### Defense and Veterans Pain Rating Scale

**Scales:**
- **MILD** (Green)
- **MODERATE** (Yellow)
- **SEVERE** (Red)

**Levels:**
- **0** No pain
- **1** Hardly notice pain
- **2** Notice pain, does not interfere with activities
- **3** Sometimes distracts me
- **4** Distracts me, can do usual activities
- **5** Interrupts some activities
- **6** Hard to ignore, avoid usual activities
- **7** Focus of attention, prevents doing daily activities
- **8** Awful, hard to do anything
- **9** Can't bear the pain, unable to do anything
- **10** As bad as it could be, nothing else matters

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