The McGill Pain Questionnaire (Spanish)

Purpose

The McGill Pain Questionnaire (MPQ) (Melzack, 1983) provides a valid, reliable, rapid and consistent way of determining a patient’s subjective pain experience.

Administration

The patient is provided with a form comprising instructions and 20 word groups. The patient is instructed to read each word group and decide whether there is a work in the group which describes the pain he/she is experiencing there and then. The patient should circle one word in the group, which describes their pain. If there is no word in the group, which describes their pain, they are to move on to the next group until they have completed each of the 20 groups.

Groups 1 to 10 are words used to describe sensory experience, groups 11 to 15 are affective words, 16 is evaluative and 17 to 20 are miscellaneous groups.

Scoring

Each word in the group has a rank value as follows:

<table>
<thead>
<tr>
<th>WORD</th>
<th>RANK</th>
<th>WORD</th>
<th>RANK</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>1</td>
<td>#4</td>
<td>4</td>
</tr>
<tr>
<td>#2</td>
<td>2</td>
<td>#5</td>
<td>5</td>
</tr>
<tr>
<td>#3</td>
<td>3</td>
<td>#6</td>
<td>6</td>
</tr>
</tbody>
</table>

Score each word group according to the word the patient circles and write the score alongside the group number. Add categories 1 to 10 and record this next to “sensory”. Add groups 11 to 15 and recorded this next to “affective”. Write the score for group 16 next to “evaluative”. Add scores for groups 17 to 20 and write this next to “miscellaneous”. Lastly, add all four categories, ie., groups 1 to 20, and write this next to “Total”.

Interpretation

A score of 30 or greater indicates poor psychodynamics.

The test may also be used as an evaluative tool to assess pain before and after treatment techniques or medical procedures. It can also be useful for repeat testing in a work hardening program.

The test takes approximately 5-10 minutes to complete (depending on the literacy and vocabulary of the patient) and takes approximately 3 minutes to score.
McGill Instructions

Algunas de las palabras a continuación describen el dolor presente. Círculo sólo aquellas palabras que mejor lo describen. Dejar de lado cualquier categoría que no es adecuado. Utilice sólo una sola palabra en cada categoría correspondiente - la única que se aplica mejor.

1. Parpadeante
   Tremulante
   Pulsante
   Latirnte
   Batiente
   Golpeante

2. Brincador
   Relampagueante
   Disparante

3. Punzante
   Perforante
   Taladrante
   Apunalante
   Lancinante

4. Agudo
   Cortante
   Lacerante

5. Pellizcante
   Apremiante
   Carcomiente
   Acalambrante

6. Tironeante
   Arrancante
   Retorciendo

7. Caliente
   Ardiente
   Escaldante
   Cauterizante

8. Hormigueante
   Picante
   Picoteo
   Punzante

9. Leve y constante
   Sore
   Hurting
   Aching
   Heavy

10. Adolorido
   Tenso
   Raspante
   Rajante

11. Cansador
    Agotador

12. Enfermizo
    Suffocante

13. Terrible
    Espantoso
    Aterrorizador

14. Castigante
    Abrumador
    Cruel
    Maligno
    Irresistible

15. Miserable
    Enceguecedor

16. Fastidioso
    Dificultoso
    Latimoso
    Intenso
    Insoportable

17. Desparramante
    Radiante
    Penetrante
    Traspasante

18. Apretante
    Entumecido
    Estirante
    Estrujante
    Desgarrant

19. Fresco
    Frio
    Congelante

20. Machacante
    Nauseante
    Agonizante
    Medroso
    Torturante