

PDR-C

Pain Disability Report-Comprehensive

Patient: Prince Charming

SSN: 667-90-8876

Date of Birth: 01/01/1930

Sex: male

Date Tested: 08/03/2012

Reviewed by: Blake Tearnan, PhD

The patient was administered the Pain Disability Report-Comprehensive (PDR-C) to evaluate his/her level of pain-related disability. Disability refers to changes in a patient's ability to engage in activities and experience a wide range of behaviors, mood states, and thoughts as the result of some physically impairing condition such as persistent pain.

Disability and physical impairment are often weakly associated, especially in patients with chronic conditions. Therefore, a more precise and independent understanding of the patient's level of disability is important.

The PDR-C should be viewed as a component of a comprehensive assessment protocol and cannot be judged definitively. The results of the PDR-C need to be combined with additional data drawn from the clinical interview and other assessment devices.

The PDR-C should be used as an initial screening instrument to assist in treatment planning and to measure treatment progress and outcome.

PDR-C - Pain Disability Report-Comprehensive

by

Blake H. Tearnan, Ph.D.

The Pain Disability Report-Comprehensive (PDR-C) is part of the Pain Assessment Series
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PDR-C EXECUTIVE SUMMARY

Patient: Prince Charming
 ID: 667-90-8876
 Date of Birth: 01/01/1930
 Gender: male

Background Information

Primary Pain Location: Lower-back
 Secondary Pain Location: Lower-back,mid-back

Scales

	Patient's Raw Score	Clinical Reference Group Mean	Patient's T-Score	Range
Validity Scales-C				
Similar Item Reliability	10.00	8.34	61.73	High
Activity Interference Maximization	71.00	60.54	55.95	Normal
Invariability	41.30	39.46	50.80	Normal
Neutrality	20.00	21.47	48.98	Normal
Pain Disability Maximization	71.00	59.11	55.90	Normal
Disability Index				
Overall Disability Index	228.00	190.33	55.80	Mod.
Activity Scales				
Specific Activity Interference*	250.00	211.91	56.19	Mod.
Activity Avoidance	12.00	11.59	51.41	Mod.
General Activity Limitation	25.00	17.90	60.21	High
Recreational Activity Limitation	10.00	9.48	51.34	Mod.
*PDR-C Categories of Specific Activity Interference				
Flexibility Interference	61.00	50.00	57.11	Mod.
Heavy Activity Interference	34.00	30.67	54.90	Mod.
Light Activity Interference	19.00	14.78	54.57	Mod.
Lower Limb Interference	56.00	45.99	57.43	Mod.
Medium Activity Interference	22.00	16.22	58.26	Mod.
Personal Care Activity Interference	31.00	23.75	56.62	Mod.
Sitting Interference	11.00	11.38	49.20	Mod.
Social/Recreational Activity Interference	10.00	8.77	53.21	Mod.
Activity-Standing Interference	6.00	5.40	53.12	Mod.
Activity-Upper Limb Interference	24.00	25.81	48.73	Mod.
Activity-Walking Interference	18.00	14.13	57.25	Mod.

Unproductive Beliefs

Degradation	12.00	9.73	55.88	Mod.
Dissonance	16.00	10.89	58.20	Mod.

Psychological Distress

Pain Expression	11.00	14.08	43.89	Mod.
Anxiety	21.00	14.35	58.75	Mod.
Depression	23.00	19.70	53.81	Mod.
Future Despair	13.00	10.33	54.37	Mod.

Responsibilities

Problems in Carrying out Home Responsibilities	10.00	7.85	55.70	Mod.
Problems in Work Productivity	11.00	8.59	55.77	Mod.

Social Scales

Decline in Role Status	23.00	15.28	60.37	High
Relationship Dissatisfaction	2.00	6.67	39.69	Low
Social Avoidance	11.00	10.44	50.96	Mod.

Vitality

Loss of Vigor	11.00	9.88	53.31	Mod.
Sleep Disturbance	11.00	10.89	50.34	Mod.

PDR Average Pain Intensity

Average Pain Intensity	7	7.45	47.46	Mod.
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Significant Responses

The following is a list of significant response items the patient answered with a 5, 6 or 7 (or 0, 1, 2 if the item is reversed), the highest possible values on the questionnaire. Specific activity items for the activities on the second half of the questionnaire are not reported since the item values are mentioned later in the report. Significant responses are listed only for the patient's most recent testing.

Scale	Question	Response
Activity Avoidance		
	14 I limit what I do because of pain, weakness or fatigue	6
	28 I avoid activities because of pain, fatigue, or weakness	6
Decline in Role Status		
	2 I am not able to meet my obligations as a husband/wife or boyfriend/girlfriend	5
	15 I am not able to meet my obligations as a parent	6
	22 I am not able to meet my obligations as a friend to others	6
	44 I'm not able to meet my obligations as a provider	6
Pain Expression		
	21 I become irritable when I hurt	6
Problems in Carrying out Home Responsibilities		
	33 I can take care of my daily responsibilities at home	2
	36 I can do all of my chores around the house	2
Relationship Dissatisfaction		
Social Avoidance		
	16 I prefer to be alone	5
General Activity Limitation		
	8 I spend much of my day resting	5
	17 I don't get out of the house very often	7
	18 I'm not very physically active	7
	39 I'm not doing very much on a day to day basis	6
Loss of Vigor		
	5 I don't have much energy	6
	10 I'm tired and run down	5
Problems in Work Productivity		
	29 I can work effectively	2
	35 I can work productively	1
Recreational Activity Limitation		
	9 I rarely do things for fun	6

Sleep Disturbance

12	I find it difficult falling to sleep	6
19	I don't sleep well	5

Anxiety

23	I often have thoughts the worst could happen	6
34	I have fears of losing control	6
45	I'm frequently nervous	5

Degradation

30	I fear if I don't get rid of my pain, I will be unable to do much of anything	5
42	I'm concerned my pain will worsen	7

Depression

37	I'm not interested in socializing	6
46	I often feel sad and depressed	5

Dissonance

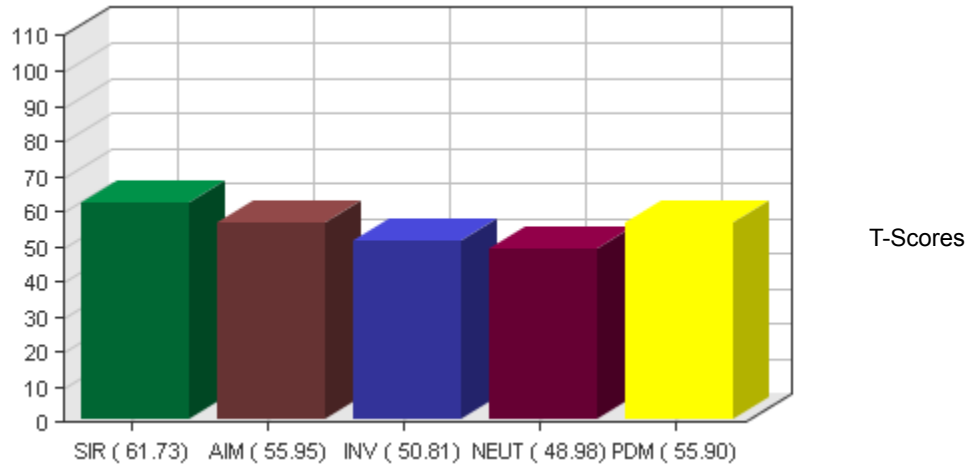
20	I'm concerned I'll fall apart psychologically if I do not get rid of my pain	5
40	I will never be happy as long as I have pain	6
43	I will never enjoy life again as long as I have pain	5

Future Despair

24	I often feel discouraged about the future	5
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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
VALIDITY SCALES-C**

Patient: Prince Charming
 ID: 667-90-8876
 Date of Birth: 01/01/1930
 Gender: male



Validity Scales-C Interpretation

The Validity Scales attempt to measure the accuracy and honesty of the patient's self-report. The Similar Item Reliability Scale consists of pairs of items with similar content. Moderate to High Scores (>40) indicate that similar answers were made to items with similar content (i.e., the patient's responses were consistent).

Scores higher than 65 on the Activity Interference Maximization Scale suggest that the patient's activity interference is unusually high. Scores of this magnitude are uncommon and suggest the patient may be magnifying his activity interference scores.

Scores above 60 on the Invariability Scale indicate the patient's symptoms varied little in severity. Scores of this magnitude or above are highly unusual and suggest the patient's self-report may not provide clinically significant information and may not accurately reflect the patient's true level of pain-related disability.

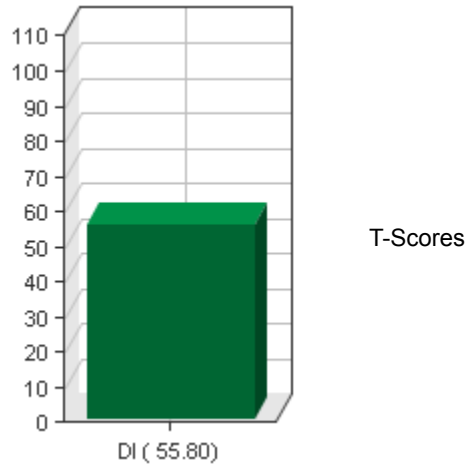
Scores above 60 on the Neutrality Scale are questionable and indicate the patient showed a tendency to endorse a high number of neutral responses (3's and 4's). Scores this high or above suggest the patient may have been overly cautious in his response style or may not have sufficiently understood the item content.

Scores above 65 on the Pain Disability Maximization Scale are questionable and suggest the patient endorsed pain disability symptoms at an unusually high magnitude. High scores on this scale suggest the patient may be magnifying his symptoms of pain disability.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
DISABILITY INDEX**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male



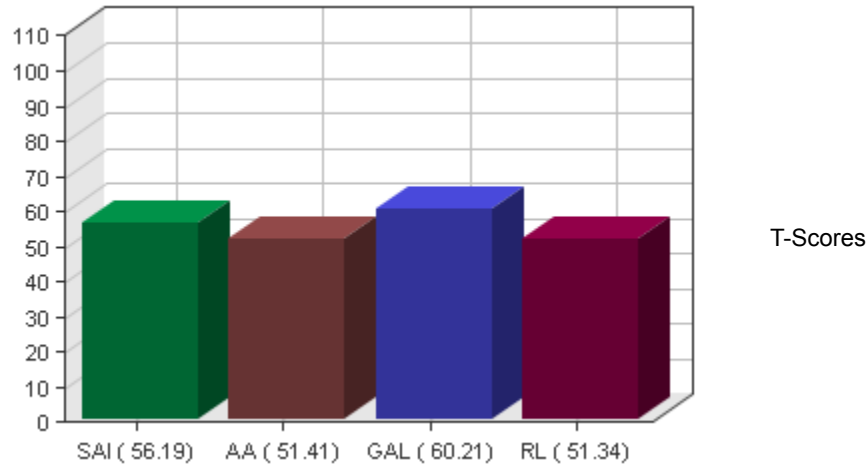
Disability Index Interpretation

The Disability Index (DI) is a global measure of the patient's disability. The DI reflects how the patient is functioning in several areas. Patients scoring very high (>55) report more activity interference, non-productive beliefs, sleep disturbance, low levels of energy, social avoidance, mood disturbance, and the inability to take care of daily responsibilities.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
ACTIVITY SCALES**

Patient: Prince Charming
 ID: 667-90-8876
 Date of Birth: 01/01/1930
 Gender: male



Activity Scales Interpretation

The Activity Scales measure various aspects of the patient's activity. The Specific Activity Interference Scale (SAI) measures the degree to which pain interferes with a number of specific activities including: lifting, carrying, pushing, pulling, kneeling, walking, sitting, standing, reaching, fingering, crouching, climbing stairs, and so on. Patients scoring very high (>55) are likely to be experiencing problems with both upper and lower limb activities.

The Activity Avoidance Scale (AA) measures avoidance of activities related to pain, weakness, or fatigue. Avoidance does not simply reflect withdrawal from activities. Rather, the construct appears to be influenced by a number of maladaptive beliefs and negative expectations that are acquired over time. Thus, avoidance appears to be determined by the combination of a preference for reduced discomfort, the expectancy or perceived threat that further exposure will promote pain and emotional suffering, and the perceived capacity to cope with the pain/physical discomfort that is produced. This appears to be the case since avoidance is moderately associated with anxiety, expectation of harm, and maladaptive coping styles.

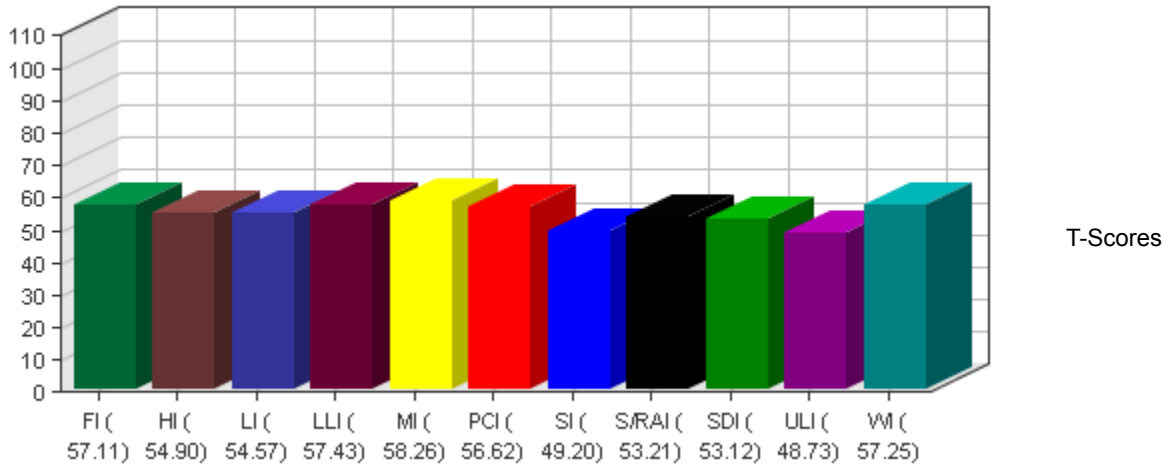
The General Activity Limitation Scale (GAL) measures how active the patient is in general and is reflected in such statements as "I don't get out of the house very often" and "I'm not very physically active." Higher scores are associated with greater amounts of mood disturbance and pain intensity.

The Recreational Activity Limitation Scale (RL) assesses the extent to which pain is interfering in recreational activities such as "I'm doing as many fun things." Higher scores are related to a reduction in other activities, especially pleasant activities, and mood disturbance.

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PAIN DISABILITY REPORT-COMPREHENSIVE TEST
***PDR-C CATEGORIES OF SPECIFIC ACTIVITY INTERFERENCE**

Patient: Prince Charming
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 Date of Birth: 01/01/1930
 Gender: male



***PDR-C Categories of Specific Activity Interference Interpretation**

The Categories of Specific Activity Interference refers to how several categories of activities are affected by the patient's pain: Flexibility Interference (FI), Heavy Activities Interference(HI), Light Activities Interference (LI), Lower Limb Interference (LLI), Medium Activities Interference (MI), Personal Care Activities Interference (PCI), Sitting Interference (SI), Social/Recreational Activities Interference (S/RI), Standing Interference (SDI), Upper Limb Interference (ULI), and Walking Interference (WI). T Scores above 45 indicate significant interference.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
PDR-C CATEGORIES OF ACTIVITY INTERFERENCE: RESPONSES**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male

Scale	Question	Admin 1 (08/03 /2012)
Flexibility Interference		
	My pain interferes with my ability to get in awkward positions (e.g., crawling under the sink to inspect for leaks, cleaning behind a toilet, or changing oil in a car)	7
	My pain interferes with my ability to crawl	7
	My pain interferes with my ability to kneel	7
	My pain interferes with my ability to twist at the waist (e.g., reaching across a counter top)	7
	My pain interferes with my ability to crouch and squat such as cleaning the tires of a car or sitting on my heels to warm my hands by a fire	7
	My pain interferes with my ability to bend forward at the waist	7
	My pain interferes with my ability to reach at shoulder height	4
	My pain interferes with my ability to reach above shoulder height	6
	My pain interferes with my ability to reach below shoulder height	3
	My pain interferes with my ability to turn my head from side to side	1
	My pain interferes with my ability to dress and undress myself	5
Heavy Activity Interference		
	My pain interferes with my ability to lift heavy loads (e.g., heavy suitcase, bag of dog food, or lifting a child into a car seat)	7
	My pain interferes with my ability to push heavy loads (e.g., lawn mower, snow shovel with wet snow, or closing the hood of a car)	7
	My pain interferes with my ability to pull heavy loads (e.g., pulling a heavy cart or a small child in a wagon)	7
	My pain interferes with my ability to carry heavy loads (e.g., box of books, case of motor oil, or file box of documents)	7
	My pain interferes with my ability to do heavy household chores (e.g., moving furniture)	6
Light Activity Interference		
	My pain interferes with my ability to lift light loads (e.g., gallon of milk, small bag of groceries, or 12 pack of soda)	4
	My pain interferes with my ability to push light loads (e.g., empty shopping cart or empty wheel barrow)	4
	My pain interferes with my ability to pull light loads (e.g., opening curtains, sliding glass door, oven, or shower door)	3
	My pain interferes with my ability to carry light loads (e.g., gallon of milk, laundry basket half full, or large box of laundry soap)	4
	My pain interferes with my ability to do light household chores (e.g., dusting or doing dishes)	4
Lower Limb Interference		
	My pain interferes with my ability to stand for 30 minutes	6
	My pain interferes with my ability to walk for 30 minutes or more	7

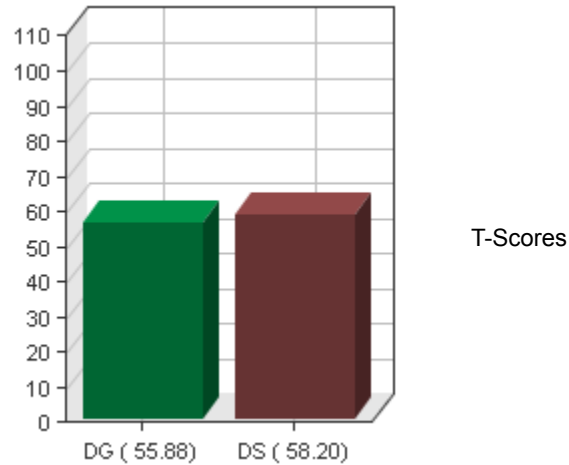
My pain interferes with my ability to use stairs	7
My pain interferes with my ability to kneel	7
My pain interferes with my ability to crouch and squat such as cleaning the tires of a car or sitting on my heels to warm my hands by a fire	7
My pain interferes with my ability to jump	7
My pain interferes with my ability to do yard work (e.g., mowing the lawn or taking a bag of garbage to the curb)	7
My pain interferes with my ability to stand up from a chair	4
My pain interferes with my ability to walk less than 5 minutes	4
Medium Activity Interference	
My pain interferes with my ability to lift medium loads (e.g., case of soda, kitchen garbage can or large bag of groceries)	6
My pain interferes with my ability to push medium loads (e.g., vacuum cleaner, snow shovel with light snow, or full shopping cart)	5
My pain interferes with my ability to pull medium loads (e.g., pulling a garden hose across the lawn or tool cart on wheels)	5
My pain interferes with my ability to carry medium loads (e.g., basket of wet laundry, full trash bag or tool box)	6
Personal Care Activity Interference	
My pain interferes with my ability to bathe myself	4
My pain interferes with my ability to groom myself (e.g., brushing teeth or combing hair)	4
My pain interferes with my ability to use the bathroom	4
My pain interferes with my ability to eat	0
My pain interferes with my ability to sleep	7
My pain interferes with my ability to dress and undress myself	5
My pain interferes with my ability to have sex	7
Sitting Interference	
My pain interferes with my ability to read (e.g., newspaper, book, desk top activity, or using a computer)	1
My pain interferes with my ability to sit for 30 minutes	4
My pain interferes with my ability to travel in a car for 30 minutes or more	6
Social/Recreational Activity Interference	
My pain interferes with my ability to engage in recreational activities (e.g., hobbies or going to a movie)	5
My pain interferes with my ability to engage in social activities (e.g., visiting friends or dining out)	5
Activity-Standing Interference	
My pain interferes with my ability to stand for 30 minutes	6
Activity-Upper Limb Interference	
My pain interferes with my ability to read (e.g., newspaper, book, desk top activity, or using a computer)	1
My pain interferes with my ability to reach at shoulder height	4
My pain interferes with my ability to reach above shoulder height	6
My pain interferes with my ability to reach below shoulder height	3
My pain interferes with my ability to grasp objects such as a glass	1
My pain interferes with my ability to use my fingers (e.g., turning pages in book or newspaper)	0
My pain interferes with my ability to groom myself (e.g., brushing teeth or combing hair)	4
My pain interferes with my ability to eat	0
My pain interferes with my ability to dress and undress myself	5
Activity-Walking Interference	
My pain interferes with my ability to walk for 30 minutes or more	7

My pain interferes with my ability to use stairs	7
My pain interferes with my ability to walk less than 5 minutes	4

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
UNPRODUCTIVE BELIEFS**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male

**Unproductive Beliefs Interpretation**

Unproductive beliefs about pain are associated with higher fears of re-injury and deteriorating health, non-acceptance of pain, health care dependency, activity avoidance, narcotic dependence, and poor coping strategies.

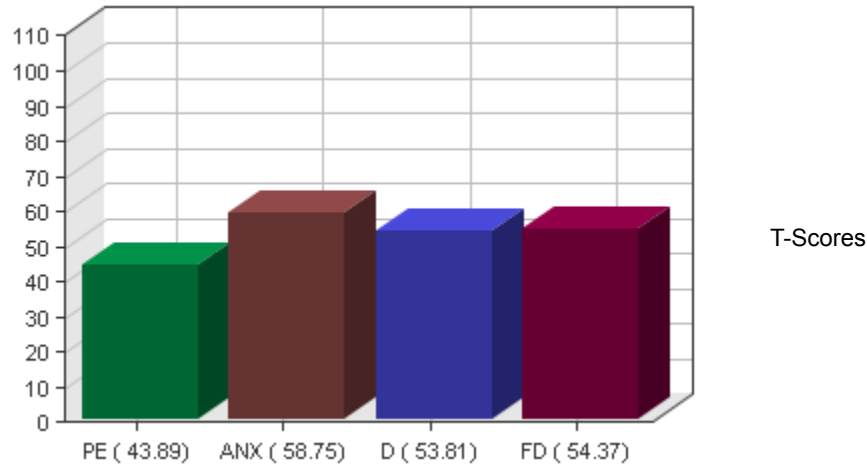
The Degradation Scale (DG) assesses the patient's belief that pain will continue to worsen causing increased disability and preventing him from doing much of anything.

The Dissonance Scale (DS) examines the patient's belief that life with persistent pain can never be happy or enjoyable and chronic pain can lead to catastrophic psychological consequences. Patients who believe that life is incompatible with pain are more often anxious and fearful of pain.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
PSYCHOLOGICAL DISTRESS**

Patient: Prince Charming
 ID: 667-90-8876
 Date of Birth: 01/01/1930
 Gender: male



Psychological Distress Interpretation

The Psychological Distress Scales reflect the emotional discomfort a patient is experiencing. The Pain Expression Scale (PE) measures the degree to which a patient is engaging in a variety of pain behaviors, such as "I cry when I hurt." Higher scores are strongly related to reports of anxiety and depression and the presence of contingent social reinforcement from significant others, including health care providers.

The Anxiety Scale (ANX) measures symptoms of nervousness, tension, being keyed up, fears of losing control, and thoughts the worst could happen. Higher scores are associated with fears of re-injury, increased pain sensitivity, worries about deteriorating health, pain avoidance, sleep disturbance, excessive muscular tension and other psychosomatic complaints.

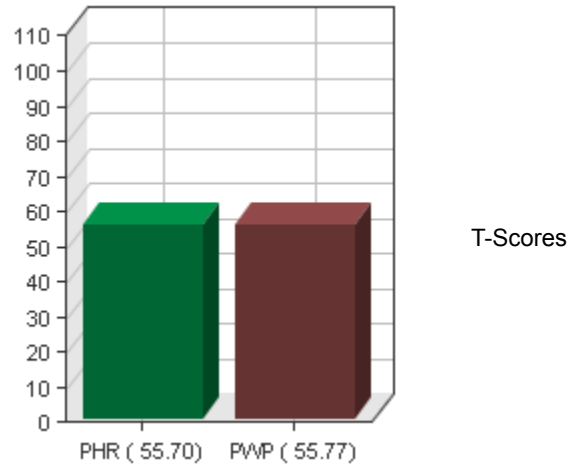
Higher scores on the Depression Scale (D) indicate the patient is endorsing several symptoms of depression such as sadness, disappointment in self, and irritability. Depressive symptoms are associated with much higher levels of overall disability.

Patients scoring high on the Future Despair Scale (FD) express feelings of discouragement and a sense of hopelessness about the future. They also report a lack of confidence in themselves. Look for elevations on other mood scales, beliefs of entitlement, and low efficacy beliefs about coping successfully with pain.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
RESPONSIBILITIES**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male

**Responsibilities Interpretation**

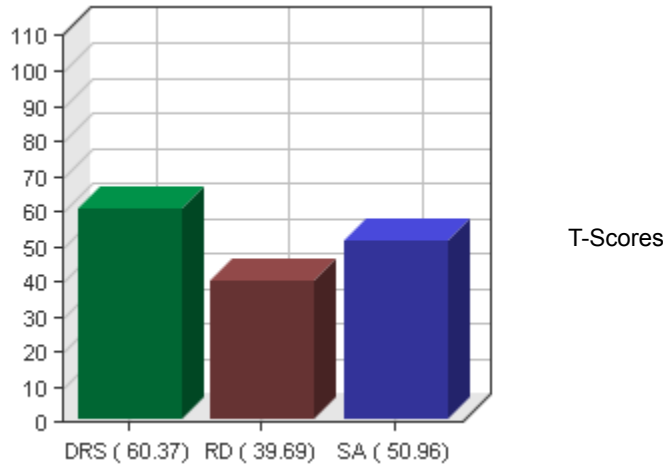
The Responsibilities Scales are concerned with the ability to take care of home and work responsibilities. The Problems in Carrying out Home Responsibilities Scale (PHR) measures the patient's perception of his ability to carry out day-to-day responsibilities at home, such as doing the chores and managing home-related financial responsibilities. Higher scores are related to a decrease in most other activities, heightened symptoms of mood disturbance, and complaints of pain.

The Problems in Work Productivity Scale (PWP) measures perceived ability to work such as "I can work productively" and "I find it difficult working." Elevated scores are associated with concomitant decreases in other activities, work-related stress, heightened pain complaints, and mood disturbance.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
SOCIAL SCALES**

Patient: Prince Charming
 ID: 667-90-8876
 Date of Birth: 01/01/1930
 Gender: male



Social Scales Interpretation

The Social Scales measure various aspects of social functioning. The Decline in Role Status Scale (DRS) measures a patient's perceived change in role status such as not being able to meet his obligations as a friend, parent, spouse, husband, and provider.

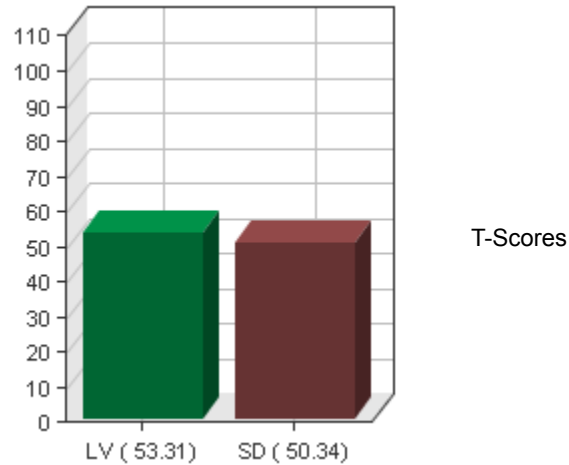
The Relationship Dissatisfaction Scale (RD) measures relationship dissatisfaction, including increased strain. Higher scores are inversely related to partner reinforcement of pain behavior and discouragement of wellness activities. Chronic pain patients, in general, report more satisfaction with their relationships when their spouses/partners reinforce and validate their pain experience. Relationship dissatisfaction is more strongly associated with partner criticism of pain behavior.

Patients scoring higher on the Social Avoidance Scale (SA) report more avoidance of others and a desire to be alone. Pain, fatigue and weakness may be interfering with the patient's ability to socialize. Examine for symptoms of depression and anxiety and a decrease in other activities.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
VITALITY**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male

**Vitality Interpretation**

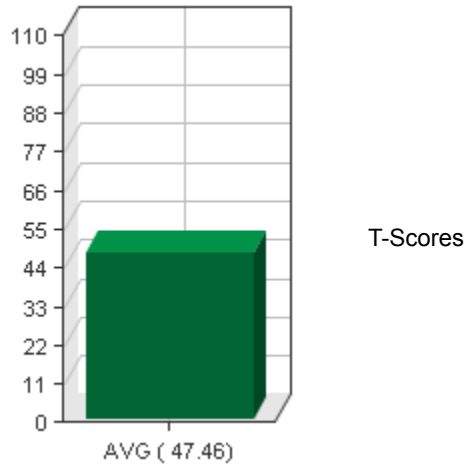
The Vitality Scales measure aspects of energy and sleep. Patient with higher scores on the Loss of Vigor Scale (LV) feel less energetic and run down. Look for symptoms of depression, sleep disturbance, and use of sedating medications (e.g., opioids, tranquilizers, neuropathic and tricyclics).

The Sleep Disturbance Scale (SD) measures disruption in sleep. Sleep problems can be related to a number of factors including pain, general physical discomfort, poor sleep habits, use of ETOH or other drugs, and mood disturbance, especially agitated depression and anxiety.

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**PAIN DISABILITY REPORT-COMPREHENSIVE TEST
PDR AVERAGE PAIN INTENSITY**

Patient: Prince Charming
ID: 667-90-8876
Date of Birth: 01/01/1930
Gender: male



PDR Average Pain Intensity Interpretation

The Average Pain Intensity Scale measures the patient's rating of subjective discomfort on a 1-10 scale, with 10 being the highest score. Patients with higher than average T scores (>50) report more activity limitation related to pain.

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CONCLUSIONS

The patient was administered the Pain Disability Report-Comprehensive (PDR-C) to evaluate his/her level of pain-related disability reflected across the dimensions of mood, activity, health care dependency, unproductive thinking, responsibilities, personal care, and physicality. Below is a summary of the results:

Scale	Admin 1 08/03/2012
Activity-Specific Activity Interference-C	250.00
Dimension - Activity Avoidance	12.00
Dimension - Decline in Role Status	23.00
Dimension - Pain Expression	11.00
Dimension - Problems in Carrying out Home Responsibilities	10.00
Dimension - Relationship Dissatisfaction	2.00
Dimension - Social Avoidance	11.00
Dimension -General Activity Limitation	25.00
Dimension -Loss of Vigor	11.00
Dimension -Problems in Work Productivity	11.00
Dimension -Recreational Activity Limitation	10.00
Dimension -Sleep Disturbance	11.00
Dimension-Anxiety	21.00
Dimension-Degradation	12.00
Dimension-Depression	23.00
Dimension-Dissonance	16.00
Dimension-Future Despair	13.00
Disability Index - Mean	228.00
Pain Intensity - Average	7.00

The following are items the patient endorsed as not applicable or failed to respond to:

Questions