

Bournemouth Questionnaire (BACK Px)

Put a **CROSS** in **ONE** box for **EACH** of the following statements that best describes your painful complaint and how it is affecting you **NOW**. Please read each question carefully before answering.

Q1 Over the past few days, on average, how would you rate your back pain on a scale where '0' is 'no pain' and '10' is 'worst pain possible'?

No pain 0 1 2 3 4 5 6 7 8 9 10

Q2 Over the past few days, on average, how has your back pain interfered with your daily activities (housework, washing, dressing, lifting, walking, driving, climbing stairs, getting in/out of bed/chair, sleeping) on a scale where '0' is 'no interference' and '10' is 'completely unable to carry on with normal daily activities'?

No interference 0 1 2 3 4 5 6 7 8 9 10

Q3 Over the past few days, on average, how much has your back pain interfered with your normal social routine including recreational, social and family activities, on a scale where '0' is 'no interference' and '10' is 'completely unable to participate in any social and recreational activity'?

No interference 0 1 2 3 4 5 6 7 8 9 10

Q4 Over the past few days, on average, how anxious (uptight, tense, irritable, difficulty in relaxing/concentrating) have you been feeling, on a scale where '0' is 'not at all anxious' and '10' is 'extremely anxious'?

Not at all anxious 0 1 2 3 4 5 6 7 8 9 10

Q5 Over the past few days, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, lethargic) have you been feeling, on a scale where '0' is 'not at all depressed' and '10' is 'extremely depressed'?

Not at all depressed 0 1 2 3 4 5 6 7 8 9 10

Q6 Over the past few days, how do you think your work (both inside the home and/or employed work) have affected your back pain, on a scale where '0' is 'make it no worse' and '10' is 'make it very much worse'?

Make it no worse 0 1 2 3 4 5 6 7 8 9 10

Q7 Over the past few days, on average, how much have you been able to control (help/reduce) and cope with your back pain on your own, on a scale where '0' is 'I can control it completely' and '10' is 'I have no control whatsoever'?

I have complete control over my pain 0 1 2 3 4 5 6 7 8 9 10

THANK YOU VERY MUCH FOR YOUR TIME IN COMPLETING THIS QUESTIONNAIRE