

**STEP 2****Tell us a bit more about your pain****Your current level of pain**

Circle one of the numbers on the scale to rate your pain level at present.

0 = 'No pain'    10 = 'Worst/extreme pain'

0    1    2    3    4    5    6    7    8    9    10

**Your pain over the last seven days**

Circle the number on the scale to rate **how distressing** the pain was on average over the last seven days.

0 = 'No distress'    10 = 'Extremely distressing'

0    1    2    3    4    5    6    7    8    9    10

**Managing your pain**

Please rate **how confident you are** that you can do the following things at present, despite the pain. Circle one of the numbers on each of the scales.

0 = 'Not at all confident'    6 = 'Completely confident'

*"I can live a normal lifestyle, despite the pain"*

0    1    2    3    4    5    6

*"I can do some form of work, despite the pain"*

0    1    2    3    4    5    6

(work includes housework, paid and unpaid work)