

PEG: Assessing Pain Intensity and Interference

The Pain Intensity, Enjoyment of Life, General Activity (**PEG**) Assessment Tool is a 3-item scale that can be utilized to assess and monitor chronic pain. The final PEG score can mean very different things to different patients. The PEG score is most useful in tracking changes over time, and should decrease once therapy has begun.

1. On a scale from 0 to 10, with 0 being “no pain” and 10 being “pain as bad as you can imagine”, what number below best describes your pain on average in the past week?

0	1	2	3	4	5	6	7	8	9	10

2. On a scale from 0 to 10, with 0 being “does not interfere” and 10 being “completely interferes”, what number below best describes how pain has interfered with your enjoyment of life in the past week?

0	1	2	3	4	5	6	7	8	9	10

3. On a scale from 0 to 10, with 0 being “does not interfere” and 10 being “completely interferes”, what number below best describes how pain has interfered with your general activity in the past week?

0	1	2	3	4	5	6	7	8	9	10

To calculate the PEG score, add the three responses to the questions above and divide by three to get a final score out of 10. A 30% improvement from baseline is considered clinically meaningful.

**FINAL
SCORE**

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Reference: Krebs EE, Lorenz KA, Blair MJ, *et al.* Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference. *J. Gen Intern Med.* 24(6): 733-8.