## BACK BOURNEMOUTH QUESTIONNAIRE

Over the past	week, on a	verage, ho	w would y	ou rate yo	our back pa	ain?					
No pain							Worst pain possible				
0	1	2	3	4	5	6	7	8	9	10	
Over the past climbing stairs				pain inter	fered with	ı your daily	activities	s (housew	ork, washi	ng, dressing	
No interference								Unable to carry out activity			
0	1	2	3	4	5	6	7	8	9	10	
Over the past week, how much has your back pain interfered with your ability to take part in recreational, social, and activities?											
			No interference						Unable to carry out activity		
	e							Chao			
	1 week, how	2 anxious (t	3 ense, uptiş	4 ght, irritab	5 le, difficu	6 Ity in conce	7 entrating/r	8 relaxing) ł	9	10 een feeling	
No interference $\frac{1}{0}$ Over the past	1 week, how ous 1 week, how	anxious (t	ense, uptig	ght, irritab	le, difficu	lty in conce	entrating/r	8  Pelaxing) h  Extre  8  ic, unhapp	9 nave you b mely anxio	10  een feeling!  ous  10  ou been feel	
No interference $\frac{1}{0}$ Over the past $\frac{1}{0}$ Over the past $\frac{1}{0}$ Over the past $\frac{1}{0}$	1 week, how ous 1 week, how	anxious (t	ense, uptig	ght, irritab	le, difficu	lty in conce	entrating/r	8  Pelaxing) h  Extre  8  ic, unhapp	9 nave you b mely anxio  9 py) have yo	10  een feeling!  ous  10  ou been feel	
No interference $\frac{1}{0}$ Over the past Not at all anxion $\frac{1}{0}$ Over the past Not at all depression $\frac{1}{0}$	1 week, how ous 1 week, how essed	anxious (to 2) depressed	anse, uptig	ght, irritab  4 -the-dump	5 os, sad, in 3	6 dow spirits,	7 pessimist	8 Extre 8 ic, unhappe Extre 8	9 mave you be mely anxion 9 py) have you mely deprose	10  een feeling?  10  bus  10  bus  to been feel  essed  10	
No interference $\frac{1}{0}$ Over the past $\frac{1}{0}$ Over the past $\frac{1}{0}$ Over the past $\frac{1}{0}$ Not at all deprivation $\frac{1}{0}$	1 week, how ous 1 week, how essed 1 week, how	anxious (to 2) depressed	anse, uptig	ght, irritab  4 -the-dump	5 os, sad, in 3	6 dow spirits,	7 pessimist	8 Extre 8 ic, unhapp Extre 8 has affecte	9 mave you be mely anxious 9 py) have you mely deprosed (or would be more seed to the control of	10  een feeling?  10  bus  10  bus  to been feel  essed  10	
No interference $0$ Over the past  Not at all anxi  Over the past  Not at all deprivation of the past of the pas	1 week, how ous 1 week, how essed 1 week, how	anxious (to 2) depressed	anse, uptig	ght, irritab  4 -the-dump	5 os, sad, in 3	6 dow spirits,	7 pessimist	8 Extre 8 ic, unhapp Extre 8 has affecte	9 mave you be mely anxious 9 py) have you mely deprosed (or would be more seed to the control of	10  een feeling?  10  ous  10  ou been feel  essed  10  Id affect) ye	
No interference $0$ Over the past  Not at all anxi  Over the past  Not at all deprivation of the past  Not at all deprivation of the past  Have made it	1 week, how ous 1 week, how essed 1 week, how no worse 1	anxious (to 2) depressed  2 have you to 2	3 (down-in-	ght, irritab  4 -the-dump  4 -york (both	5 os, sad, in 5 inside and	6 dow spirits, 6 d outside th	7 pessimist 7 ne home) I	8 Extre 8 ic, unhapp Extre 8 has affecte Have	9 mave you be mely anxious 9 py) have you mely deproduced (or wou made it made)	10  een feeling!  10  ous  10  ou been feel  essed  10  Id affect) youch worse	
No interference $0$ Over the past  Not at all anxi  O  Over the past  Not at all depreson  Over the past  Have made it $0$	1 week, how ous 1 week, how essed 1 week, how no worse 1 week, how	anxious (to 2) depressed  2 have you to 2	3 (down-in-	ght, irritab  4 -the-dump  4 -york (both	5 os, sad, in 5 inside and	6 dow spirits, 6 d outside th	7 pessimist 7 ne home) I	8 Extre 8 ic, unhapp Extre 8 has affecte Have 8 pain on y	9 mave you be mely anxious 9 py) have you mely deproduced (or wou made it made)	10  een feeling?  10  ou been feel  essed  10  Id affect) youch worse  10	

With Permission from: Bolton JE, Breen AC: The Bournemouth Questionnaire: A Short-form Comprehensive Outcome Measure. I. Psychometric Properties in Back Pain Patients. *JMPT* 1999; 22 (9): 503-510.