# Appendix B. Visual Analogue Scale (VAS) for Menstrual Pain

*Menstrual Cycle Characteristics and Sports Injury History Among Competitive Female Athletes in Pakistan: A Cross-Sectional Study*

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Participant ID: _____ Date: ____ / ____ / 2025

Interviewer: _____

**Instructions for the participant**

Think about the worst menstrual pain (period cramps) you had during a typical period over the past three months.

Put one vertical mark ( | ) on the line below to show how strong that pain was. The left end means no pain at all. The right end means the worst pain you can imagine.

If you have no menstrual pain, mark the left end of the line.




*Print at 100% (actual size; do not use "fit to page"). The line above must measure exactly 10.0 cm.*

**For researcher use only**

Distance from the left end to the mark: _____ cm (nearest 0.1 cm)

VAS score rounded to the nearest whole number: _____ / 10

Category: ☐ No pain (0) ☐ Mild (1-3) ☐ Moderate (4-7) ☐ Severe (8-10)

Measured by (initials): _____ Data entered by: _____

*Scale: 10-cm horizontal VAS (Hawker et al., 2011). Categories: no pain (0), mild (1-3), moderate (4-7), severe (8-10) (Unsal et al., 2010).*