



### Faces Pain Scale – Revised (FPS-R)

In the following instructions, say "hurt" or "pain," whichever is best understood.

**"These faces show how much something can hurt.**

**This face [point to left-most face] shows no pain. The faces show more and more pain [point to each from left to right] up to this one [point to right-most face] – it shows very much pain. Point to the face that shows how much you hurt [right now]."**

Score the chosen face 0, 2, 4, 6, 8, or 10, counting left to right, so '0' = 'no pain' and '10' = 'very much pain.' Do not use words like 'happy' and 'sad'. This scale is intended to measure how people feel, not how their face looks.

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# Instructions for administering the *Faces Pain Scale – Revised* in languages other than English

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Please inform the editors of errors and omissions

From the *Pediatric Pain Sourcebook*, [www.painsourcebook.ca](http://www.painsourcebook.ca)

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## HOW TO TRANSLATE THE *FACES PAIN SCALE - REVISED* INTO ANOTHER LANGUAGE

- General references for the methodology of translation, back-translation, and verification are provided on the next page.
- Start with the English or French version available at [www.painsourcebook.ca](http://www.painsourcebook.ca) as these have been carefully tested.
- **Translate** the instructions into the new language.
- Have the new version read by several people who are familiar **with young children's use of language** (e.g., teachers, nurses). It should be suitable for children age 3 to 8 years.
- **Back-translation**: Have the new version translated back into English or French by a bilingual person who does not know anything about the FPS-R and has not seen the original version.
- **Compare** the original with the back-translation and make any needed adjustments in the translation.
- **Pilot-test** the scale with several young children, noting any difficulties they have in understanding the instructions.
- **Format** and print the instructions and the faces on paper as shown in the original version given at [www.painsourcebook.ca](http://www.painsourcebook.ca)
- Please include a reference to [www.painsourcebook.ca](http://www.painsourcebook.ca) on your printed version
- Decide how you will **disseminate** the new version of the instructions to new users, how users will be trained to administer the scale.
- **Gather data** on pain scores from various groups, especially noting age, sex, and source of pain. It will be valuable to **compare** data using the FPS-R in different cultures and language groups. See the paper by Miró & Huguet (2004) as a model of how this can be done.
- **When you cite the FPS-R** please cite Hicks et al. (2001) – see next page. When you reproduce the FPS-R please include the web address [www.painsourcebook.ca](http://www.painsourcebook.ca) and include “© 2001 International Association for the Study of Pain.” Permission from IASP is needed for reproduction for commercial purposes, i.e., for any use other than clinical practice and research.

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## English language instructions

*In the following instructions, say "hurt" or "pain," whichever seems right for a particular child.*

**"These faces show how much something can hurt. This face [point to left-most face] shows no pain. The faces show more and more pain [point to each from left to right] up to this one [point to right-most face] - it shows very much pain. Point to the face that shows how much you hurt [right now]."**

*Score the chosen face 0, 2, 4, 6, 8, or 10, counting left to right, so '0' = 'no pain' and '10' = 'very much pain.' Do not use words like 'happy' and 'sad'. This scale is intended to measure how children feel inside, not how their face looks.*

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von Baeyer, C.L., & Piira, T. (2003). The *Faces Pain Scale – Revised* (FPS-R) around the world: Translation and adaptation for use in many cultures. Poster, 6th International Symposium on Paediatric Pain, Special Interest Group on Pain in Childhood, International Association for the Study of Pain, Sydney, Australia. Also presented to Canadian Pain Society, Toronto. ***Pain Research and Management*, 8** (Supp. B), 57B.

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## Albanian

Këto figura dëftojnë sa mundet të dhëmbet. Kjo figurë (tregoje e cila është në majst) dëfton një person qi nuk i dhimbet asnjë sen. Këta figura (dëfto një pas një, pi të majstës et të gjajtës) e tregojnë një person qi i dhembët sa ma shumë deri sa (dëftoje figurën që është ma në të gjajtë), i dhembet shumë tepër.

Tani dëftoje ty sa të dhembet një ketë moment.

Numrat janë pi të majstës deri të gjajtës : 0,2,4,6,8,10.

0 domethonë që nuk dhimbet kurse 10 domethonë që shumë dhimbet.

- Duhet të tregohen limitat extreme për shembull : "hiç nuk dhemb" ose "shumë shumë me dhemb"

- Nuk duhet të përdoren fjalat "mërzit" ose "gëzim"

- *\*Duhet të tregohet mirë se këta vizatime janë, sensasione e mrenshme të trupit e jo vetëm të ftyrës.\**

Tregom si e ke trupin në vet vetën.

Translation credit: Pétrit Zekiri, Hôpital Robert Debré, Paris, France

\* *Sentence in italics has not been verified in back-translation.*

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## Arabic

### مقياس الوجوه للألم

حسب التعليمات التالية، استعمل كلمة "ألم" أو "وجع" أيهما يناسب الطفل.  
"هذه الوجوه تظهر كم هناك من الألم (الوجع): هذا الوجه (أشرف إلى الوجه في أقصى اليسار) يظهر وجه بلا ألم. الوجوه تظهر ألم متزايد: أشرف إلى كل الوجوه من (اليسار إلى اليمين) حتى الأخير (الوجه في أقصى اليمين), هذا الوجه يظهر الكثير من الألم (الوجع). أشرف إلى الوجه الذي يظهر كم أنت تتألم الآن.  
أعطي علامة للوجه المختار 0, 2, 4, 6, 8, 10، ابدأ بالعد من اليسار إلى اليمين حيث أن 0 = لا ألم و 10 = ألم كثير. لا تستعمل كلمات مثل "سعيد" أو "حزين". هذا المقياس أعد لقياس كيف يشعر الأطفال وليس كيف يظهر وجههم.

Translation credit: Maha Arnaout, King Hussein Cancer Center, Amman, Jordan

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## Bulgarian

"Тези лица показват колко много може да боли. Това лице (посочете лицето най-вляво) показва, че хич не боли. Лицата показват, че повече и повече боли (посочете ги едно по едно отляво надясно), до това лице (посочете лицето най-вдясно) - то показва, че много го боли. Посочи лицето, което показва колко много те боли (точно сега)". Направете скала отбелязвайки избраното лице с 0, 2, 4, 6, 8 и 10, отляво надясно, така '0' = "не боли" и '10' = "много силно боли". Не употребявайте думи като "радостен" и "тъжен". Тази скала е предназначена да се прецени как се чувстват децата вътрешно, а не как изглежда лицето им.

Translation credit: Chiristo Gargov, France

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## Catalan (revised 2004)

En les següents instruccions utilitza el terme 'dolor' o 'mal', considerant la seva idoneïtat en cada cas.

Aquestes cares expressen quant de dolor pots sentir. Aquesta cara [l'avaluador assenyala la cara extrema de la banda esquerra] no expressa dolor. Les cares expressen cada vegada més dolor [l'avaluador assenyala cadascuna de les cares d'esquerra a dreta] fins que aquesta [l'avaluador assenyala la cara extrema de la banda dreta] té molt de dolor. Assenyala la cara que millor em mostri el dolor que sents ara.

La puntuació assignada a la cara seleccionada és 0, 2, 4, 6, 8 o 10, seguint un ordre d'esquerre a dreta, en el que 0 significa 'no dolor' i 10 significa 'molt de dolor'. No utilitzis paraules com 'content' o 'trist'. Aquesta escala pretén mesurar com es sent realment el nen, no pas l'aparença externa del seu rostre.

Translation credit: A. Huguet, J. Miró, University Rovira I Virgili, Spain (revised Oct 2004)

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## Chinese

指示: 這些面孔代表痛楚的程度。最左面的面孔代表沒有痛楚(指向最左), 最右面的面孔代表極為痛楚(指向最右)。因此, 越近左面的面孔代表越少痛楚, 越近右面的面孔代表痛楚越大(從左到右, 逐一指著面孔)。

請指出哪個面孔最能代表你的痛楚程度。

Translation credit: Emma Wong, Ide Chan, Mary Lee, Josephine Chu, Tony Wong. Working Group on Pain Services Development, Hospital Authority, Hong Kong

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## Dutch

"Gebruik bij de onderstaande instructie 'au' of 'pijn' al naar gelang het kind waar het om gaat. "Aan deze gezichtjes kun je zien hoe veel pijn je kan hebben. Aan dit gezichtje [wijs het meest linkse gezichtje aan] zie je geen pijn. Je ziet steeds meer pijn aan de gezichtjes [wijs ze aan van links naar rechts] tot aan deze [wijs het meest rechtse gezichtje] - aan deze zie je heel veel pijn. Kun je het gezichtje aanwijzen dat laat zien hoe veel pijn je voelt [op dit moment]?"Scoor het gekozen gezichtje 0, 2, 4, 6, 8, of 10, van links naar rechts rekenend, dus '0' = 'geen pijn'en '10' = 'heel veel pijn' Gebruik geen woorden zoals 'blij'en 'bedroefd'. Deze schaal is bedoeld om te meten hoe kinderen zich van binnen voelen, niet hun gezichtsuitdrukking.

Translation credit: Ko Hagoort and Monique van Dijk, Sophia Children's Hospital Rotterdam, The Netherlands

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## Estonian

Järgnevatates juhistes kasuta sõnu "teeb haiget" või "on valus" sõltuvalt lapsest.

Need näod näitavad, kui valus võib olla.

See nägu ( osuta kõige vasempoolsele) näitab, et pole üldse valus. Need näod näitavad (osuta eraldi igale näole vasemalt paremale), et on üha rohkem ja rohkem valus kuni selle näoni ( osuta kõige parempoolsemale ), mis näitab, et on väga valus.

Missugune nägu näitab, kui valus sul praegu on.

Vastavalt valitud näole antakse 0,2,4,6,8 või 10 punkti, loendades vasakult paremale:

0 = pole üldse valus

10 = on väga valus

Ärge kasutage sõnu "kurb" või "röömus".

Täpsustage, et jutt käib sellest, kuidas laps ennast tunneb, mitte aga näo välisest illest.

Translation credit: Ursula Koorits and Reet Kikase, Tartu University Clinic, Estonia

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## French

Ces visages montrent combien on peut avoir mal. Ce visage (montrer celui de gauche) montre quelqu'un qui n'a pas mal du tout. Ces visages (les montrer un à un de gauche à droite) montrent quelqu'un qui a de plus en plus mal, jusqu'à celui-ci (montrer celui de droite), qui montre quelqu'un qui a très très mal. Montre-moi le visage qui montre combien tu as mal en ce moment.

Les scores sont de gauche à droite : 0, 2, 4, 6, 8, 10. 0 correspond donc à "pas mal du tout" et 10 correspond à "très très mal".

Remarques : Exprimez clairement les limites extrêmes : "pas mal du tout" et "très très mal". N'utilisez pas les mots "triste" ou "heureux". Précisez bien qu'il s'agit de la sensation intérieure, pas de l'aspect affiché de leur visage. "Montre-moi comment tu te sens à l'intérieur de toi"

Translation credit: Chantal Wood, Hôpital Robert Debré, Paris, France, and Michel Duval, Université de Montréal, Canada

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### German (Germany) (revised 2004)

Wählen Sie die Formulierung „weh tun“ oder „Schmerzen“, je nachdem was zu dem jeweiligen Kind am besten zu passen scheint.

Diese Gesichter zeigen, wie weh etwas tun kann (wie sehr etwas schmerzen kann). Dieses Gesicht hier (*auf das Gesicht ganz links zeigen*) zeigt, dass es gar nicht weh tut (schmerzt). Die anderen Gesichter zeigen, dass es mehr und mehr weh tut (schmerzt) (*auf die Gesichter der Reihe nach zeigen*) bis hin zu diesem Gesicht, das zeigt, dass es ganz stark weh tut (schmerzt). Zeig mir mal das Gesicht, dass am besten zeigt, wie sehr es Dir (gerade) weh tut (wie stark deine Schmerzen (gerade) sind).

Vergeben Sie die Punkte 0, 2, 4, 6, 8 oder 10 für die Gesichter von links nach rechts, so dass „0“ = „kein Schmerz“ und „10“ = „sehr starker Schmerz“ bedeutet. Vermeiden Sie Worte wie „glücklich“ und „traurig“. Ziel dieser Skala ist es zu messen, wie die Kinder sich innerlich fühlen, und nicht wie ihr Gesichtsausdruck ist.

Translation credit: Ruth Diehl, Göttingen; Sandra Schürmann, Children's Hospital of Datteln, University Witten/Herdecke, Datteln, Germany

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### German (Switzerland)

Diese Gesichter zeigen, wie fest etwas weh tun kann (wieviel Schmerzen man haben kann). Zeigen Sie auf das Gesicht links aussen: *dieses Gesicht zeigt, dass es nicht weh tut (oder: zeigt jemanden der gar kein Weh hat)*. Zeigen Sie auf die Gesichter und zwar von links nach rechts: *diese Gesichter zeigen, dass es mehr und mehr weh tut (Oder: zeigen jemanden der immer mehr Weh hat)*. Zeigen Sie auf das Gesicht rechts aussen: *bis zu diesem da; das zeigt jemand der sehr sehr fest weh hat*. Sagen Sie zum Kind: *Zeige mir das Gesicht das zeigt, wieviel weh Du jetzt gerade hast (Oder: zeige mir das Gesicht, dem es genauso weh tut wie Dir)*.

Translation Credit: Ketsia Schwab, Universitätskinderkliniken, Inselspital, Bern, Switzerland

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## Greek

Αυτά τα προσωπάκια δείχνουν το πόσο μπορεί να πονάς.

Αυτό το πρόσωπο (δείχνουμε το πρόσωπο στα αριστερά) δείχνει κάποιον που δεν πονάει καθόλου.

Αυτά τα πρόσωπα (τα δείχνουμε ένα-ένα από τα αριστερά προς τα δεξιά) δείχνουν κάποιον που πονάει όλο και περισσότερο, μέχρι αυτόν εδώ (δείχνουμε το πρόσωπο στα δεξιά), που πονάει πάρα πολύ.

Δείξε μου το προσωπάκι που δείχνει πόσο πολύ πονάς τώρα.

Οι βαθμοί είναι από τα αριστερά στα δεξιά: 0,2,4,6,8,10. Το 0 αντιστοιχεί λοιπόν στο « δεν πονάω καθόλου » και το 10 αντιστοιχεί στο « πονάω πάρα πάρα πολύ ».

Σημειώσεις: Εξηγήστε σαφώς τα δύο άκρα: « δεν πονάω καθόλου » και « πονάω πάρα πάρα πολύ ». Μην χρησιμοποιείτε λέξεις όπως « λυπημένος » ή « χαρούμενος ». Εξηγήστε σαφώς ότι πρόκειται για την εσωτερική αίσθηση του πόνου, όχι για την εικόνα που βλέπουμε στα πρόσωπα. « Δείξε μου πώς αισθάνεσαι μέσα σου ».

Translation credit: Eleni Panagiotakaki and Malika Benkerrou

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## Hebrew

הפרצופים האלה מציגים עד כמה משהו יכול לכאוב. הפרצוף הזה (הצבע על הפרצוף השמאלי ביותר) מציג אין כאב. הפרצופים מציגים עוד ועוד כאב (הצבע על כל פרצוף משמאל לימין) עד לזה (הצבע על הפרצוף הימני ביותר) – זה מציג הרבה מאוד כאב. הצבע על הפרצוף שמציג כמה כואב לך (עכשיו).

Translation credit: Bar-Shalita Tami and Parush Shula, School of Occupational Therapy, Hebrew University, Jerusalem and Vatine Jean-Jacques, Reuth Medical Center, Tel Aviv

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## Indonesian

### SKALA NYERI WAJAH (REVISI)

*Pada Instruksi berikut, katakana “sakit” atau “nyeri”, keadaan yang lebih mendekati sebenarnya (yang mana tampaknya tepat) pada anak tertentu.*

“GAMBAR WAJAH INI MENUNJUKKAN SEBERAPA JAUH RASA SAKIT YANG DIALAMI. GAMBAR WAJAH INI (*ditunjuk gambar paling kiri*) MENUNJUKKAN TIDAK ADA RASA SAKIT. GAMBAR BERIKUTNYA MENUNJUKKAN RASA SAKIT YANG BERAT (tunjuk satu persatu dari kiri kekanan) SAMPAI GAMBAR INI (tunjuk gambar paling kanan), INI MENUNJUKKAN SANGAT NYERI. TUNJUKKAN PADA GAMBAR INI, SEBERAPA JAUH SAKIT YANG ANDA RASAKAN! (sekarang)”  
Skor untuk gambar waja yang dipilih adalah **0, 2, 4, 6, 8**, atau **10**, mulai dari paling kiri ke paling kanan, sehingga “**0**” = tidak nyeri dan “**10**” = sangat nyeri.

Jangan menggunakan istilah atau kata seperti “*senang*” atau “*sedih*”. Skala ini dimaksudkan untuk mengukur sejauh mana rasa nyeri yang dialami, dan bukan penampakan wajah yang terlihat.

Translation credit: Indonesian associates of Kaiser Ali, Saskatoon, Canada

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## Italian (revised 2004)

Nelle istruzioni che seguono, parlare di "male" o "dolore", a seconda di ciò che sembra più adatto al bambino in questione.

"Queste facce mostrano quanto una cosa può fare male. Questa faccia (indicare la faccia più a sx) indica nessun DOLORE. Le facce mostrano sempre più dolore (indicare ogni faccia, da sx verso dx) fino a questa (indicare la faccia più a dx) che mostra TANTISSIMO dolore.

Indica la faccia che mostra quanto male hai (in questo momento)."

Calcola il punteggio della faccia scelta 0, 2, 4, 6, 8, oppure 10, contando da sinistra a destra, così che '0' = nessun dolore e '10' = tantissimo dolore.' Non usare parole quali 'felice' e 'triste'. Questa scala misura come i bambini si sentono dentro, non l'espressione sul loro volto.

Translation credit: Manuella Trapanotto, Dept of Pediatrics, University of Padova, Italy

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## Laotian

ໃນຂໍ້ຊີ້ແຈງ ດັ່ງຕໍ່ໄປນີ້ : ເວົ້າວ່າ “ເຈັບ” ຫລື “ປວດ” ທີ່ເຫັນວ່າ ເຫມາະສົມ ກັບສະພາບ ຂອງ ເດັກນ້ອຍ ແຕ່ລະຄົນ ໂດຍ ສະເພາະ

ໃນບັນດາຮູບ ນີ້ ຊື່ໃຫ້ເຫັນ ວ່າ ມີຄວາມເຈັບຂະໜາດໃດ. ໃນຮູບໃບໜ້າ (ແຕ່ ຂ້າງ ຊ້າຍ ) ຊື່ໃຫ້ເຫັນ ຄົນຄົນນີ້ ບໍ່ ມີຄວາມເຈັບ ຈັກໜ່ວຍເລີຍ. ບັນດາໃບໜ້າ ( ເລີ່ມແຕ່ຊ້າຍຫາຂວາ ຊື່ໃຫ້ເຫັນວ່າ ມີ ຄວາມເຈັບປວດ ເລີ່ມຂຶ້ນ ໄປເຖິງ ຮູບ ທີ່ ຢູ່ຂ້າງຂວາສຸດ, ທີ່ຊື່ໃຫ້ເຫັນວ່າ ຄົນນີ້ ມີຄວາມເຈັບ ຫລາຍທີ່ສຸດ. ຈຶ່ງ ຊື່ຮູບ ໃບ ໜ້າ ໃຫ້ຂ້ອຍເບິ່ງ ເພື່ອບອກໃຫ້ຂ້ອຍ ຮູ້ ວ່າ ເຈົ້າເຈັບຫລາຍຂະໜາດໃດ ໃນເວລານີ້.

ໃຫ້ຄະແນນ ເລກເລີ່ມແຕ່ ຊ້າຍ ຫາ ຂວາ : 0, 2, 4, 6, 8, 10. ຄະແນນ 0 ຈຶ່ງ ກົງກັບ ຄຳວ່າ “ບໍ່ເຈັບຈັກໜ່ວຍເລີຍ” ແລະ 10 ແມ່ນກົງກັບ “ເຈັບຫລາຍທີ່ສຸດ”

ບໍ່ໃຫ້ໃຊ້ ຄຳວ່າ “ດີໃຈ” ຫລື “ເສຍໃຈ”

ການໃຊ້ຄະແນນ ນີ້ ແມ່ນ ເພື່ອຈຸດປະສົງ ວັດແທກ ຄວາມເຈັບພາຍໃນ ຂອງເດັກນ້ອຍ ແຕ່ບໍ່ແມ່ນ ເພື່ອ ເບິ່ງ ວ່າ ເດັກນ້ອຍ ມີໜ້າຕາແນວໃດ.

Translation credit: Sisamay Luangchandavong, Ambassade de la RDP Lao, Paris, France

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## Malagasy (Malgache)

Mampiseho hendrik' olona araka ny ambaratongan' ny faharariny ireo sary ireo. Ny farany havia dia mampiseho hendrik' olona salama tsara, tsy marary. Ireo hendrika ireo ( tondroy tsirairay avy any ankavia miankavanana ) dia mampiseho olona iray miamarary hatrany hatrany, atramin' ilay farany havanana izay mampiseho fa tena marary mafy. Tondroy ho ahy hoe aiza amin' ireo hendrik' olona, marary ireo no mahazo anao amin' izao fotoana izao .

Ny fomba fanisàna dia avy any ankavia miankavanana : 0, 2, 4, 6, 8, 10 . Ny 0 dia milaza hoe “tsy marary mihitsy” ary ny 10 dia “tena marary faran' izay mafy”.

Fanamariana : Lazao mazava tsara ny hoe : “tsy mahatsiaro marary mihitsy” sy ny hoe “tena marary mafy”. Aza mampiasa ny teny hoe “malahelo” na “faly”.

Hamarino tsara fa fahatsapana anaty no lazaina eto fa tsy ny fiseho hita eo amin' ny hendryny akory. “Tondroy ho ahy hoe inona no tsapanao ao anatinao ao”.

Translation credit : Ndrianarivo Ratsaramiafara, Hôpital de Mahanoro, Madagascar

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## Mongolian

"Эдгээр хүмүүсийн царайны илрэл нь хэн нэгэнд хир их өвдөлттэй байж болохыг харуулж байна. Хамгийн зүүн талд байрлаж байгаа хүний царай бол ерөөсөө өвдөхгүй байгаа хүнийг харуулж байна. Зүүнээс баруун тийшлэх тутам /дараа дараагийн хүмүүсийн царайны илрэл нь улам их өвдөлттэй болж байгааг заана. Хамгийн баруун талд байрлаж байгаа хүний царай хамгийн их өвдөлттэй буюу маш их өвдөж байгаа хүнийг харуулж байна. Яг энэ мөчид чамд хир их өвдөлттэй байгааг чи надад энэ дундаас олж заа".

Тооцоолохдоо зүүнээс баруун тал руугаа чиглэж 0, 2, 4, 6, 8, 10 гэсэн байдлаар дүгнэлт өгнө. "0"= "огт өвдөлтгүй", харин "10"=" хамгийн их буюу маш их өвдөлттэй" гэснийг заана. Анхаарах нь : 1/ "огт өвдөлтгүй" ба "маш их өвдөлттэй" гэсэн хоёр заагийг маш тодорхой ялгаж илэрхийлэх хэрэгтэй. 2/ "гунигтай буюу уйтгартай" ба "аз жаргалтай буюу баяр баясгалантай" гэсэн 2 үгийг огт хэрэглэж хэлэхгүй байх. 3/ эдгээр хүмүүсийн царай нь хүүхдийн зөвхөн гадаад царайны төрхийг илэрхийлж байгаа гэдгийг онцлоно. Чиний бие чинь юу мэдэрч байгааг надад энэ зурган дээрээс /царайнууд дотроос/ олж заа.

Translation credit : Enkhzul Erdeneshoo & Nyamjargal Mangalsuren, Mongolia

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## Norwegian

### ANSIKT SMERTE SKALA – Revidert

I følgende instruksjon, si "vondt" eller "smerte", ut fra hva som virker riktig for det enkelte barnet.

"Disse ansiktene viser hvor vondt noe kan gjøre. Dette ansiktet (pek på ansiktet lengst til venstre) viser ingen smerte. Ansiktene viser mer og mer smerte (pek på hvert og et fra venstre mot høyre) helt til dette (pek på ansiktet lengst til høyre) – det viser veldig mye smerte. Pek på det ansiktet som viser hvor vondt du har (akkurat nå)."

Poengsett det valgte ansiktet 0, 2, 4, 6, 8 eller 10, telt fra venstre til høyre, slik at '0' = 'ingen smerte' og '10' = 'veldig mye smerte'. Ikke bruk ord som 'glad' og 'trist'. Denne skalaen har til hensikt å måle hvordan barn føler seg, ikke hvordan deres ansikt ser ut.

Translation credit: Kari Sørensen and Lise Tuset Gustad

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## Persian (Farsi)

این عکس ها نشان می دهند که چقدر می توانیم درد داشته باشیم .

این تصویر ( تصویر سمت چپ را نشان دهید ) کسی را نشان می دهد که اصلا درد ندارد.

این تصاویر ( از چپ به راست یکی یکی نشان دهید ) کسی را نشان می دهد که بیش از پیش درد می کشد تا جایی که ( تصویر سمت چپ را نشان دهید ) کسی را نشان می دهد که خیلی زیاد درد می کشد .

حالا تصویری را به من نشان بده که نشان دهد تو در این لحظه چقدر درد می کشی درجه درد کشیدن از چپ به راست 0 – 2-4-6-8-10 است . صفر نشان می دهد که تو اصلا درد نداری و 10 نشان می دهد که تو خیلی خیلی زیاد درد داری .

تذکر : دقیقا درد واقعی خودت را بگو و از کلماتی مانند ناراحت ؛ خوشحال و غیره استفاده نکن .

دقیقا احساس داخلی خودت را بگو و نه قیافه تصویر را .

Translation credit: Faezeh Legrand-Izadifar, Hôpital Necker Enfants Malades, Paris, France.

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## Polish

Skala Bólu czytana z twarzy

Przedstawione twarze pokazują jak silny może być ból. Ta twarz [wskaz pierwszą po lewej stronie] pokazuje całkowity brak bólu. Kolejne twarze pokazują nasilenie się bólu [wskazuj kolejno twarze od lewej do prawej aż do tej po prawej stronie] Twarz po prawej stronie wskazuje największe nasilenie bólu [największy ból]. Wskaż teraz twarz która pokazuje jak bardzo cię boli [w tej chwili].

Punktuj wskazane twarze 0,2,4,6,8 lub 10 punktów licząc od lewej strony do prawej. 0 = 'nie boli' i 10 = 'boli bardzo mocno' Nie używaj słów typu 'wesoły' lub 'smutny'. Skala jest stworzona po to aby zmierzyć jak się dzieci czują wewnętrznie a nie jak wyglądają ich twarze.

Translation credit: Tomek Michalski, Anna Michalski

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## Portuguese (Portugal)

Nas instruções que se seguem, diga “magoar” ou “doer”, de acordo com o que lhe parece correcto para determinada criança.

“Estas caras mostram o quanto algo pode magoar. Esta cara [aponte para a face mais à esquerda] não mostra dor. As caras mostram cada vez mais dor [aponte para cada uma das faces da esquerda para a direita] até chegar a esta [aponte para a face mais à direita] – que mostra muita dor. Aponta para a cara que mostra o quanto te dói [neste momento].”

Atribua à face escolhida 0, 2, 4, 6, 8 ou 10, contando da esquerda para a direita, de modo que “0” = sem dor e “10” = muita dor. Não use palavras como “alegre” e “triste”. Esta escala destina-se a medir como as crianças se sentem por dentro, não como aparentam estar.

Translation credit: Luís Batalha, Higher Nursing School of Bissaya Barreto, Portugal and Elizabete Rocha, University of Saskatchewan, Canada

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## Portuguese (Brazil)

Estas caras mostram o quanto alguma coisa pode doer. Esta cara [aponte para a face mais à esquerda] não mostra dor. As caras mostram cada vez mais dor [aponte para cada uma das faces da esquerda para a direita] até chegar a esta [aponte para a face mais à direita] que mostra muita dor. Aponte para a cara que mostra o quanto te dói [neste momento].

Alternate:

Estas faces mostram o quanto algo pode doer. Esta face (apontar a face mais à esquerda) indica não dor. As faces mostram cada vez mais dor (apontar para cada uma das faces da esquerda para a direita) até chegar a esta face (apontar a face mais à direita) que mostra muita dor. Aponte a face que mostra o quanto você sente dor (neste exato momento)

Pontue a face escolhida como 0, 2, 4, 6, 8 ou 10, contando da esquerda para a direita; sendo 0 = sem dor e 10 = com muita dor. Não use palavras como “alegre” ou “triste”. Esta escala tem por objetivo medir como as crianças se sentem internamente e não como aparentam estar.

Translation credit: Cláudia Lígia Esperanza Charry Poveda, José Aparecido Da Silva, Paola Passareli, Joseane dos Santos, Maria Beatriz Martins Linhares, University of São Paulo, Brazil

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## Romanian

Scara imaginilor durerii – Revizuită

« Aceste imagini indică cât de puternică este durerea pe care o avem. Această imagine ( arătați imaginea din stânga ) indică pe cineva care nu are nici o durere. Imaginile ( arătați-le pe rând de la stânga la dreapta) indică o persoană care are o durere din ce în ce mai puternică, până la aceasta ( arătați figura din dreapta ), care indică pe cineva care are o durere foarte foarte puternică. Arată-mi imaginea care exprimă cât de puternică este durerea ta acum. »

Punctajul este de la stânga la dreapta : 0, 2, 4, 6, 8, 10.

0 corespunde deci la « nici o durere », iar 10 corespunde la « o durere foarte foarte puternică » .

Atenție : - exprimați clar limitele extreme : « nici o durere » și « o durere foarte foarte puternică ».

- nu folosiți cuvintele « trist » sau « vesel »
- precizați bine că este vorba de o senzație interioară și nu de aspectul imaginilor. « Arată-mi cum te simți în interiorul tău. »

Translation credit: Dr Valentin Calgaru, Protontherapy Centre of Orsay, BP 65 91402 Orsay Cedex, France and Miss Monica Huidu

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## Russian

« Эти лица показывают сколько можно иметь боли. Это лицо (покажите самое слева) показывает кого-то, которому совсем не больно. Эти лица (покажите каждое лицо слева направо) показывают кого-то, которому всё больше и больше больно, до этого, (покажите самое направо), которое показывает кого-то, которому очень очень больно. Покажи мне теперь лицо, показывающее на сколько тебе больно сейчас. »

Очки показаны слева направо : 0, 2, 4, 6, 8, 10

0 значит « совсем не больно »

10 значит « очень очень больно »

Примечания :

- Ясно выражайте экстремальные пределы : « совсем не больно », и « очень очень больно »
- Не употребляйте слова "грустный" или "счастливый"
- Хорошо уточняйте, что речь идет о внутреннем чувстве, а не о внешнем виде лица : « Покажи мне, как ты себя чувствуешь внутри себя ».

Translation credit : Dr Laurent Holvoet-Vermout, Hôpital Robert Debré, Paris

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## Serbian

« Ova lica pokazuju koliko jak bol može biti. Ovo lice (pokazati lice krajnje levo) pokazuje osobu koja uopšte ne oseca bol. Ova lica (pokazati ih s leva na desno) pokazuju osobu koju nešto sve više i više boli sve do ove (pokazati lice krajnje desno) koja oseca veoma jak bol. Pokazi mi lice koje pokazuje koliko jak bol sada oseca. »

Stepeni bola s leva na desno : 0,2,4,6,8,10. 0 dakle znaci da osoba uopšte ne oseca bol a 10 veoma veoma jak bol.

Dodatna uputstva :

Izrazite jasno krajnje granice : « uopšte ne oseca bol » i « veoma jak bol ».

Ne koristite reci « tuzan » ili « srećan »

Objasnite dobro da se radi o unutarnjem osecaju, a ne o trenutnom izrazu njegovog ili njenog lica. « Pokazi mi kako se oseca iznutra »

Translation credit: Olga Ignjatovic-Wood

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## Spanish (Argentina)

*Por favor, lea las instrucciones completas antes de mostrarle la escala al niño. Pregúntele al niño qué nombre le da al "dolor" y use ese mismo término a lo largo de esta evaluación. Doble la página por la línea de puntos y dígale al niño (siempre recuerde reemplazar la palabra dolor por aquella elegida por el niño): "Estas caras muestran cuánto algo puede doler. Esta cara [señale la cara del extremo izquierdo] indica que no hay nada de dolor. Las caras van mostrando más y más dolor [señale cada una de izquierda a derecha] hasta llegar a ésta [señale la cara del extremo derecho] – que muestra muchísimo dolor. Señalá la cara que indique cuánto dolor tenés [ahora]." Luego que el niño señala una cara: Asigne un puntaje según la cara seleccionada por el niño: contando de izquierda a derecha asigne 0, 2, 4, 6, 8, o 10, de manera que '0' = 'ausencia de dolor' y '10' = 'muchísimo dolor.' NO use palabras como 'contento' o 'triste'. La intención de esta escala es medir como el niño se siente en su interior, no como luce su rostro.*

Translation credit: Verónica Dussel & Silvina Bevilaqua, Hospital Garrahan, Buenos Aires, Argentina

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## Spanish (Spain)

Por favor, lea las instrucciones completas antes de mostrarle la escala al niño. En las instrucciones que siguen, utilice la palabra "daño" o "dolor" según sea la forma más adecuada a cada caso (es decir, según sea la forma que utilice el niño o la niña para referirse a la experiencia de dolor). "Estas caras expresan cuánto dolor puede sentir una persona. Esta cara [señalar la cara del extremo izquierdo] no expresa dolor, es decir, no siente ningún dolor. Las caras expresan más y más dolor [señalar cada una de las caras de izquierda a derecha] hasta llegar a ésta [señalar la cara del extremo derecho] - que tiene muchísimo dolor. Señala la cara que mejor exprese el dolor que tienes ahora." Una vez el niño ha realizado la tarea, asigne una puntuación a la cara que ha seleccionado. Contando de izquierda a derecha sería 0, 2, 4, 6, 8, o 10, de manera que '0' significa 'ausencia de dolor' y '10' significa 'muchísimo dolor.' No se deben usar palabras como 'contento' o 'triste'. El objetivo de esta escala es medir como se siente el niño en su interior, no la apariencia externa de su rostro.

Translation credit: Dr. Jordi Miró and Anna Huguet, Universitat Rovira i Virgili, Tarragona, Spain

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## Swedish (revised 2004)

I följande instruktioner, säg ont eller smärta, utifrån vad som verkar vara mest lämpligt för barnet.

De här ansiktena visar hur ont något kan göra. Det här ansiktet (peka på ansiktet längst till vänster) visar ingen smärta. Ansiktena visar mer och mer smärta (peka på var och en från vänster till höger) ända till den här (peka på ansiktet längst till höger) – det visar väldigt mycket smärta. Peka på det ansikte som visar hur ont du har (just nu).

Poängsätt det valda ansiktet 0, 2, 4, 6, 8, 10 från vänster till höger så att 0 = ingen smärta och 10 = väldigt mycket smärta. Använd ej ord som glad och ledsen. Den här skalan avser att mäta hur barn känner sig, ej hur deras ansikte ser ut.

Translation credit: Gustaf Ljungman, Lena Högberg, Loise von Essen.

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## Tamil

இந்த முகங்கள் ஓடுவருக்கு எவ்வளவு நோவுகிறது என்று காட்டுகிறது. இந்த முகம் (இது பக்க முகத்தைக் காட்டவும்) ஓடுவருக்கு வலி இல்லை என்று காட்டுகிறது. இந்த முகங்கள் (இது பக்கமிடுத்து வலது பக்கமாக ஓவ்வொரு முகங்களையும் காட்டவும்) வலி கூடக்கொண்டு போவதைக் காட்டுகிறது. கடைசியில் (வலது பக்கமுள்ள முகத்தைக் காட்டவும்). ஓடுவருக்கு மிகவும் கரும் வலி என்று காட்டுகிறது. இப்போது உங்களுக்கு எவ்வளவு நோகிறது என்று இதிலுள்ள எந்த முகம் என்று காட்டவும்.

இடமிடுத்து வலமாக இருக்கும் புள்ளிகள் : **0,2,4,6,8,10**

« 0 » வலி இல்லை என்றும் «10» மிகவும் கரும் வலி என்று குறிக்கிறது.

குறிப்புகள்: விளக்கமாக தெரிவிக்கவும் : «வலி இல்லை » அல்லது «மிகவும் கரும் வலி » « கவலை »

அல்லது «மகிழ்ச்சி » என்ற சொற்களை பாவிக்க வேண்டாம். உங்களுக்கு இருக்கும் வலியை உங்களுடைய முகத்தில் காட்டாமல், எப்படி இருக்கிறது என்று எங்கு சரியாக படத்தில் காட்டவும்.

Translation credit: Mrs Arulappu, Mr Anbazhagam Rajagopalan, Hôpital Robert Debré, Paris

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## Thai

ในคำชี้แจงต่อไปนี้ ให้ใช้คำว่า “เจ็บ” หรือ “ปวด” ตามความเหมาะสมแก่ผู้ป่วยเด็กแต่ละคน “รูปหน้าต่อไปนี้ จะแสดงให้เห็นว่ามีความปวดมากเท่าไร รูปหน้านี้(ซ้ายสุด)แสดงว่าไม่ปวดเลย รูปหน้าถัดมาแสดงว่าปวดมากขึ้น มากขึ้น(ซึ่งรูปหน้าจากซ้ายมาขวา)

จนถึงรูปหน้านี้(ซึ่งรูปขวาสุด)แสดงว่าปวดมากที่สุด

ให้หนูชี้รูปหน้าที่แสดงว่าหนูปวดมากที่สุด(ตอนนี้)” ให้คะแนนตามรูปหน้าที่เลือก

0,2,4,6,8,10 ตามลำดับจากซ้ายไปขวา คะแนน 0 = ไม่ปวดเลย คะแนน 10 = ปวดมากที่สุด

ไม่ควรใช้คำว่า “สุข” หรือ “เศร้า”

การให้คะแนนนี้มีจุดประสงค์เพื่อวัดว่าผู้ป่วยเด็กมีความปวดมากแค่ไหน

ไม่ใช่การให้คะแนนจากการดูลักษณะสีหน้าของเด็ก

Translation credit: Wimonrat Krisanaprakornkit & Duenpen Horatanaruang, Department of Anesthesiology, Srinagarind Hospital, Khon Kaen University, Khon Kaen, Thailand

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## Turkish

Bu yüzler ne kadar ağrılı olunabileceğini gösteriyor. Bu yüz [en soldakini işaret et] hiç ağrısı olmayan birisini gösteriyor. Bu yüzler [soldan sağa birer birer işaret ederek] ağrısı giderek artan birisini gösteriyor, [sağdakini gösteriniz] en çok ağrısı olan birine kadar. Bana şu anda ne kadar ağrının olduğunu ifade eden yüzü göster. Sayılar soldan sağadır: 0, 2, 4, 6, 8, 10 ile ölçülendirin. '0', 'ağrısız'a karşılık geliyor, '10' ise 'en çok ağrılı' olmaya. Uyarılar: Aşırı uçları açıkça belirtiniz: 'Ağrısız' ve 'en çok ağrılı'. "Mutlu" veya "üzüntülü" sözcüklerini kullanmayınız. Bu ölçeğin, yüz ifadelerinin nasıl olduğunu değil, hissedilenleri ölçmeyi amaçladığını iyice açıklayın. "Bana kendini nasıl hissettiğini onu göster".

Translation credit: Çiçek Oya Cengiz-Sakiroğlu, Centre Thérapeutique Pédiatrique de Margency and Hôpital Robert Debré, Paris, France.

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## Wallisean (Uvean) (Wallis Islands, New Caledonia, Vanuatu)

<<Koteu fofoga aena e ha mai ai teu faahiga mamahi kehekehe. Kote fofoga (ae taupotu i hema) e ha mai ai kohe tahi e mole iai hona mamahi. Koteu fofoga leva ae e hoa mai (mai hema hema ki matan) e ha mai kohe tahi kua lesili lahi mai tona mamahi, (o au mai kite fofoga faka osi), ena fakaha mai he tahi mole keina faa tall tona mamahi. Faka hinohino mai la koe te fofoga ae ena fakaha mai tou mamahi ite laka nei.>>

Koeni teu faka fuafua numelo mai hema ki matau : selo (0), lua (2), fa (4), ono (6), valu (8), hogofulu (10). Kote numelo selo (0) kotona uhiga kohe tahi << mole mamahi tua tahi >>. Kote numelo hogofulu (10) kohe tahi <<kua lahi fau osi tona mamahi >>.

E tonu keke:

- + Faka mahino lelei mai: <<te mole mamahi >> mote << mamahi kovi osi>>
- + Tuku tau faka aoga te kupui lea ko << loto mamahi >> mo << loto fiafia>>
- + E tonu keke faka mahino lelei mai teu mamahi o tou sino, kae tuku teu faka a'pe otou fofoga. <<Faka ha lelei mai tau logoi teu mamahi ae eke logoi mai tou loto kakano >>.

Translation credit: Mario Frediani and Lenei Falakiko, Noumea, New Caledonia .

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1<sup>st</sup> Ed. - created Aug 2003  
2<sup>nd</sup> Ed. - updated Apr 2004  
3<sup>rd</sup> Ed. - updated Oct 2004  
4<sup>th</sup> Ed - updated Aug 2005  
5<sup>th</sup> Ed - updated Jun 2007