The PEG Scale: Assessing Pain Intensity and Interference

Pain, Enjoyment, General Activity

What number best describes your average pain in the past week?

1 5 10
No pain Extreme pain

What number best describes how, during the past week, pain has interfered with your enjoyment of life?

1 5 10
Does not interfere Completely interferes

What number best describes how, during the past week, pain has interfered with your general activity?

1 5 10
Does not interfere Completely interferes

Computing the PEG Score:
Add the responses to the three questions, then divide by three to get a mean score (out of 10) on overall impact of points.

Using the PEG Score:
The score is best used to track an individual’s changes over time.

For more information, visit our website www.alliantquality.org