

# Numeric Rating Scale for pain (0–10) (NRS Pain)

Category: Pain, General | Items: 1 | Time: ~1-2 min

## Description / When to Use

Self-reported pain intensity

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 1 items in this scale. Estimated completion time: 1-2 min.

## Scale Items

1. Rate your pain right now (0 = no pain -> 10 = worst imaginable)

## Scoring Guide

Sum all 1 items. Total range 0-10.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–0	No pain	—
1–3	Mild pain	Mild pain — generally does not interfere with function.
4–6	Moderate pain	Moderate pain — interferes with concentration and tasks
7–10	Severe pain	Severe pain — markedly interferes with all activities; treat actively.

## Psychometric Properties

See original validation study for reliability and validity data.

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## Citation (APA Format)

Hartrick CT et al. The numeric rating scale for clinical pain measurement: a ratio measure? *Pain Pract.* 2003;3(4):310-316. DOI: 10.1111/j.1530-7085.2003.03034.x