

Headache Pain Scale Interpretation

***Please use this information as a reference when completing your headache diaries.**

10	Extreme pain; unable to function; worst pain imaginable; bed rest likely required
9	Very severe pain; may be unable to speak or think clearly; not able to function; likely lying down or sleeping
8	More severe pain; prohibits your activities (i.e., work, child care, self-care, etc.); likely lying down or sleeping
7	Severe pain; pain begins to affect ability to concentrate and very difficult to continue with daily activities
6	Moderate-severe pain; limits your activities; some activities may be less of a priority
5	Moderate pain; you feel the need to slow down; pain is more distracting
4	Mild-moderate pain; usual activities become more difficult
3	Distracting pain; can continue with usual activities, but may be more difficult
2	Mild pain; can continue with daily activities, but may be more difficult
1	Very mild pain; able to carry on with usual activities with no distraction
0	Pain free; <u>no</u> pain at all; <u>no headache</u>