BACK BOURNEMOUTH QUESTIONNAIRE

Patient Name _____________________________________________ Date ______________________

Instructions: The following scales have been designed to find out about your back pain and how it is affecting you. Please answer ALL the scales, and mark the ONE number on EACH scale that best describes how you feel.

1. Over the past week, on average, how would you rate your back pain?
   No pain ___________________________ Worst pain possible ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

2. Over the past week, how much has your back pain interfered with your daily activities (housework, washing, dressing, walking, climbing stairs, getting in/out of bed/chair)?
   No interference ___________________________ Unable to carry out activity ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

3. Over the past week, how much has your back pain interfered with your ability to take part in recreational, social, and family activities?
   No interference ___________________________ Unable to carry out activity ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

4. Over the past week, how anxious (tense, uptight, irritable, difficulty in concentrating/relaxing) have you been feeling?
   Not at all anxious ___________________________ Extremely anxious ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

5. Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have you been feeling?
   Not at all depressed ___________________________ Extremely depressed ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

6. Over the past week, how have you felt your work (both inside and outside the home) has affected (or would affect) your back pain?
   Have made it no worse ___________________________ Have made it much worse ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

7. Over the past week, how much have you been able to control (reduce/help) your back pain on your own?
   Completely control it ___________________________ No control whatsoever ___________________________
   
   0 1 2 3 4 5 6 7 8 9 10

OTHER COMMENTS: __________________________________________________________________________

Examiner