BACK BOURNEMOUTH QUESTIONNAIRE

tions: The follow and mark the ONE							ain and ho	ow it is aft	fecting you	. Please answer	
Over the past w	eek, on av	verage, ho	w would y	ou rate yo	our back pa	ain?					
No pain								Wors	t pain poss	ible	
0	1	2	3	4	5	6	7	8	9	10	
Over the past week, how much has your back pain interfered with your daily activities (housework, washing, dressing, 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	
Over the past w activities?	eek, how	much has	your back	pain inter	fered with	ı your abili	ty to take	part in re	creational,	social, and fan	
No interference								Unab	le to carry	out activity	
0	1	2	3	4	5	6	7	8	9	10	
Over the past w	eek, how	anxious (t	ense, uptig	ght, irritab	le, difficu	lty in conce	entrating/1	relaxing) ł	nave you b	een feeling?	
Over the past w Not at all anxiou 0		anxious (t	ense, uptig	ght, irritab	le, difficu	Ity in conce	entrating/1	_	nave you be mely anxio	_	
Not at all anxiou	ıs 1	2	3	4	5	6	7	Extre 8	emely anxio	Dus 10	
Not at all anxiou	1 eek, how	2	3	4	5	6	7	Extre 8 ic, unhapp	emely anxio	ous 10 ou been feeling	
Not at all anxiou $\frac{1}{0}$ Over the past w	1 eek, how	2	3	4	5	6	7	Extre 8 ic, unhapp	9 py) have yo	ous 10 ou been feeling	
Over the past w	1 eek, how ssed	2 depressed	3 (down-in-	4 -the-dump	5 os, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhappe Extre 8	py) have yoursely depress	ous 10 ou been feeling essed 10	
Not at all anxion 0 Over the past w Not at all depre	1 eek, how ssed 1 eek, how	2 depressed	3 (down-in-	4 -the-dump	5 os, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhapp Extre 8 has affected	py) have your general depression of the second seco	ous 10 ou been feeling essed 10	
Not at all anxiou 0 Over the past w Not at all depre 0 Over the past w	1 eek, how ssed 1 eek, how	2 depressed	3 (down-in-	4 -the-dump	5 os, sad, in l	6 low spirits,	7 pessimist	Extre 8 ic, unhapp Extre 8 has affected	py) have your general depression of the second seco	ous 10 ou been feeling essed 10 Id affect) your	
Not at all anxion Over the past w Not at all depre Over the past w Have made it no	eek, how ssed 1 eek, how o worse	2 depressed 2 have you f	3 (down-in-	4 -the-dump 4 vork (both	5 s, sad, in l 5 inside and	6 d outside the	7 pessimist 7 ne home) l	Extre 8 ic, unhapp Extre 8 has affecte Have	py) have your made it m	ous 10 ou been feeling essed 10 Id affect) your each worse	
Not at all anxion 0 Over the past w Not at all depre 0 Over the past w Have made it not 0	eek, how ssed 1 eek, how o worse 1 eek, how	2 depressed 2 have you f	3 (down-in-	4 -the-dump 4 vork (both	5 s, sad, in l 5 inside and	6 d outside the	7 pessimist 7 ne home) l	Extre 8 ic, unhapp Extre 8 has affecte Have 8 pain on y	py) have your made it m	ous 10 ou been feeling essed 10 Id affect) your such 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.