

## Visual Analogue Scale (VAS)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

You are asked to mark an **X** on the lines below which indicate a range of feelings. As an example, if you were feeling Moderately Happy, you would indicate that feeling on the line below as such:

Very Sad | \_\_\_\_\_ **X** \_\_\_\_\_ | Very Happy

However, if you were feeling Mostly Sad, you would indicate it on the line below as such:

Very Sad | \_\_\_\_\_ **X** \_\_\_\_\_ | Very Happy

### Pre-Treatment VAS

On the lines below, which represent the degree to which you experience a particular symptom, please rate the intensity of your experience on that item by marking an **X** on that part of the line which most corresponds to your experience. Identify two distinct areas of the body where you feel your most severe pain or discomfort, or feel some other distinct symptom, and rate those two areas for items #1 and #2.

Symptom Area #1: \_\_\_\_\_ Symptom Area #2: \_\_\_\_\_

- |    |                             |       |                                    |
|----|-----------------------------|-------|------------------------------------|
| 1. | No Discomfort<br>in Area #1 | _____ | Very High Discomfort<br>in Area #1 |
| 2. | No Discomfort<br>in Area #2 | _____ | Very High Discomfort<br>in Area #2 |
| 3. | Very Relaxed                | _____ | Very Tense                         |

*Fold Here*

---

### Post Treatment VAS

On the lines below, please rate the intensity of your experience on that item by marking an **X** on that part of the line which most corresponds to your experience. Refer to the Area of Discomfort that you identified prior to your treatment.

- |    |                             |       |                                    |
|----|-----------------------------|-------|------------------------------------|
| 1. | No Discomfort<br>in Area #1 | _____ | Very High Discomfort<br>in Area #1 |
| 2. | No Discomfort<br>in Area #2 | _____ | Very High Discomfort<br>in Area #2 |
| 3. | Very Relaxed                | _____ | Very Tense                         |