

Please read:-

This questionnaire has been designed to give information as to how your back pain has affected your ability to manage in everyday life.

Please answer every section, and mark in each section only the one box, which applies to you. We realise you may consider that two of the statements in any section relate to you, but please just mark the box which most closely describes your problem.

Section 1 - Pain Intensity

- ☐ The pain comes and goes and is very mild
- ☐ The pain is mild and does not vary much
- ☐ The pain comes and goes and is moderate
- ☐ The pain is moderate and does not vary much
- ☐ The pain comes and goes and is severe
- ☒ The pain is severe and does not vary much

Section 2 - Personal Care

- ☐ I can look after myself normally without causing extra pain
- ☐ I can look after myself normally but it causes extra pain
- ☐ It is painful to look after myself and I am slow and careful
- ☒ I need some help but manage most of my personal care
- ☐ I need help every day in most aspects of self care
- ☐ I do not get dressed, wash with difficulty and stay in bed

Section 3 - Lifting

- ☐ I can lift heavy weights without extra pain
- ☐ I can lift heavy weights but it gives extra pain
- ☐ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned eg. on a table
- ☐ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- ☒ I can lift only very light weights
- ☐ I cannot lift or carry anything at all

Section 4 - Walking

- ☐ Pain does not prevent me walking any distance
- ☐ Pain prevents me walking more than 1500m
- ☒ Pain prevents me walking more than 800m
- ☐ Pain prevents me walking more than 400m
- ☐ I can only walk using a stick or crutches
- ☐ I am in bed most of the time and have to crawl to the toilet

Section 5 - Sitting

- ☐ I can sit in any chair as long as I like
- ☐ I can only sit in my favorite chair as long as I like
- ☐ Pain prevents me sitting more than 1 hour
- ☒ Pain prevents me sitting more than ½ hour
- ☒ Pain prevents me from sitting more than 10 mins.
- ☐ Pain prevents me from sitting at all

Section 6 - Standing

- ☐ I can stand as long as I want without extra pain
- ☐ I can stand as long as I want but it gives me extra pain
- ☐ Pain prevents me from standing for more than 1 hour
- ☐ Pain prevents me from standing for more than 30 minutes
- ☒ Pain prevents me from standing for more than 10 minutes
- ☐ Pain prevents me from standing at all

Section 7 - Sleeping

- ☐ Pain does not prevent me from sleeping well
- ☐ I can sleep well only by using tablets
- ☒ Even when I take tablets I have less than 6 hours sleep
- ☐ Even when I take tablets I have less than 4 hours sleep
- ☐ Even when I take tablets I have less than 2 hours sleep
- ☐ Pain prevents me from sleeping at all

Section 8 - Social Life

- ☐ My social life is normal and gives me no extra pain
- ☐ My social life is normal but increases the degree of pain
- ☐ Pain has no significant effect on my social life apart from limiting my more energetic interest, eg. dancing etc.
- ☒ Pain has restricted my social life and I do not go out as often
- ☐ Pain has restricted my social life to my home
- ☐ I have no social life because of pain

Section 9 - Travelling

- ☐ I can travel anywhere without extra pain
- ☐ I can travel anywhere but it gives me extra pain
- ☐ Pain is bad but I manage journeys over two hours
- ☐ Pain restricts me to journeys of less than one hour
- ☒ Pain restricts me to short necessary journeys under 30 mins.
- ☐ Pain prevents me from travelling except to the doctor or hospital

Section 10 - Changing degree of pain

- ☐ My pain is rapidly getting better
- ☐ My pain fluctuates but overall is definitely getting better
- ☐ My pain seems to be getting better but improvement is slow at present
- ☐ My pain is neither getting better nor worse
- ☒ My pain is gradually worsening
- ☐ My pain is rapidly worsening