Patient Name									Date				
nstruc cales, a	ctions: The fand mark the	ollowin ONE r	ng scales number c	have bee on EACH	n designe scale that	d to find o best descr	out about y ribes how	our back p you feel.	ain and h	ow it is af	fecting you	u. Please answer	ALL t
l.	Over the past week, on average, how would you rate your back pain?												
	No pain								Worst pain possible				
	Ċ	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)?												king,
	No interference							Unable to carry out activity					
	ī	)	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?												y
	No interference								Unable to carry out activity				
	ō	)	1	2	3	4	5	6	7	8	9	10	
I.	Over the pa	ast wee	k, how a	inxious (te	ense, uptig	t, irritab	le, difficu	ty in conce	entrating/r	elaxing) h	ave you b	een feeling?	
	Not at all anxious								Extremely anxious				
	Not at all a	nxious								Extre	mely anxie	ous	
	Not at all a 0		1	2	3	4	5	6	7	Extre 8	mely anxi	ous 10	
,	Õ	)	1					-		8	9	10	
5.	Over the pa	) ast wee	1 k, how c					-		8 ic, unhapp	9 y) have yo	10 bu been feeling?	
5.	Over the pa Not at all d	) ast wee lepress	1 k, how c ed	lepressed	(down-in-	the-dump	os, sad, in l	ow spirits,	pessimist	8 ic, unhapp Extre	9	10 bu been feeling?	
	Over the pa Not at all d	) ast wee lepress	1 k, how c ed 1	lepressed	(down-in-	the-dump	s, sad, in l	ow spirits,	pessimist	8 ic, unhapp Extre 8	9 by) have yo mely depro 9	10 bu been feeling? essed 10	ck na
	Over the particular of $\overline{0}$ Not at all $\overline{0}$ Over the particular of $\overline{0}$	) ast wee lepress ) ast wee	1 k, how c ed 1 k, how h	lepressed	(down-in-	the-dump	s, sad, in l	ow spirits,	pessimist	8 ic, unhapp Extre 8 , nas affecte	9 y) have yo mely depro- 9 ed (or wou	10 ou been feeling? essed 10 Id affect) your ba	ick pai
	Over the part Not at all d Over the part Have made	) ast wee lepress ) ast wee e it no v	1 k, how c ed 1 k, how h worse	2 ave you f	(down-in- 3 `èlt your w	the-dump 4 vork (both	s, sad, in l 5 inside and	ow spirits, 6 I outside th	pessimist 7 ne home) h	8 ic, unhapp Extre 8 , mas affecte Have	9 y) have yo mely depro- 9 ed (or wou made it m	10 ou been feeling? essed 10 Id affect) your ba	ick pai
ī.	$\overline{0}$ Over the particular dependence of $\overline{0}$ Over the particular dependence of $\overline{0}$ Have made $\overline{0}$	) ast wee lepress ) ast wee e it no v	1 k, how c ed 1 k, how h worse 1	2 ave you f	(down-in- 3 ielt your w 3	the-dump 4 fork (both 4	5 inside and	ow spirits, 6 I outside th 6	pessimist 7 ne home) h 7	8 ic, unhapp Extre 8 mas affecte Have 8	9 mely depro 9 ed (or wou made it m 9	10 ou been feeling? essed 10 Id affect) your ba	ck pa
<b>5</b> .	$\overline{0}$ Over the partNot at all $\overline{0}$ $\overline{0}$ Over the partHave made $\overline{0}$ Over the part $\overline{0}$ Over the part	ast wee lepress ) ast wee ; it no v ) ast wee	1       k, how c       ed       1       k, how h       worse       1       k, how n	2 ave you f	(down-in- 3 ielt your w 3	the-dump 4 fork (both 4	5 inside and	ow spirits, 6 I outside th 6	pessimist 7 ne home) h 7	8 ic, unhapp Extre 8 nas affecte Have 8 pain on ye	9 y) have yo mely depro- 9 ed (or wou made it m 9 our own?	10 bu been feeling? essed 10 Id affect) your ba nuch worse 10	ick pai
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