



# Choice Therapy

## Pain Disability Index

The rating scales below are designed to measure the degree in which several aspects of your life are presently disrupted by chronic pain. In other words, we would like to know how much your pain is preventing you from doing what you would normally do, or from doing it as well as you normally would.

From each of the seven categories of life activities listed, please circle the number on the scale which 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 which you would normally be involved have been totally disrupted or prevented by your pain.

1. **Family/Home Responsibilities:** This category refers to activities related to the home or family. It includes chores and duties performed around the house (yard work) and errands or favors for other family members (driving the children to school).

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

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

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

No Disability	0	1	2	3	4	5	6	7	8	9	10	Total Disability
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7. **Life-Support Activity:** 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	Total Disability
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