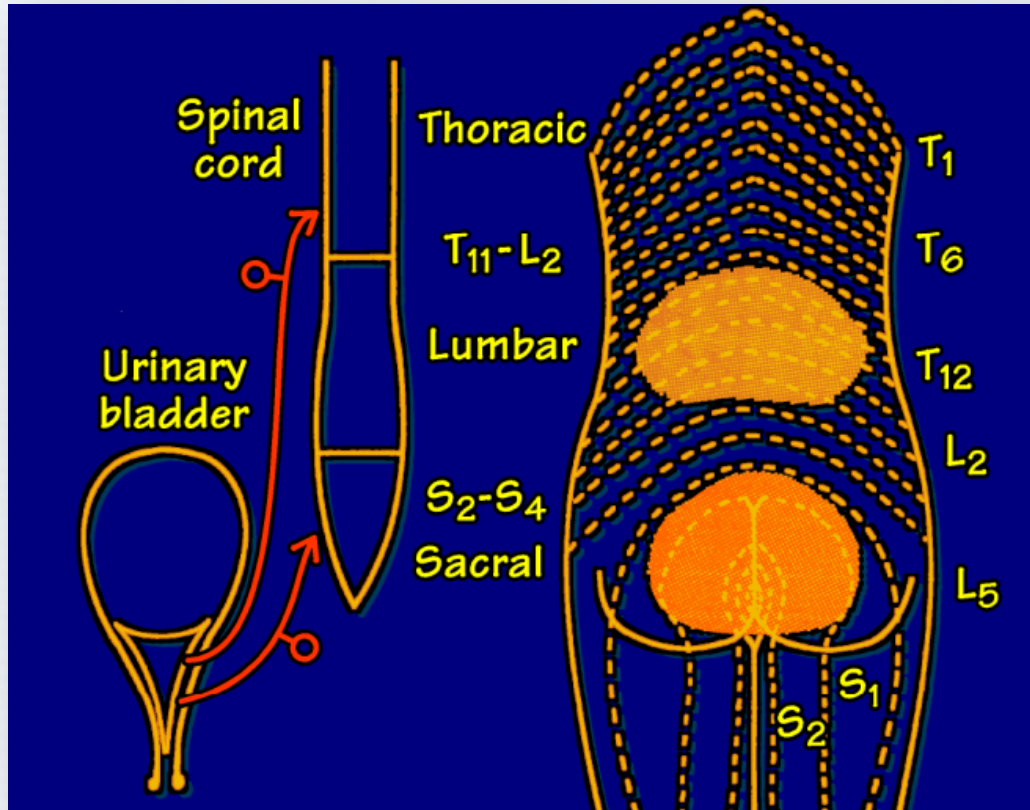


Referred Pain



Pain perceived at a location other than the site of the painful stimulus

Referred Visceral Pain



Poor localization of pain due to:

1. Projection to multiple segments
2. Low innervation density
3. Scattered spinal ramification

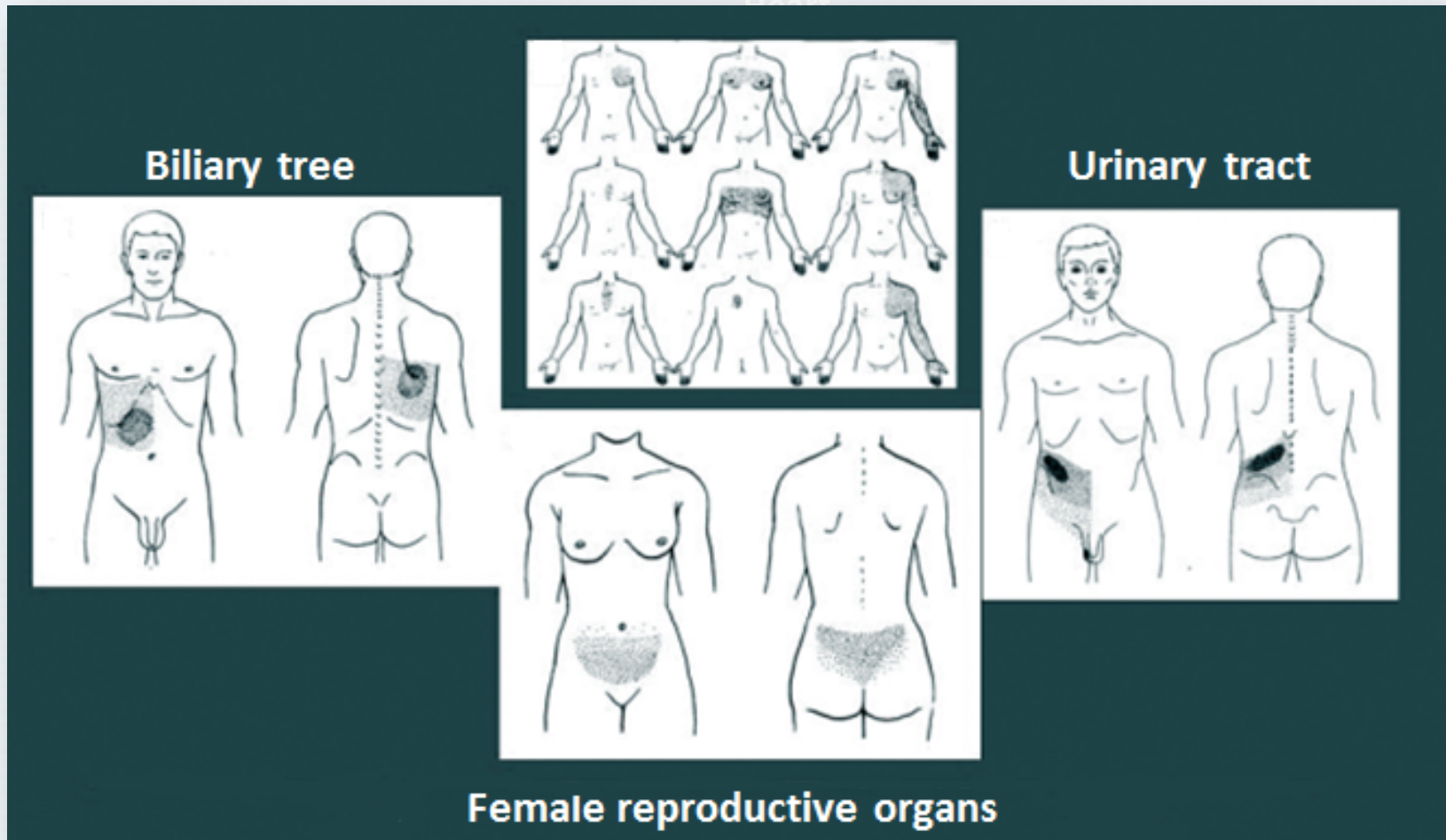
Characteristics of Referred Visceral Pain

- Relative to early, diffuse visceral pain, referred visceral pain is
 - Sharper
 - Better localized
 - Less likely to be accompanied by neurovegetative signs
 - Less likely to be accompanied by emotional signs
 - Similar in quality to pain of deep somatic origin
- May be associated with hyperalgesia of the tissues in the painful area



Referred visceral pain must be differentiated from pain of deep somatic origin

Primary Somatic Pain vs. Referred Visceral Pain



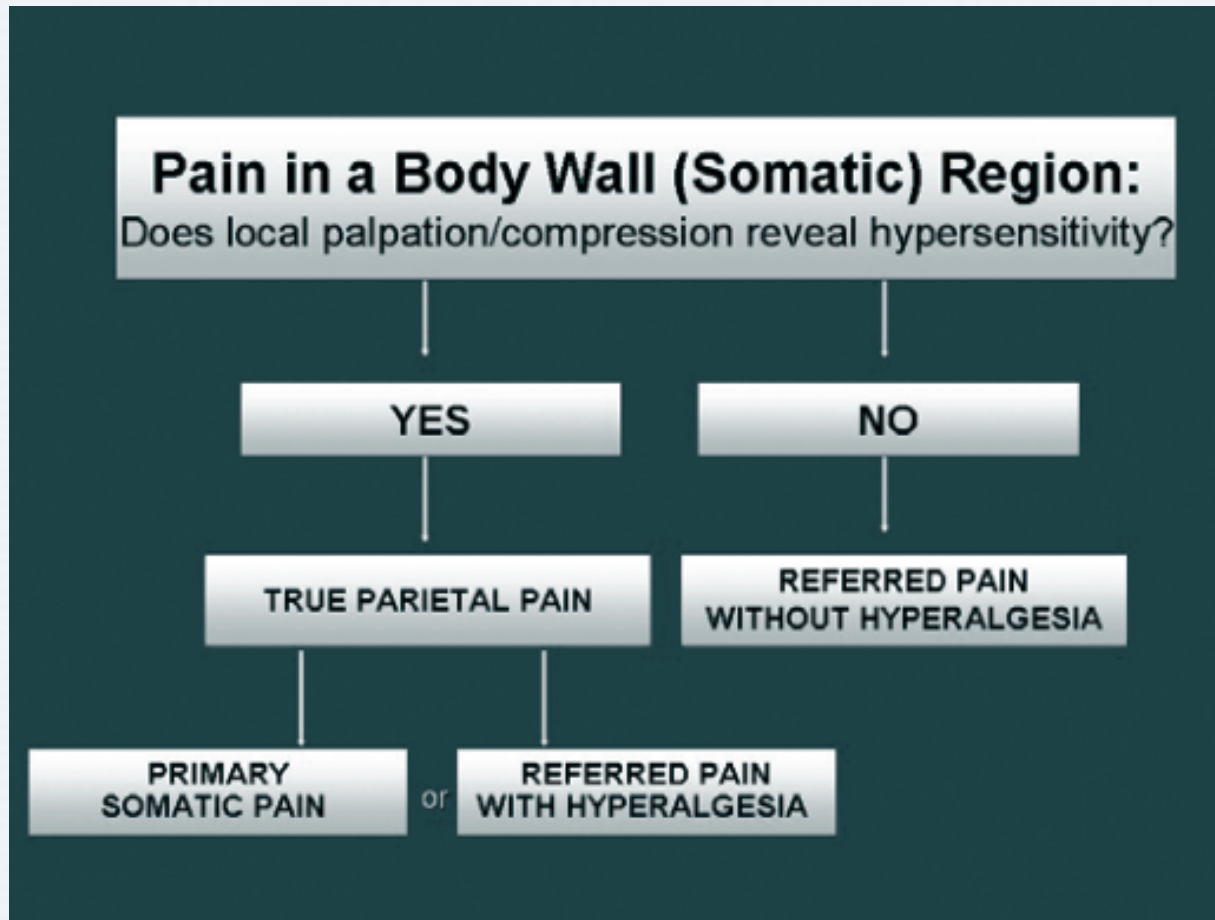
Diagnosing Referred Visceral Pain

- May be associated with hyperalgesia of tissues in the painful area = *referred visceral pain with hyperalgesia*
- Hyperalgesia of referred pain is usually confined to the muscle, often accompanied by sustained contraction
- May also extend superficially to cutaneous tissue and skin when underlying painful processes are repeated or long lasting

A search for hyperalgesia in the somatic region to which pain is referred must be an integral part of the initial physical diagnostic exam of a patient with suspected visceral pathology

- Absence of hypersensitivity allows symptom to be categorized as *referred visceral pain without hyperalgesia*

Differentiating Referred Pain without Hyperalgesia from True Parietal Pain*



*Primary somatic pain or referred pain with hyperalgesia
Giamberardino MA. *Pain Clinical Updates*. 2005;XIII(6):1-6.

Referred Visceral Pain with Hyperalgesia

- Likely due to central sensitization involving viscerosomatic convergent neurons
- Prominent because is it accentuated by repetition of visceral episodes and persists long after initiating pain has ended
- Trophic changes common
- Thickening of subcutaneous tissue
- Some degree of local muscle atrophy
- Both changes may persist long after primary visceral problem is in remission

Visceral pain can affect the somatic tissues in the referred area for months or even years

Visceral Hyperalgesia

- Very frequent in the clinical setting
- Increased sensitivity of an internal organ such that even non-pathological, normal stimuli may produce pain from that organ
- Usual due to visceral inflammation → peripheral and central sensitization
- Examples
 - Ingestion of foods/liquids when esophagus/stomach mucosa inflamed
 - Pain from normal bladder distension with inflamed lower urinary tract

Viscerovisceral Hyperalgesia

- Augmentation of pain due to sensory interaction between two different internal organs that share at least part of their afferent circuitry
- Most likely produced by sensitization processes involving viscerovisceral convergent neurons in the CNS
- Example:
 - Patients with CHD + gallbladder calculosis may experience more frequent attacks of angina and biliary colic than patients with a single condition
 - Due to partially overlapping T5 afferent pathways of heart and gallbladder

Clinical Assessment of Pain

Functional Assessment



Does the pain interfere with activities?

Psychological Assessment



Does the patient have concomitant depression, anxiety, or mental status changes?

Does the patient have sleep disorders or a history of substance abuse/dependence?

Medication History



What medications have been tried in the past?

Which medications have helped?

Which medications have not helped?

Testing for Visceral Pain

- Patient history
 - Physical exam
- } Usually sufficient to determine a functional diagnosis
- Appropriate work-up may include
 - Lab tests for infectious and inflammatory processes
 - Imaging of sites not readily assessed by physical exam

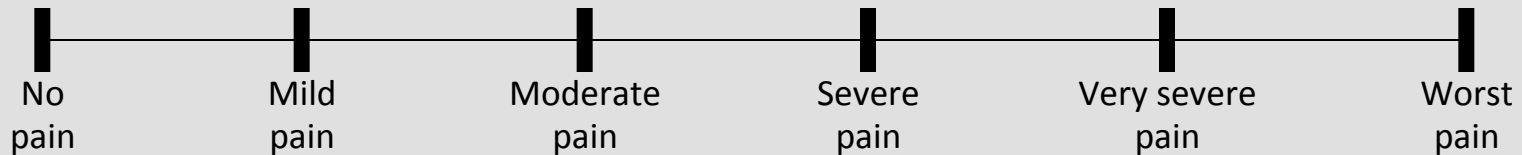
Pain History Worksheet

- Site of pain¹
- What causes or worsens the pain? ¹
- Intensity and character of pain¹
- Associated symptoms? ¹
- Pain-related impairment in functioning? ¹
- Relevant medical history¹

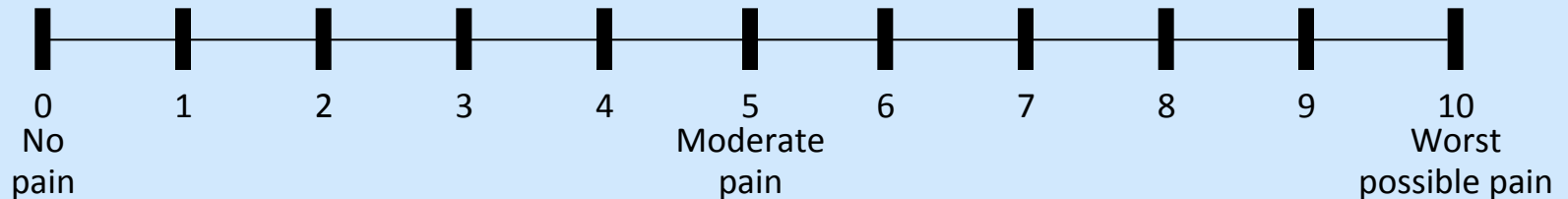
Patient history and physical exam are usually sufficient to determine a functional diagnosis²

Determine Pain Intensity

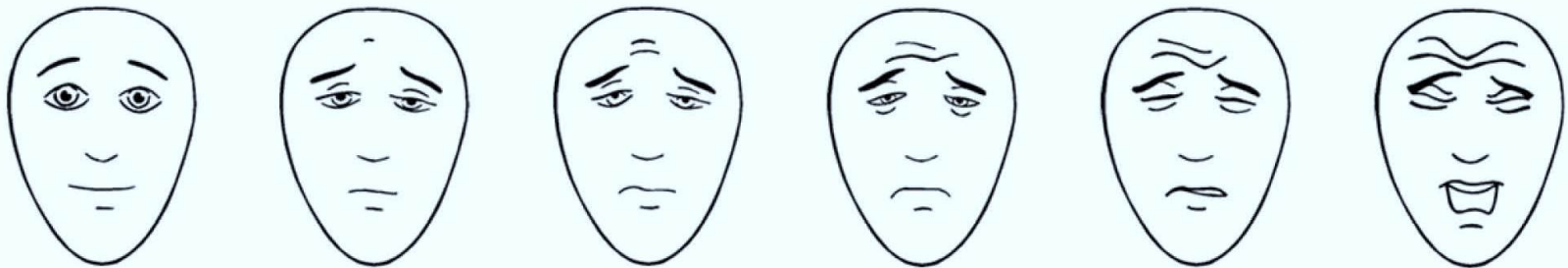
Simple Descriptive Pain Intensity Scale



0–10 Numeric Pain Intensity Scale



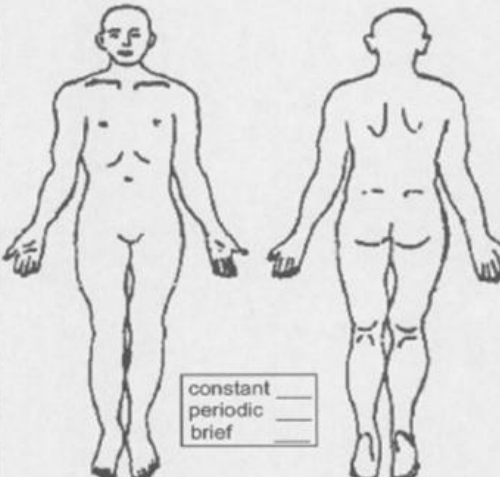
Faces Pain Scale – Revised



APS Questionnaire

- Measures 6 aspects of quality:
 - Pain severity and relief
 - Impact of pain on activity, sleep and negative emotions
 - Side effects of treatment
 - Helpfulness of information about pain treatment
 - Ability to participate in pain treatment decisions
 - Use of non-pharmacological strategies

McGill Pain Questionnaire

1 flickering	11 tiring	PPI _____ Comments:																																								
quivering	exhausting																																									
pulsing	12 sickening																																									
throbbing	suffocating																																									
beating	13 fearful																																									
pounding	frightful																																									
2 jumping	terrifying																																									
flashing	14 punishing																																									
shooting	gruelling																																									
3 pricking	cruel																																									
boring	vicious																																									
drilling	killing																																									
stabbing	15 wretched																																									
lancinating	blinding																																									
4 sharp	16 annoying																																									
cutting	troublesome																																									
lacerating	miserable																																									
5 pinching	intense																																									
pressing	unbearable																																									
gnawing	17 spreading																																									
cramping	radiating																																									
crushing	penetrating																																									
6 tugging	piercing	constant _____	<table border="1"> <tr> <td>accompanying</td> <td>Sleep:</td> <td>Food intake:</td> </tr> <tr> <td>symptoms:</td> <td>good _____</td> <td>good _____</td> </tr> <tr> <td>nausea _____</td> <td>fitful _____</td> <td>some _____</td> </tr> <tr> <td>headache _____</td> <td>can't sleep _____</td> <td>little _____</td> </tr> <tr> <td>dizziness _____</td> <td>Comments:</td> <td>none _____</td> </tr> <tr> <td>drowsiness _____</td> <td></td> <td>Comments:</td> </tr> <tr> <td>constipation _____</td> <td></td> <td></td> </tr> <tr> <td>diarrhea _____</td> <td></td> <td></td> </tr> <tr> <td>Comments:</td> <td>Activity:</td> <td>Comments:</td> </tr> <tr> <td></td> <td>good _____</td> <td></td> </tr> <tr> <td></td> <td>some _____</td> <td></td> </tr> <tr> <td></td> <td>little _____</td> <td></td> </tr> <tr> <td></td> <td>none _____</td> <td></td> </tr> </table>	accompanying	Sleep:	Food intake:	symptoms:	good _____	good _____	nausea _____	fitful _____	some _____	headache _____	can't sleep _____	little _____	dizziness _____	Comments:	none _____	drowsiness _____		Comments:	constipation _____			diarrhea _____			Comments:	Activity:	Comments:		good _____			some _____			little _____			none _____	
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7 hot	18 tight																																									
burning	numb																																									
scalding	drawing																																									
searing	squeezing																																									
8 tingling	tearing																																									
itchy	19 cool																																									
smarting	cold																																									
stinging	freezing																																									
9 dull	20 nagging																																									
sore	nauseating																																									
hurting	agonizing																																									
aching	dreadful																																									
heavy	torturing																																									
10 tender	PPI	0 no pain																																								
taut	1 mild	1 mild																																								
rasping	2 discomforting	2 discomforting																																								
splitting	3 distressing	3 distressing																																								
	4 horrible	4 horrible																																								
	5 excruciating	5 excruciating																																								

Pain Assessment: PQRST Mnemonic

- **P**rovocative and **P**alliative factors
- **Q**uality
- **R**egion and **R**adiation
- **S**everity
- **T**iming, **T**reatment

Importance of Diagnosing and Treating Underlying Condition

- Visceral pain symptoms may herald a life-threatening underlying cause
- Examples:
 - Myocardial infarction
 - Intestinal obstruction
 - Acute pancreatitis
 - Peritonitis

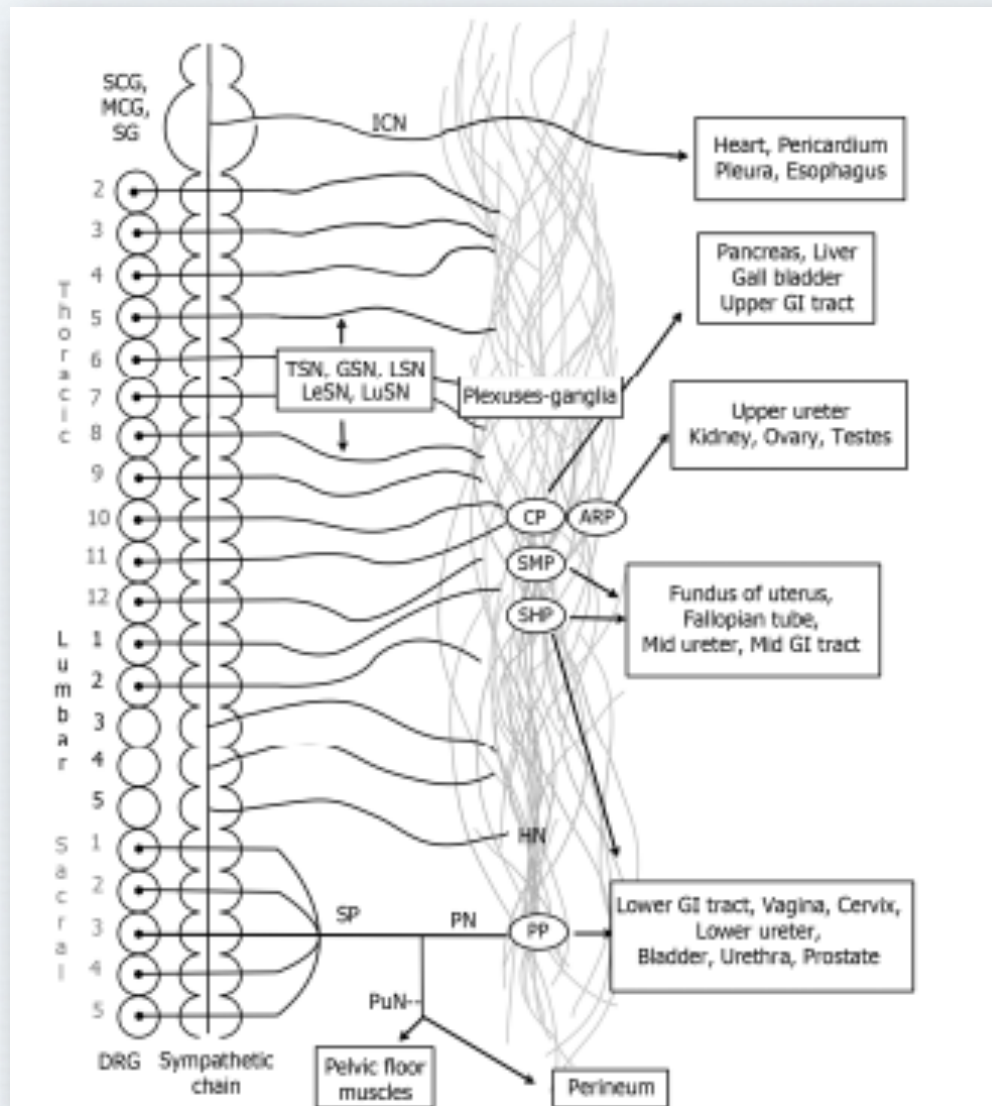
Prompt evaluation and specific diagnosis of visceral pain is mandatory

Importance of Pain Assessment

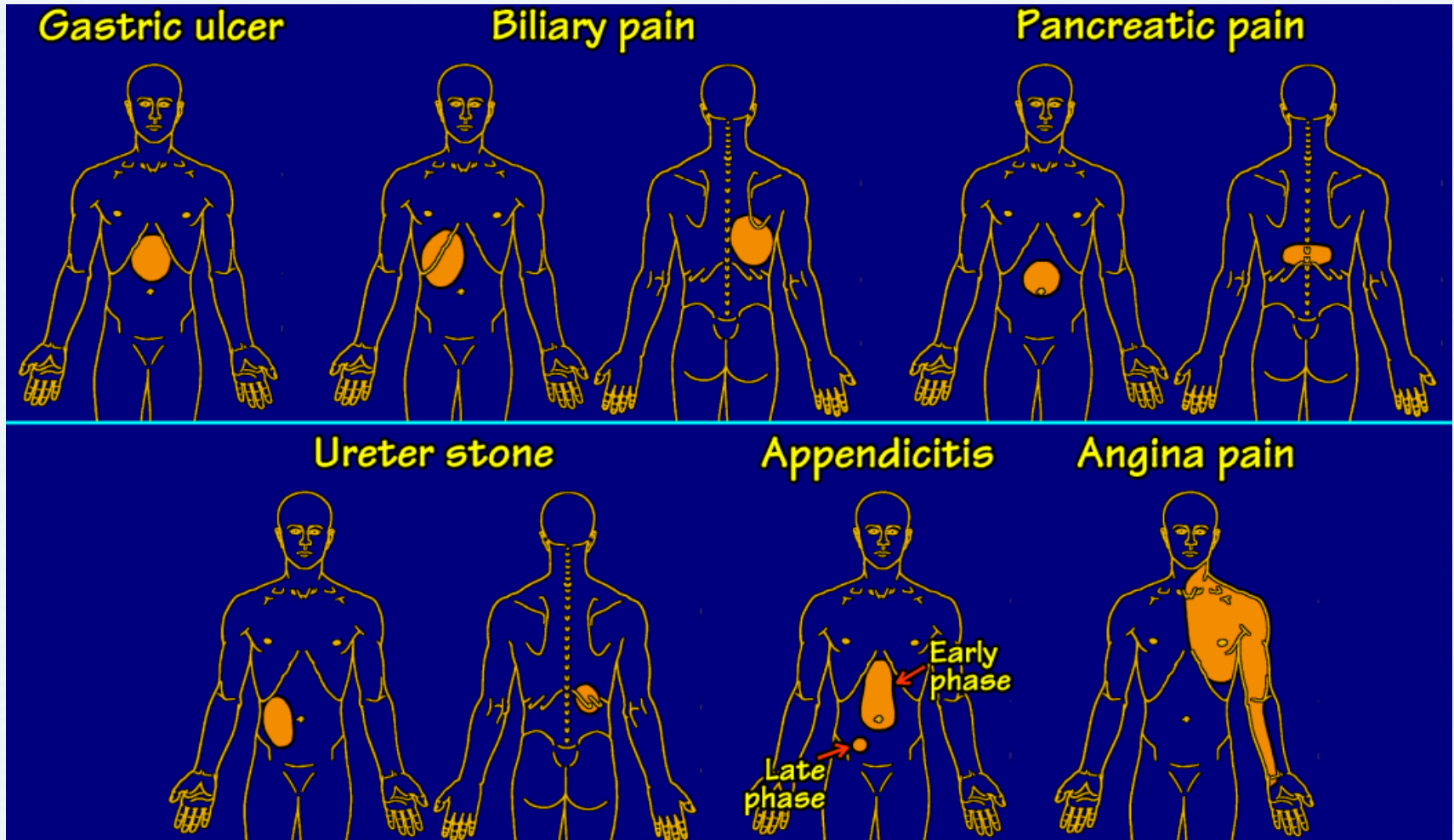
- Screen for red flags requiring immediate investigation and/or referral
- Identify underlying cause
 - Pain is better managed if the underlying causes are determined and addressed
- Recognize type of pain to help guide selection of appropriate therapies for treatment of pain
- Determine baseline pain intensity to enable future assessment of efficacy of treatment

Pain is a significant predictor of morbidity and mortality

Causes of Visceral Pain by Location



Visceral Pain



Psychogenic Pain and Visceral Pain

- Psychological morbidity is common in patients with organic or functional visceral pain
 - Unclear how much of the comorbidity is cause and how much is effect

Depression Scales



PHQ-9

Nine-symptom Checklist

Name _____ Date _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

(For office coding: Total Score _____ = _____ + _____ + _____)

If you checked off *any* problems, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Hospital Anxiety and Depression Scale

A	I feel tense or 'wound up': Most of the time A lot of the time From time to time (occ.) Not at all	3 2 1 0
D	I still enjoy the things I used to enjoy: Definitely as much Not quite as much Only a little Hardly at all	0 1 2 3
A	I get a sort of frightened feeling as if something awful is about to happen: Very definitely and quite badly Yes, but not too badly A little, but it doesn't worry me Not at all	3 2 1 0
D	I can laugh and see the funny side of things: As much as I always could Not quite so much now Definitely not so much now Not at all	0 1 2 3
A	Worrying thoughts go through my mind: A great deal of the time A lot of the time From time to time, but not often Only occasionally	3 2 1 0
D	I feel cheerful: Not at all Not often Sometimes Most of the time	3 2 1 0
A	I can sit at ease and feel relaxed: Definitely Usually Not often Not at all	0 1 2 3

D	I feel as if I am slowed down: Nearly all the time Very often Sometimes Not at all	3 2 1 0
A	I get a sort of frightened feeling like "butterflies" in the stomach: Not at all Occasionally Quite often Very often	0 1 2 3
D	I have lost interest in my appearance: Definitely I don't take as much care as I should I may not take quite as much care I take just as much care	3 2 1 0
A	I feel restless as I have to be on the move: Very much indeed Quite a lot Not very much Not at all	3 2 1 0
D	I look forward with enjoyment to things: As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all	0 1 2 3
A	I get sudden feelings of panic: Very often indeed Quite often Not very often Not at all	3 2 1 0
D	I can enjoy a good book or radio/TV program: Often Sometimes Not often Very seldom	0 1 2 3

A = anxiety; D = depression

Zigmond AS, Snaith RP. *Acta Psychiatr Scand.* 1983;67:361-70.

Hamilton Depression Rating Scale (HAM-D)

1. Depressed Mood

(sadness, hopeless, helpless, worthless)

- 0 Absent
- 1 These feeling states indicated only on questioning
- 2 These feeling states spontaneously reported
- 3 Communicates feeling states nonverbally, in expression, posture, voice and tendency to communicate
- 4 Patient reports VIRTUALLY ONLY these feeling states spontaneously verbal and nonverbal communication

2. Feelings of Guilt

- 0 Absent
- 1 Self-reproach, feels he has let people down
- 2 Ideas of guilt or rumination over past errors
- 3 Present illness is a punishment. Delusions of guilt
- 4 Hears accusatory or denunciatory voices or threatening visual hallucinations

3. Suicide

- 0 Absent
- 1 Feels life is not worth living
- 2 Wishes he were dead or any thoughts of poisoning himself
- 3 Suicide ideas or gesture
- 4 Attempts at suicide (any serious attempt regardless of result)

4. Insomnia - Early

- 0 No difficulty falling asleep
- 1 Complains of occasional difficulty falling asleep (less than 1/2 hour)
- 2 Complains of nightly difficulty falling asleep

5. Insomnia - Middle

- 0 No difficulty
- 1 Patient complains of being restless and disturbed during the night
- 2 Waking during the night – any getting out of bed (except for purposes of voiding)

6. Insomnia - Late

- 0 No difficulty
- 1 Waking in early hours of the morning but getting back to sleep
- 2 Unable to fall asleep again if gets out of bed

9. Agitation

- 0 None
- 1 "Playing with" hand, hair, etc.
- 2 Hand-wringing, nail-biting, biting of lips

10. Anxiety - Psychic

- 0 No difficulty
- 1 Subjective tension and irritability
- 2 Worrying about minor matters
- 3 Apprehensive attitude apparent in face or speech
- 4 Fears expressed without questioning

11. Anxiety - Somatic

- 0 Absent Physiological concomitants of anxiety such as:
- 1 Mild Gastrointestinal - dry mouth, wind, indigestion,
- 2 Moderate diarrhea, cramps, belching
- 3 Severe Cardiovascular – palpitations, headaches
- 4 Incapacitating Respiratory - hyperventilation, sighing
Urinary frequency
Sweating

12. Somatic Symptoms - Gastrointestinal

- 0 None
- 1 Loss of appetite but eating without staff encouragement. Heavy feelings in abdomen.
- 2 Difficulty eating without staff urging. Requests or requires laxatives or medications for bowels or medication for G.I. symptoms.

13. Somatic Symptoms - General

- 0 None
- 1 Heaviness in limbs, back or head, backaches, headache, muscle aches, loss of energy and fatigability
- 2 Any clear-cut symptom rates 2

14. Genital Symptoms

- 0 Absent 0 Not ascertained
- 1 Mild Symptoms such as: loss of libido,
- 2 Severe menstrual disturbances

Montgomery-Åsberg Depression Rating Scale

1. Apparent Sadness

Representing despondency, gloom and despair (more than just ordinary transient low spirits) reflected in speech, facial expression, and posture. Rate by depth and inability to brighten up.

- 0 - No sadness.
- 2 - Looks dispirited but does brighten up without difficulty.
- 4 - Appears sad and unhappy most of the time.
- 6 - Looks miserable all the time. Extremely despondent.

2. Reported Sadness

Representing reports of depressed mood, regardless of whether it is reflected in appearance or not. Includes low spirits, despondency or the feeling of being beyond help and without hope.

- 0 - Occasional sadness in keeping with the circumstances.
- 2 - Sad or low but brightens up without difficulty.
- 4 - Pervasive feelings of sadness or gloominess. The mood is still in keeping with the circumstances.
- 6 - Continuous or unvarying sadness, misery or despondency.

3. Inner Tension

Representing feelings of ill-defined discomfort, edginess, inner turmoil mounting to either panic, dread or anguish. Rate according to intensity, and the extent of reassurance called for.

- 0 - Placid. Only fleeting inner tension.
- 2 - Occasional feelings of edginess and ill-defined discomfort.
- 4 - Continuous feelings of inner tension or intermittent panic which is mastered with some difficulty.
- 6 - Unrelenting dread or anguish. Overwhelming panic.

8. Inability to Feel

Representing the subjective experience of reduced interest in the surroundings or activities that normally give pleasure. The ability to react with adequate emotion to circumstances or people is reduced.

- 0 - Normal interest in the surroundings and in other people.
- 2 - Reduced ability to enjoy usual interests.
- 4 - Loss of interest in the surroundings. Loss of feelings for friends and acquaintances.
- 6 - The experience of being emotionally paralyzed, inability to feel anger, grief or pleasure and a complete or even painful failure to feel for close relatives and friends.

9. Pessimistic Thoughts

Representing thoughts of guilt, inferiority, self-reproach, sinfulness, remorse, and ruin.

- 0 - No pessimistic thoughts.
- 2 - Fluctuating ideas of failure, self-reproach or self-depreciation.
- 4 - Persistent self-accusations or definite but still rational ideas of guilt or sin. Increasingly pessimistic about the future.
- 6 - Delusions of ruin, remorse or irredeemable sin. Self-accusations which are absurd and unshakable.

10. Suicidal Thoughts

Representing the feeling that life is not worth living, that a natural death would be welcome, suicidal thoughts, and preparations for suicide. Suicide attempts should not in themselves influence the rating.

- 0 - Enjoys life or takes it as it comes.
- 2 - Weary of life. Only fleeting suicidal thoughts.
- 4 - Probably better off dead. Suicidal thoughts are common, and suicide is considered as a possible solution, but without specific plans or intentions.
- 6 - Explicit plans for suicide when there is an opportunity. Active preparations for suicide.

Beck Depression Inventory

Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

1.
 - 0 I do not feel sad.
 - 1 I feel sad
 - 2 I am sad all the time and I can't snap out of it.
 - 3 I am so sad and unhappy that I can't stand it.
2.
 - 0 I am not particularly discouraged about the future.
 - 1 I feel discouraged about the future.
 - 2 I feel I have nothing to look forward to.
 - 3 I feel the future is hopeless and that things cannot improve.
3.
 - 0 I do not feel like a failure.
 - 1 I feel I have failed more than the average person.
 - 2 As I look back on my life, all I can see is a lot of failures.
 - 3 I feel I am a complete failure as a person.
4.
 - 0 I get as much satisfaction out of things as I used to.
 - 1 I don't enjoy things the way I used to.
 - 2 I don't get real satisfaction out of anything anymore.
 - 3 I am dissatisfied or bored with everything.
5.
 - 0 I don't feel particularly guilty
 - 1 I feel guilty a good part of the time.
 - 2 I feel quite guilty most of the time.
 - 3 I feel guilty all of the time.
6.
 - 0 I don't feel I am being punished.
 - 1 I feel I may be punished.
 - 2 I expect to be punished.
 - 3 I feel I am being punished.
7.
 - 0 I don't feel disappointed in myself.
 - 1 I am disappointed in myself.
 - 2 I am disgusted with myself.
 - 3 I hate myself.
8.
 - 0 I don't feel I am any worse than anybody else.
 - 1 I am critical of myself for my weaknesses or mistakes.
 - 2 I blame myself all the time for my faults.
 - 3 I blame myself for everything bad that happens.
9.
 - 0 I don't have any thoughts of killing myself.
 - 1 I have thoughts of killing myself, but I would not carry them out.
 - 2 I would like to kill myself.
 - 3 I would kill myself if I had the chance.
10.
 - 0 I don't cry any more than usual.
 - 1 I cry more now than I used to.
 - 2 I cry all the time now.
 - 3 I used to be able to cry, but now I can't cry even though I want to.

11.
 - 0 I am no more irritated by things than I ever was.
 - 1 I am slightly more irritated now than usual.
 - 2 I am quite annoyed or irritated a good deal of the time.
 - 3 I feel irritated all the time.
12.
 - 0 I have not lost interest in other people.
 - 1 I am less interested in other people than I used to be.
 - 2 I have lost most of my interest in other people.
 - 3 I have lost all of my interest in other people.
13.
 - 0 I make decisions about as well as I ever could.
 - 1 I put off making decisions more than I used to.
 - 2 I have greater difficulty in making decisions more than I used to.
 - 3 I can't make decisions at all anymore.
14.
 - 0 I don't feel that I look any worse than I used to.
 - 1 I am worried that I am looking old or unattractive.
 - 2 I feel there are permanent changes in my appearance that make me look unattractive
 - 3 I believe that I look ugly.
15.
 - 0 I can work about as well as before.
 - 1 It takes an extra effort to get started at doing something.
 - 2 I have to push myself very hard to do anything.
 - 3 I can't do any work at all.
16.
 - 0 I can sleep as well as usual.
 - 1 I don't sleep as well as I used to.
 - 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
 - 3 I wake up several hours earlier than I used to and cannot get back to sleep.
17.
 - 0 I don't get more tired than usual.
 - 1 I get tired more easily than I used to.
 - 2 I get tired from doing almost anything.
 - 3 I am too tired to do anything.
18.
 - 0 My appetite is no worse than usual.
 - 1 My appetite is not as good as it used to be.
 - 2 My appetite is much worse now.
 - 3 I have no appetite at all anymore.
19.
 - 0 I haven't lost much weight, if any, lately.
 - 1 I have lost more than five pounds.
 - 2 I have lost more than ten pounds.
 - 3 I have lost more than fifteen pounds.

20.
 - 0 I am no more worried about my health than usual.
 - 1 I am worried about physical problems like aches, pains, upset stomach, or constipation.
 - 2 I am very worried about physical problems and it's hard to think of much else.
 - 3 I am so worried about my physical problems that I cannot think of anything else.
21.
 - 0 I have not noticed any recent change in my interest in sex.
 - 1 I am less interested in sex than I used to be.
 - 2 I have almost no interest in sex.
 - 3 I have lost interest in sex completely.

Anxiety Scales



Beck Anxiety Inventory

	Not At All	Mildly but it didn't bother me much.	Moderately - it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding/racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky / unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot/cold sweats	0	1	2	3
Column Sum				

Scoring - Sum each column. Then sum the column totals to achieve a grand score. Write that score here _____.

Hamilton Anxiety Rating Scale (HAM-A)

	0 = Not present,	1 = Mild,	2 = Moderate,	3 = Severe,	4 = Very severe.
1 Anxious mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worries, anticipation of the worst, fearful anticipation, irritability.					
2 Tension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.					
3 Fears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.					
4 Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.					
5 Intellectual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty in concentration, poor memory.					
6 Depressed mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.					
7 Somatic (muscular)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.					
8 Somatic (sensory)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.					
9 Cardiovascular symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.					
10 Respiratory symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pressure or constriction in chest, choking feelings, sighing, dyspnea.					
11 Gastrointestinal symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.					
12 Genitourinary symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequency of micturition, urgency of micturition, amenorrhoea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.					
13 Autonomic symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.					
14 Behavior at interview	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.					

Hospital Anxiety and Depression Scale - Anxiety

Question	Frequency	Score
I feel tense or "wound up"	Most of the time	3
	A lot of the time	2
	Occasionally	1
	Not at all	0
I get a sort of frightened feeling as if something awful is about to happen	Very definitely and quite badly	3
	Yes, but not too badly	2
	A little, but it doesn't worry me	1
	Not at all	0
Worrying thoughts go through my mind	A great deal of the time	3
	A lot of the time	2
	From time to time, but not often	1
	Only occasionally	0
I can sit at ease and feel relaxed	Definitely	0
	Usually	1
	Not often	2
	Not at all	3
I get a sort of frightened feeling like "butterflies" in the stomach	Not at all	0
	Occasionally	1
	Quite often	2
	Very often	3
I feel restless as I have to be on the move	Very much indeed	3
	Quite a lot	2
	Not very much	1
	Not at all	0
I get sudden feelings of panic	Very often indeed	3
	Quite often	2
	Not very often	1
	Not often at all	0

Pain Disability Scale



Pain Disability Index

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

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