

## LOW BACK PAIN AND DISABILITY QUESTIONNAIRE

(Roland-Morris)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ AGE \_\_\_\_\_ SCORE: \_\_\_\_\_

When your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

1.  I stay at home most of the time because of my back.
2.  I change position frequently to try and get my back comfortable.
3.  I walk more slowly than usual because of my back.
4.  Because of my back, I am not doing any jobs that I usually do around the house.
5.  Because of my back, I use a handrail to get upstairs.
6.  Because of my back, I lie down to rest more often.
7.  Because of my back, I have to hold on to something to get out of an easy chair.
8.  Because of my back, I try to get other people to do things for me.
9.  I get dressed more slowly than usual because of my back.
10.  I stand up only for short periods of time because of my back.
11.  Because of my back, I try not to bend or kneel down.
12.  I find it difficult to get out of a chair because of my back.
13.  My back is painful almost all of the time.
14.  I find it difficult to turn over in bed because of my back.
15.  My appetite is not very good because of my back pain.
16.  I have trouble putting on my socks (or stockings) because of pain in my back.
17.  I walk only short distances because of my back pain.
18.  I sleep less well because of my back.
19.  Because of back pain, I get dressed with help from someone else.
20.  I sit down for most of the day because of my back.
21.  I avoid heavy jobs around the house because of my back.
22.  Because of back pain, I am more irritable and bad tempered with people than usual.
23.  Because of my back, I go upstairs more slowly than usual.
24.  I stay in bed most of the time because of my back.

Roland M, Morris R. (1983a) A study of the natural history of back pain: Part I: Development of a reliable and sensitive measure of disability in low-back pain. *Spine* 8:141-144.