1. How long have you had your current pain problem? Tick (✓) one.

- 0-1 weeks [1]
- 1-2 weeks [2]
- 3-4 weeks [3]
- 4-5 weeks [4]
- 6-8 weeks [5]
- 9-11 weeks [6]
- 3-6 months [7]
- 6-9 months [8]
- 9-12 months [9]
- over 1 year [10]

2. How would you rate the pain that you have had during the past week? Circle one.

- 0 No pain
- 1 Pain as bad as it could be

3. I can do light work for an hour.

- 0 Can’t do it because of the pain problem
- 1 Can do it without pain becoming a problem

4. I can sleep at night.

- 0 Can’t do it because of the pain problem
- 1 Can do it without pain becoming a problem

5. How tense or anxious have you felt in the past week?

- 0 Absolutely calm and relaxed
- 1 As tense and anxious as I’ve ever felt

6. How much have you been bothered by feeling depressed in the past week?

- 0 Not at all
- 1 Extremely

7. In your view, how large is the risk that your current pain may become persistent?

- 0 No risk
- 1 Very large risk

8. In your estimation, what are the chances you will be working your normal duties in 3 months?

- 0 No risk
- 1 Very large risk

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Here are some of the things which other people have told us about their pain. For each statement please circle a number from 0-10 to say how much physical activities, such as bending & lifting, affect your pain.

9. An increase in pain is an indication that I should stop what I’m doing until the pain decreases.

- 0 Completely disagree
- 1 Completely agree

10. I should not do my normal work with my present pain.

- 0 Completely disagree
- 1 Completely agree