NECK BOURNEMOUTH QUESTIONNAIRE

0	ha nact	pals s=	waren L		.at		oim?				
	_	eek, on a	verage, ho	w would y	ou rate yo	our neck p	ain?				
No pa	in								Wors	st pain poss	sible
	0	1	2	3	4	5	6	7	8	9	. 10
Over t	he past w g, driving	eek, how)?	much has	your neck	pain inter	fered with	your dail	y activitie	s (housew	ork, washi	ng, dressing
No int	erference							٠	Unab	le to carry	out activity
	0	1	2	3	4	5	6	7	8	9	10
Over t		eek, how	much has	your neck	pain inter	fered with	ı your abili	ity to take	part in re	creational,	social, and
No int	erference								Unab	le to carry	out activity
	0	1	2	3	4	5	6	7	8	9	10
Over t	he past we	eek, how	anxious (te	ense untic	sht irritah	le difficul	ty in cono	antrotina/	elovina) ł	ave vou b	een feeling?
					mi minav				Claxing		
			annous (a	omo, aprig	gni, mmao	o, difficul	ty in conc	cnu anng/i			7
	all anxiou	ıs				۸			Extre	mely anxio	ous
			2	3	4	5	6	7			7
Not at	all anxiou	as 1	2	3	4	5	6	7	Extre	mely anxio	ous 10
Not at	all anxiou	1 eek, how	2	3	4	5	6	7	Extre 8 tic, unhap	9 Dy) have ye	10 ou been feel
Not at	all anxiou 0 he past we	1 eek, how	2	3	4	5	6	7	Extre 8 tic, unhap	9 Dy) have ye	10 ou been feel
Not at Over t	all anxiou 0 he past we all depres	1 eek, how ssed	2 depressed	3 (down-in-	4 -the-dump	5 s, sad, in l	6 ow spirits,	7 pessimist	Extre 8 tic, unhapped Extre 8	9 py) have youngly depression 9	ous 10 ou been feel essed 10
Over to	all anxiou 0 he past we all depres	eek, how	2 depressed	3 (down-in-	4 -the-dump	5 s, sad, in l	6 ow spirits,	7 pessimist	Extre 8 Extre 8 has affected	9 py) have younged depressed (or would	ou been feel essed 10
Over to	all anxiou 0 he past we all depres 0 he past we	eek, how	2 depressed	3 (down-in-	4 -the-dump	5 s, sad, in l	6 ow spirits,	7 pessimist	Extre 8 Extre 8 has affected	9 py) have younged depressed (or would	ou been feel essed 10
Over to Over to Have to	all anxiou 0 he past we all depres 0 he past we nade it no	eek, how seed 1 eek, how o worse 1	2 depressed 2 have you f	3 (down-in-	4 -the-dump 4 -vork (both	5 s, sad, in I 5 inside and	6 ow spirits, 6 l outside the	7 7 ne home) l	Extre 8 Extre 8 has affecte Have	g py) have you mely depre	ou been feel essed 10 Id affect) youch worse
Over to Over the Over	all anxiou 0 he past we all depres 0 he past we nade it no	eek, how seek, how worse	2 depressed 2 have you f	3 (down-in-	4 -the-dump 4 -vork (both	5 s, sad, in I 5 inside and	6 ow spirits, 6 l outside the	7 7 ne home) l	Extre 8 Extre 8 has affecte Have 8 pain on y	g py) have you mely depre	ou been feel essed 10 Id affect) you uch worse
Over to	all anxiou 0 he past we all depres 0 he past we nade it no	eel	1 d 1 c, how rorse	1 2 c, how depressed d 1 2 c, how have you forse	1 2 3 c, how depressed (down-in- d 1 2 3 c, how have you felt your water	1 2 3 4 s, how depressed (down-in-the-dump d 1 2 3 4 s, how have you felt your work (both worse	1 2 3 4 5 c, how depressed (down-in-the-dumps, sad, in I d 1 2 3 4 5 c, how have you felt your work (both inside and corse	1 2 3 4 5 6 s, how depressed (down-in-the-dumps, sad, in low spirits, d 1 2 3 4 5 6 s, how have you felt your work (both inside and outside the corse	t, how depressed (down-in-the-dumps, sad, in low spirits, pessimist d 1 2 3 4 5 6 7 The property of the state of the sta	Extre 1 2 3 4 5 6 7 8 c, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhapped Extre 1 2 3 4 5 6 7 8 c, how have you felt your work (both inside and outside the home) has affected torse Have	Extremely anxion 1 2 3 4 5 6 7 8 9 c, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have yet depressed 1 2 3 4 5 6 7 8 9 c, how have you felt your work (both inside and outside the home) has affected (or would not see the same of the home) has affected (or would not see the same of the home) has affected (or would not see the home).
	all anxiou 0 he past we all depres 0 he past we nade it no 0 he past we all depres nade it no 0 he past we all depres nade it no	eek, how seek, how worse	2 depressed 2 have you f	3 (down-in-	4 -the-dump 4 -vork (both	5 s, sad, in I 5 inside and	6 ow spirits, 6 l outside the	7 7 ne home) l	Extre 8 Extre 8 has affecte Have 8 pain on y	g py) have you mely depre g ed (or woul made it m g our own?	ous 10 ou been essed 10 Id affect) uch wors 10
Not at Over to Over to Have to	all anxious o he past we all depres o ne past we all depres o ne past we all depres o ne past we all depres o etely continued anxious depresentation of the past we all depresentations of the past we all depresentation of the past we all depresentations of the past we all depresenta	eek, how seed 1 eek, how worse 1 eek, how trol it	2 depressed 2 have you f	3 (down-in- 3 felt your w	4 vork (both 4 a able to co	5 s, sad, in l 5 inside and	6 ow spirits, 6 I outside the control of the con	7 ne home) l	Extre 8 Extre 8 has affecte Have 8 pain on y	mely anxion 9 by) have your 9 ed (or would made it	ous 10 ou been fee essed 10 Id affect) y uch worse 10

With Permission from: Bolton JE, Humphreys BK: The Bournemouth Questionnaire: A Short-form Comprehensive Outcome Measure. II. Psychometric Properties in Neck Pain Patients. JMPT'2002; 25 (3): 141-148.