National Pain Data Bank- Short Form- Veterans Affairs Version 1.0

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and the American Academy of Pain Management

Intent

The short form of the National Pain Data Bank (NPDB-SF-VA) is a 16-item instrument designed to assess pain intensity and selected dimensions of pain-related functioning for outcomes monitoring purposes. The VA Short Form version is available to VA users at no cost and will be posted on several pain and VA sites.

In the following pages, we provide a summary of factor analytic, internal consistency and concurrent validity data for this version of the NPDB, as well as some inpatient sample norms. Note that all reported data are based on a sample or subsamples of 248 veterans admitted for treatment in a comprehensive, multidisciplinary, inpatient program. All had chronic, non-cancer pain, and the majority exhibited characteristics consistent with chronic pain syndromes. Norms for a VA outpatient clinical sample should be available by the spring of 2001.

CAUTIONS: **UNTIL ADDITIONAL VALIDATION AND RELIABILITY DATA ARE AVAILABLE, RESULTS DERIVED FROM THIS INSTRUMENT SHOULD BE CONSIDERED TENTATIVE, PARTICULARLY IF THE INSTRUMENT IS USED AS A CLINICAL TOOL.**

Development of the NPDB-SF-VA

The short form was developed in response to a request from pain practitioners who desired a means of assessing selected aspects of chronic pain patient functioning utilizing a brief self-report measure. The VA version of the NPDB Short Form consists of two demographic questions (age and pain duration), two pain intensity items (current pain and average pain), four pairs of items representing pain-related interference in vitality, mobility, ADLs, and travel, two negative affect items, and two pain-related fear items. Responses to all but the demographic items are based on 11-point (0 to 10) scales. With two exceptions, items for the scale were derived from a factor analysis of the larger pool of items comprising the full version of the NPDB (VA version 2.0), and from internal consistency and concurrent validity data for the full version gathered as part of a research project funded by the VA's Rehabilitation Research and Development Service. Items selected for the short form were those exhibiting a combination of the highest factor loadings, greatest internal consistency, and largest concurrent validity coefficients. The two exceptions are the fear items that were not part of the original NPDB item pool. We expect internal consistency, reliability, concurrent validity, and factor loadings data for these items to be available in the spring of 2001.

NPDB-SF-VA Scoring

A scoring and profiling sheet for the NPDB-SF-VA is provided in this packet. Pain intensity scores (current and average) are marked directly on the profile. Scores for the remaining scales should be transferred to the scoring template and summed according to the instructions provided. Total possible scores for each two-item scale range from 0 to 20 with higher scores representing more pain-related difficulty.

Factor Loadings, Internal Consistency, and Concurrent Validity
The psychometric characteristics of the NPDB-SF-VA are provided in Table 1. A principal axis factoring with Varimax rotation yielded two factors (pain interference and negative affect) that accounted for approximately 50 % of the variance in short-form scale scores. Obtained internal reliability estimates and criterion correlations suggest that the NPDB-SF-VA two-item scales exhibit adequate internal consistency and concurrent validity. Evaluation of the instrument's stability (test-retest reliability) is underway.

Interpretation
Both clinical means and the +/- one standard deviation range (corresponding to approximately the 16th through 84th percentiles) are provided for our clinical sample of 218 male and 30 female veterans with longstanding chronic pain. These individuals were admitted to a comprehensive inpatient chronic pain treatment program at the James A. Haley Veterans Hospital in Tampa, Florida. Oneway ANOVAs failed to reveal any significant differences between men and women on the pain intensity and pain interference scales. As a result, and due to the limited number of women in the sample, we do not provide gender-specific data. However, it should be noted that there was a trend for men to score higher on all but the Travel scale. We expect to have additional data regarding possible gender differences by the summer of 2001. No data for the Fear of Injury scale or for "Current Pain" are included as these items were not part of the original pool of NPDB items.

Coming Enhancements
Outpatient clinical sample norms, test-retest reliability coefficients, and additional validity data will be available in the spring of 2001. A Spanish language version of the NPDB-SF-VA is under construction and will be released when it is completed.

Additional Information
The full version of the NPDB (VA version 2.0) also is available for use for practitioners interested in comprehensive pain outcomes assessment. A computer-administered version of the long form is available through the American Academy of Pain Management. For additional information, contact:

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NATIONAL PAIN DATA BANK SHORT FORM SCORING SHEET

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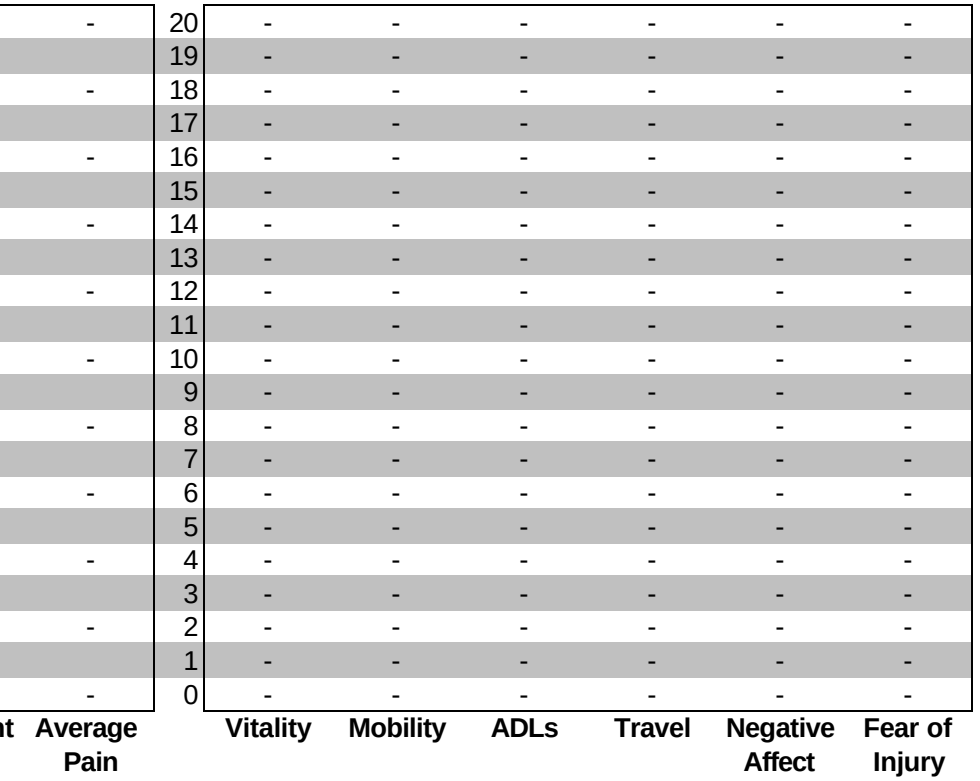
Patient Name: _____ **Patient Age:** _____
Patient ID #: _____ **Duration of Pain:** _____
Test Date: _____

SCORING

Vitality	= **20** - (_____ + _____) **item 6** **item 7**	_____ **Total**
Mobility	= (_____ + _____) **item 8** **item 9**	_____ **Total**
ADLs	= (_____ + _____) **item 10** **item 11**	_____ **Total**
Travel	= (_____ + _____) **item 12** **item 13**	_____ **Total**
Affect	= _____ + (**10**-_____) **item 14** **item 15**	_____ **Total**
Fear	= _____ + (**10**-_____) **item 16** **item 17**	_____ **Total**



National Pain Data Bank- Short Form Psychometric Properties (N=124)

Internal reliability

NPDB-SF Scale	Cronbach's Alpha Intake	Discharge
Vitality	.57	.58
Mobility	.77	.63
ADLs	.95	.96
Travel	.83	.84
Affect	.56	.61
Fear	data available Spring '01	

Factor Analysis with Marker Variables

Variable	Factor 1	2
Mobility	.717	.119
ADLs	.645	.205
SIP-Physical	.582	.289
Travel	.544	.233
Vitality	.451	.186
PCE	-.444	-.166
MMPI-2 Depression	.182	.853
Affect	.376	.698

Note **. MMPI-2 = Minnesota Multiphasic Personality Inventory; PCE= Physical Capacities Exam; SIP = Sickness Impact Profile.**

Correlations with criterion measures

NPDB-SF Scale	Criterion Measure	Intake *r*	Discharge *r*
Vitality	SIP-Physical	.21	.50
	PCE	-.30	-.36
Mobility	SIP-Ambulation	.47	.59
	PCE	-.30	-.30
ADLs	SIP-Body Control	.47	.58
	PCE	-.31	-.35
Travel	SIP-Physical	.43	.37
Affect	MMPI-2 Depression	.66	na
	BDI	.59	.60
Fear	Tampa Scale	data available Spring '01	

Note **. BDI = Beck Depression Inventory; MMPI-2 = Minnesota Multiphasic Personality Inventory; PCE= Physical Capacities Exam; SIP =Sickness Impact Profile.**

NATIONAL PAIN DATA BANK SHORT FORM INPATIENT NORMATIVE DATA
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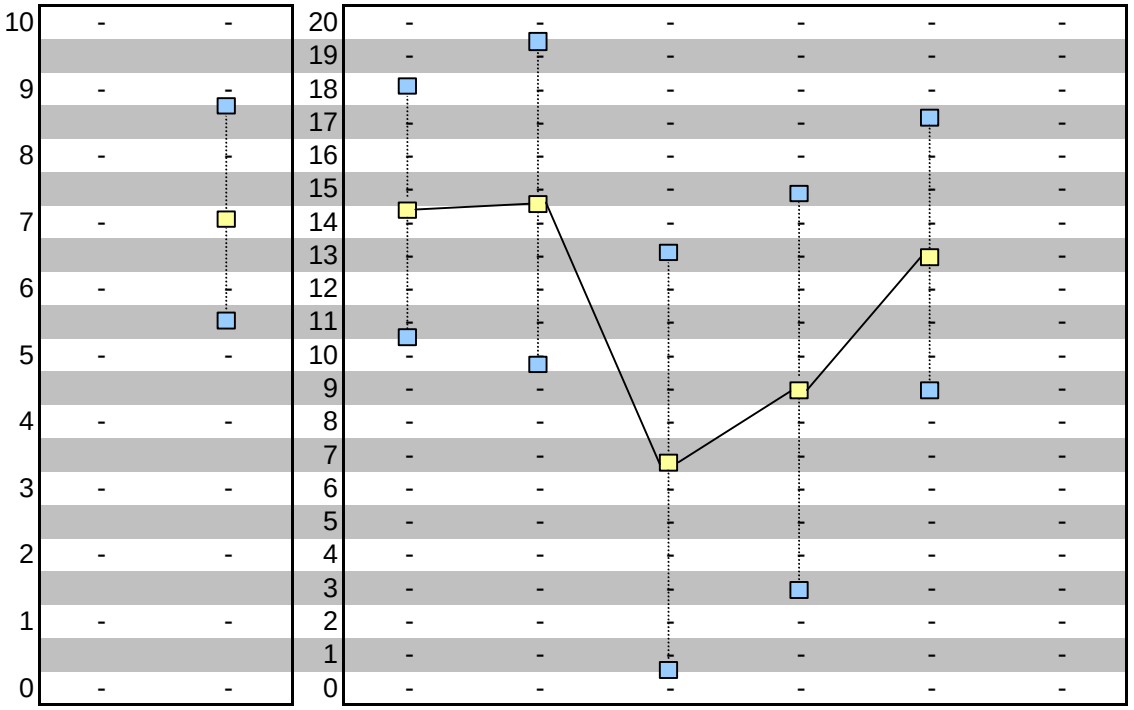
Clinical Sample Norms for 218 Men and 30 Women Veterans with Chronic Pain Syndromes

SCORING

Vitality	= 20 - (_____ item 6 + _____ item 7)	_____ Total
Mobility	= (_____ item 8 + _____ item 9)	_____ Total
ADLs	= (_____ item 10 + _____ item 11)	_____ Total
Travel	= (_____ item 12 + _____ item 13)	_____ Total
Affect	= _____ item 14 + (10-_____ item 15)	_____ Total
Fear	= _____ item 16 + (10-_____ item 17)	_____ Total



	Current Pain	Average Pain	Vitality	Mobility	ADLs	Travel	Negative Affect	Fear of Injury
Mean		**7.11**	**14.34**	**14.52**	**6.84**	**8.93**	**12.98**	**n/a**
SD		**1.60**	**3.79**	**4.69**	**6.24**	**5.93**	**4.05**	

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Patient: _____ **Social Security #:**_____

1.) Enter today's date: ____ / ____ / ____ (MM/DD/YY)

2.) What is your age? _____

3.) How long have you had the pain for which you are now seeking treatment?

_____ Years _____ Months

4.) On a scale of 0 to 10, with 0 being no pain at all and 10 being the worst possible pain, how would you rate your pain **RIGHT NOW**?

0 1 2 3 4 5 6 7 8 9 10
no pain at all — worst possible

5.) How would you rate your pain on the **AVERAGE** during the **LAST WEEK**?

0 1 2 3 4 5 6 7 8 9 10
no pain at all — worst possible pain

6.) Are you able to engage in the activities you participated in prior to developing pain?

0 1 2 3 4 5 6 7 8 9 10
not at all — all the time

7.) How would you rate your strength and endurance **TODAY**?

0 1 2 3 4 5 6 7 8 9 10
very poor strength and endurance — very high strength and endurance

8.) Does your pain interfere with your ability to walk?

0 1 2 3 4 5 6 7 8 9 10
not at all — all the time

PLEASE TURN OVER ▶

9.) Does your pain interfere with your ability to carry/handle everyday objects such as a bag of groceries or books?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

10.) Does your pain interfere with your ability to bathe yourself?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

11.) Does your pain interfere with your ability to dress yourself?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

12.) Does your pain interfere with your ability to drive a car?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

13.) Does your pain interfere with your ability to ride in a vehicle as a passenger?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

14.) Does your pain affect your self-esteem or self-worth?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

15.) How would you rate your overall well-being?

0 1 2 3 4 5 6 7 8 9 10
terrible best anyone could feel

16.) How much do you worry about re-injuring yourself if you are more active?

0 1 2 3 4 5 6 7 8 9 10
not at all all the time

17.) How safe do you think it is for you to exercise?

0 1 2 3 4 5 6 7 8 9 10
not safe at all extremely safe