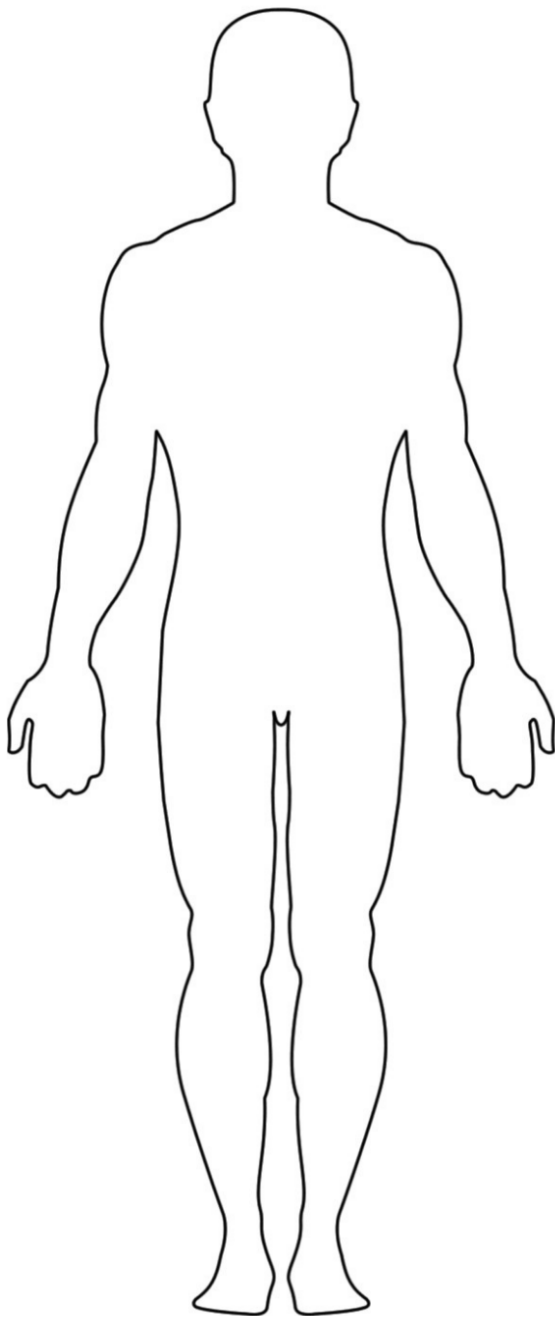


Name

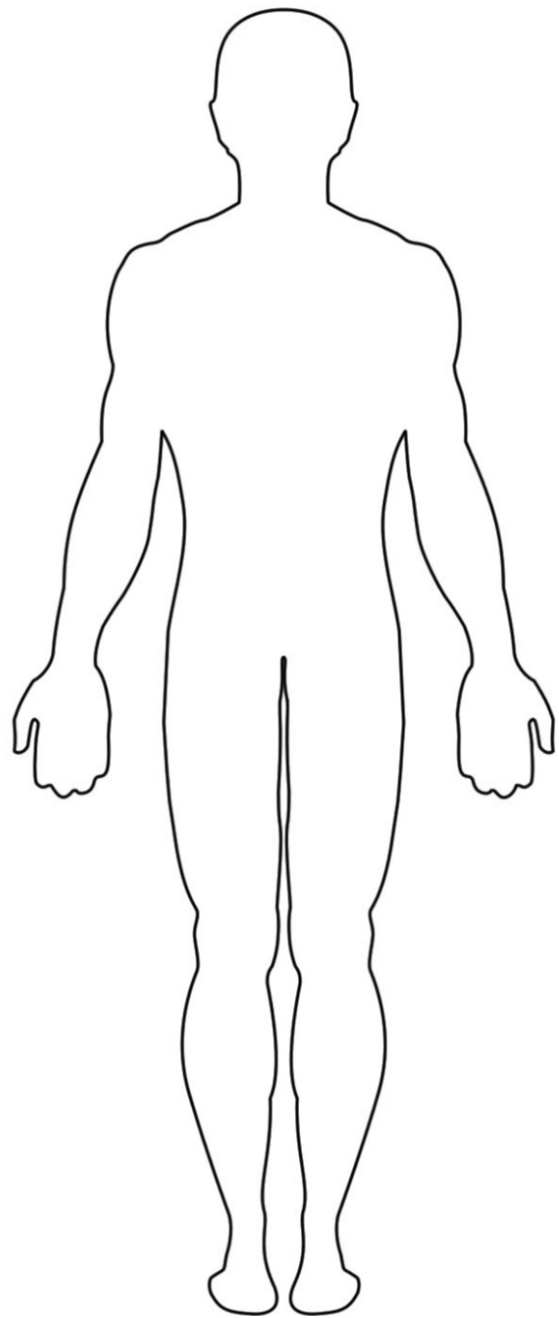
Date

On the chart below, mark where you are experiencing any pain or altered sensation such as numbness or tingling, and any other symptom.

If there is more than one distinct area of pain, you may wish to answer the questions overleaf with respect to the one that's bothering you most, or each one in turn.



Front



Back

Answer each of the following questions by marking a single number on each scale. Try not to analyse it too much - just use the first number that comes to mind.

1. Over the past week, on average how would you rate your back pain?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
No pain Worst pain possible

2. Over the past week, how much has your back pain interfered with your daily activities e.g. Washing, dressing, getting in/out of bed/chair, climbing stairs, preparing meals?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
No interference Unable to carry out activity

3. Over the past week, how much has your back pain interfered with your ability to take part in social and family activities?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
No interference Unable to carry out activity

4. Over the past week, how much has your back pain affected your sleep?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Not at all Worst possible

5. Over the past week, how much has your back pain affected your ability to take regular exercise?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Not at all Unable to carry out activity

6. Over the past week, how much has your work (inside and outside the home) affected your back pain?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Made no difference Made it much worse

7. Over the past week, how much have you been able to control (reduce/help) your back pain on your own?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Complete control No control at all

8. Over the past week, how tense, anxious or irritable have you been feeling?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Not at all Terrible, worst possible

9. Over the past week, how depressed or pessimistic have you been feeling?

☺ _____ ☹
0 1 2 3 4 5 6 7 8 9 10
Not at all Terrible, worst possible