



Are you

Male

Female

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 1 2 3 4 5 6 7 8 9 10

No pain

Pain as bad as it could be

3. I can do light work for an hour.

0 1 2 3 4 5 6 7 8 9 10

Can't do it because
of the pain problem

Can do it without pain
becoming a problem

10-x

4. I can sleep at night.

0 1 2 3 4 5 6 7 8 9 10

Can't do it because
of the pain problem

Can do it without pain
becoming a problem

10-x

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

0 1 2 3 4 5 6 7 8 9 10

Absolutely calm and relaxed

As tense and anxious as I've ever felt

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

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely

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

0 1 2 3 4 5 6 7 8 9 10

No risk

Very large risk

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

0 1 2 3 4 5 6 7 8 9 10

No risk

Very large risk

10-x

Here are some of the things which other people have told us about their pain. For each statement please circle 1 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 1 2 3 4 5 6 7 8 9 10

Completely disagree

Completely agree

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

0 1 2 3 4 5 6 7 8 9 10

Completely disagree

Completely agree