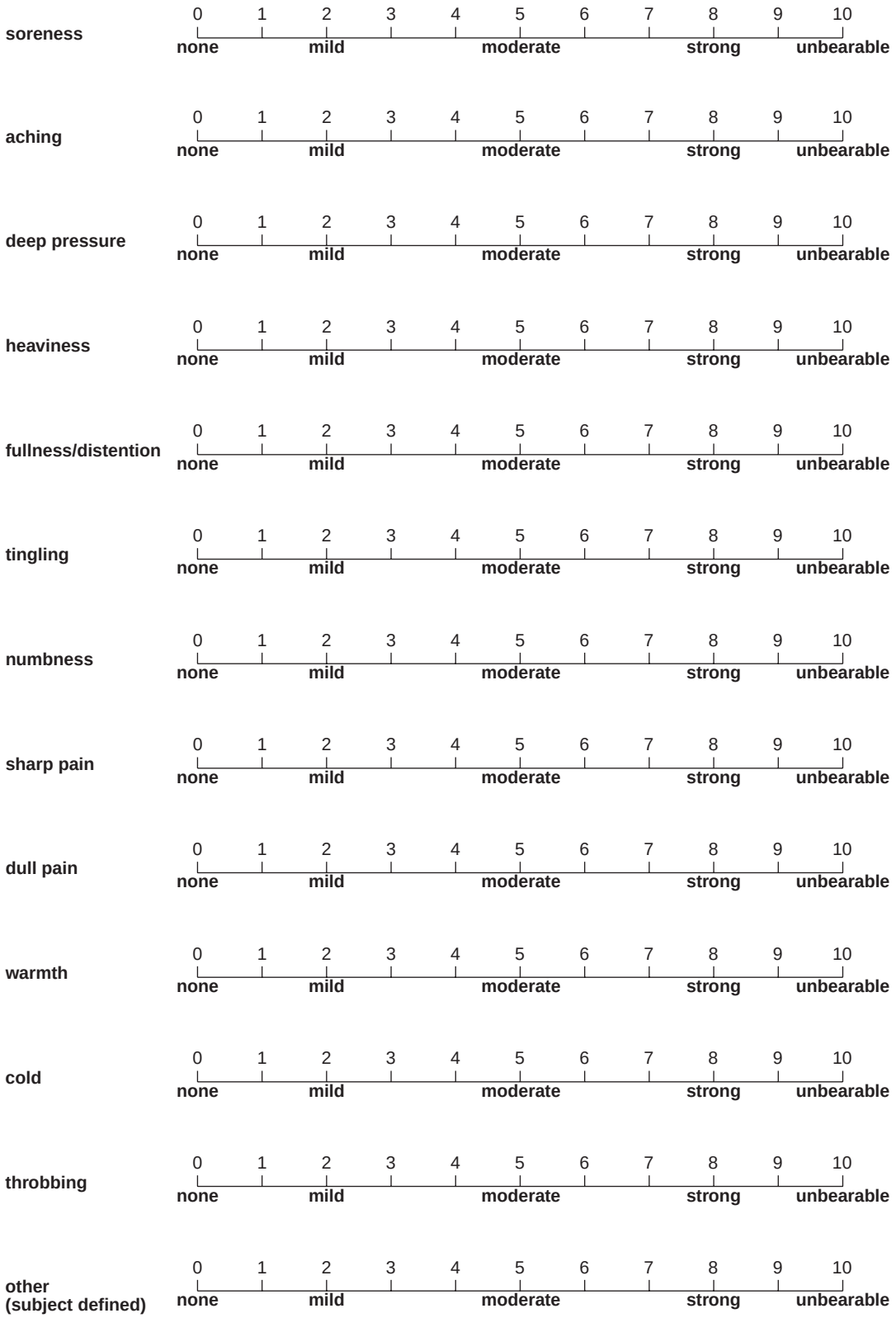

FIG. 1. The Massachusetts General Hospital acupuncture sensation scales (MASS). The scale includes 12 descriptors: soreness, aching, deep pressure, heaviness, fullness/distension, tingling, numbness, sharp pain, dull pain, warmth, cold, throbbing, and a subject defined "other."

Source : Kong J, Gollub R, Huang T, Polich G, Napadow V, Hui K, Vangel M, Rosen B, Kaptchuk TJ. Acupuncture de qi, from qualitative history to quantitative measurement. Journal of Alternative and Complementary Medicine. 2007;13(10):1059. [147759].