

The UAB (University of Alabama at Birmingham) Pain Behavior Scale

Overview: The UAB Pain Behavior Scale can be used to track the severity of chronic pain over time. This can help determine the level of pain control and to identify temporal associations that can influence management. The authors are from the University of Alabama at Birmingham.

Parameters:

- (1) vocal complaints verbal
- (2) vocal complaints non-verbal (groans moans gasps etc.)
- (3) down time (time spent lying down because of pain per day from 8 AM to 8 PM)
- (4) facial grimaces
- (5) standing posture
- (6) mobility
- (7) body language (clutching rubbing site)
- (8) use of visible support equipment (braces crutches cane leaning on furniture TENS etc.)
- (9) stationary movement (ability to stay still)

(10) medication use

Parameter	Finding	Points
verbal complaints	none	0
	occasional	0.5
	frequent	1
nonverbal complaints	none	0
	occasional	0.5
	frequent	1
down time	none	0
	0 to 60 minutes	0.5
	> 60 minutes	1
facial grimaces	none	0
	mild and/or infrequent	0.5
	severe and/or frequent	1
standing posture	normal	0

	mildly impaired	0.5
	distorted	1
mobility	no visible impairment	0
	mild limp and/or mildly impaired walking	0.5
	marked limp and/or labored walking	1
body language	none	0
	occasional	0.5
	frequent	1
use of visible support equipment	none	0
	prescribed	0
	occasional	0.5
	constant use dependent	1
stationary movement	sits or stands still	0
	occasional shifts of position	0.5
	constant movement position shifts	1
medication use	none	0
	non-narcotic analgesics and/or psychogenic medications used as prescribed	0.5
	requires increased doses or frequency and/or narcotics and/or medication abuse	1

total score = SUM(points for all 10 items)

Interpretation:

- minimum score: 0

- maximum score: 10

- The higher the score the more marked the pain-associated behavior and the greater the level of impairment.

References:

Richards JS Nepomuceno C et al. Assessing pain behavior: The UAB Pain Behavior Scale. Pain. 1982; 14: 393-398 (Figure 1 page 395).