

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 word 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:

WORD	RANK	WORD	RANK
#1	1	#4	4
#2	2	#5	5
#3	3	#6	6

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
Retorciente

7.
Caliente
Ardiente
Escaldante
Cauterizante

8.
Hormigueante
Picante
Picoteo
Punzante

9.
Leve y constant
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
Difícultoso
Latimoso
Intenso
Insoportable

17.
Desparramante
Radiante
Penetrante
Traspasante

18.
Apretante
Entumecido
Estirante
Estrujante
Desgarrante

19.
Fresco
Frio
Congelante

20.
Machacante
Nauseante
Agonizante
Medroso
Torturante