Thinking about the **last 2 weeks** indicate your response to the following questions:

1. My back pain has **spread down my leg(s)** at some time in the last 2 weeks

 \_0. Disagree \_1. Agree

2.  I have had pain in the **shoulder** or **neck** at some time in the last 2 weeks

 \_0. Disagree \_1. Agree

3. I have only **walked short distances** because of my back pain \_0. Disagree \_1. Agree

4. In the last 2 weeks, I have **dressed more slowly** than usual because of back pain

 \_0. Disagree \_1. Agree

5. It’s not really safe for a person with a condition like mine to be physically active

 \_0. Disagree \_1. Agree

6. **Worrying thoughts** have been going through my mind a lot of the time

 \_0. Disagree \_1. Agree

7. I feel that **my back pain is terrible** **and it’s never going to get any better**

 \_0. Disagree \_1. Agree

8. In general, I have **not enjoyed** all the things I used to enjoy \_0. Disagree \_1. Agree

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

\_0. Not at all \_1. Slightly \_2. Moderately \_3. Very Much \_4. Extremely

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Notes

Recode Question 9: Not at all, slightly, and moderately = 0; Very Much or Extremely = 1

Then calculate

Total score (all 9):

Sub score (Q5-9):

Interpretation is as follows:

If total score is 3 or less, then low risk

If total score is 4 or more and sub score is 3 or less, then medium risk

If total score is 4 or more and sub score is 4 or more, then high risk

Reference

Hill JC, Dunn KM, Lewis M, Mullis R, Main CJ, Foster NE, Hay EM. A primary care back pain screening tool: identifying patient subgroups for initial treatment. Arthritis Care & Research 2008;59:632-41. http://onlinelibrary.wiley.com/doi/10.1002/art.23563/full (accessed 29 July 2013)