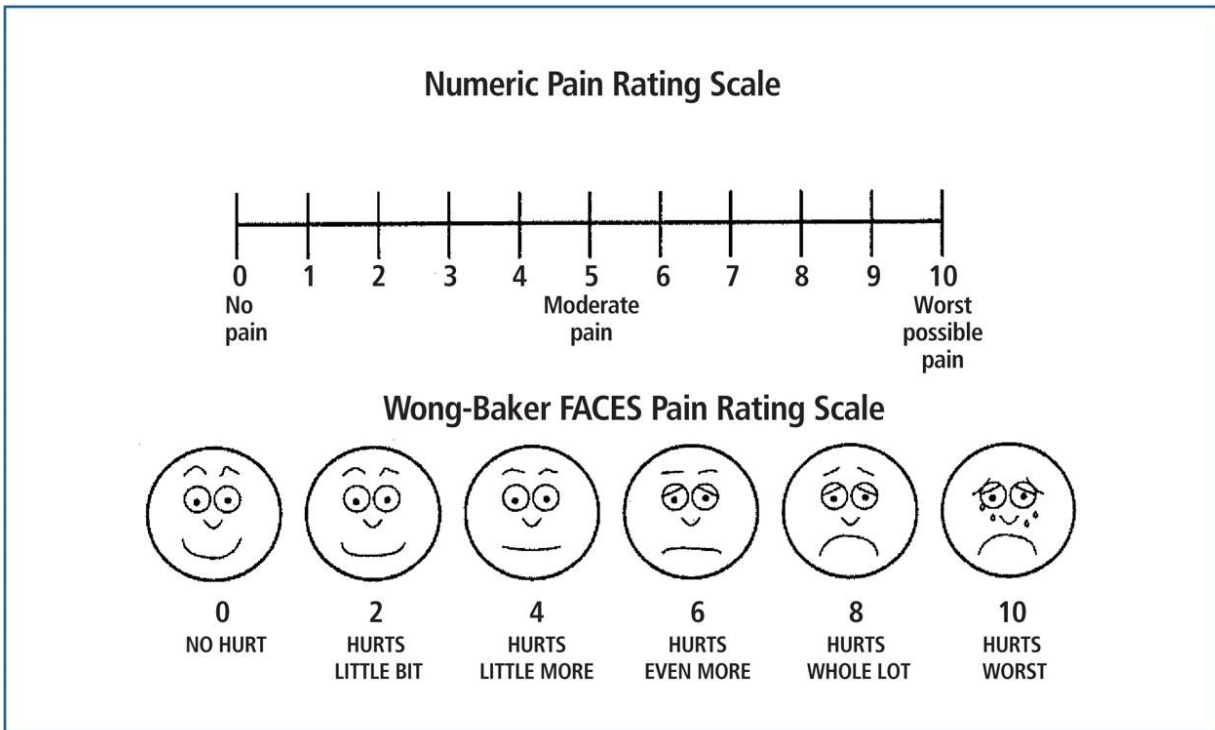


PILOT STUDY: Research Questions

Front page- Current Pain Level using old scale (0-10, with 10 being “Worst Possible Pain”)



Questions-

1. What is your pain level now, using current pain scale shown *above*? _____
2. Where is your pain located? _____
3. Do you take prescription pain medication? (circle one): YES or NO
4. If yes, how long have you been taking prescription pain medication? _____
5. When did you take your most recent dose? _____
6. What was the name and dose of your most recent medication? _____
7. How would you rate your overall Vitality and Quality of Life? (circle description *below*)

Withdrawn	Lacks Stamina	Fair/ Neutral	Occasional Energy	Enjoy Life Daily
1	2	3	4	5

8. Comments? _____

Back page- Updated Comfort Scale- (0-10, with 10 being “Most Comfortable Overall”)



Questions-

1. Using the “Comfort Quest” scale *above*, what is your Comfort Level/ score? _____
2. Where is your Discomfort located? _____
3. If not as Comfortable as you would like to be, would you say it is most likely a BODY (physical), MIND (mental/ emotional) or SPIRIT (spiritual/ connection) issue? (circle one or more)
4. How did your Discomfort initially begin?

5. Has your Quality of Life IMPROVED or DECREASED since pain/ discomfort began? (circle one)
6. Which of these scales do you feel would best guide you towards an improved Quality of Life, defined in the Oxford Dictionary as, “The standard of health, comfort, and happiness experienced by an individual or group”. (circle one *below*) and WHY?

Strongly prefer Current Pain Scale- page 1	Slightly prefer Current Pain Scale- page 1	Neutral- Both OK No preference	Slightly prefer “Comfort Quest”- page 2	Strongly prefer “Comfort Quest”- page 2
1	2	3	4	5