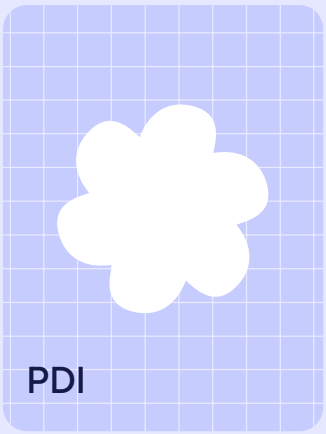


Pain Disability Index (PDI)

The PDI is a self-report questionnaire that measures the functional impact of pain on daily life. It explores 7 major areas of functioning: family/home responsibilities, recreation, social activity, occupation, sexual behavior, self-care and life-support activity. Widely used in pain clinics, health psychology and rehabilitation, it helps objectively document the perceived impact of chronic pain, guide the psychological and functional assessment, and monitor changes during treatment. The PDI is not a diagnostic test for pain, but a summary indicator of limitation and interference in functioning.

Number of questions	7 questions
Estimated duration	3 minutes
Language	English
Original name	Pain Disability Index
Target audience	Adults
Authors	C. A. Pollard (1984)

Preview of the 7 questions

How much is pain preventing you from doing what you would normally do?

Family/Home Responsibilities

This category refers to activities of the home or family. It includes chores or duties performed around the house (e.g. yard work) and errands or favors for other family members (e.g. driving the children to school).

0 - No disability | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Worst disability

How much is pain preventing you from doing what you would normally do?

Recreation

This disability includes hobbies, sports, and other similar leisure time activities.

0 - No disability | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Worst disability

How much is pain preventing you from doing what you would normally do?

Social Activity

This category refers to activities, which involve participation with friends and acquaintances other than family members. It includes parties, theater, concerts, dining out, and other social functions.

0 - No disability | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Worst disability

How much is pain preventing you from doing what you would normally do?

Occupation

This category refers to activities that are part of or directly related to one's job. This includes non-paying jobs as well, such as that of a housewife or volunteer.

0 - No disability | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Worst disability

How much is pain preventing you from doing what you would normally do?

Sexual Behavior

This category refers to the frequency and quality of one's sex life.

0 - No disability | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Worst disability

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated from 0 to 10, where 0 means no pain-related interference or disability and 10 means maximum disability in the area concerned. The total score is obtained by adding up the 7 items, for a total of 0 to 70. A high score indicates a greater functional impact of pain. Interpretation relies mainly on the overall score, the profile by area and changes over time, as there are no universal cutoffs validated for all clinical contexts.

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 Laura V. - Online Psychologist