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McGill Self Administered Pain Inventory

Description:

This inventory is a list of descriptive words organized into categories. There are three categories of pain perception considered in this inventory:

- 1) **Sensory:** how much does the patient sense the pain.
- 2) **Affective:** how much is the pain affecting their life.
- 3) **Evaluative:** how much time is the patient taking to evaluate the pain, or how often is the pain on their mind.
- 4) **Overall Total:** an indication of how much overall pain is their lives.

These words are also bunched into groups. Each group of about four or five words contain words that are in order of intensity, with the least intense at the top of the list. There are twenty groups of words.

How it works:

- 1) The patient is instructed to circle only one word in any group. They do not have to choose a word in every group, only the one they feel apply to them.
- 2) A number is then assigned to each group that has a word circled in it. That number corresponds to the position of the word in the group. For example: if the word is the third word down, the number is "3" for that group.

Results:

The numbers are added in the following fashion:

- Groups 1-10 equals the **sensory** component
- Groups 11-15 equals the **affective** component
- Group 16 equals the **evaluative** component
- Groups 1-20 equals the **Total**.

Clinical relevance:

After you have used this inventory for awhile, an average can be determined for each component. I usually determine a low, moderate or severe aspect to the pain based on these averages. If the determination is high for the affective or evaluative, I would refer to a clinical psychologist. This inventory is only a tool to help you determine the future efficacy of your

proposed treatment and to guide you into understanding of other contributing factors in the patient's pain.