## **BOURNEMOUTH QUESTIONNAIRE**

Over the No pain 0 Over the climbing	e past wee	ek, on avera				that best de		w you feel.			
No pain 0 Over the climbing	1 past week	2		ouid you ra	te your bac	k (neck, etc	.) pain?				
0 Over the climbing	past week	_	3						Worst pain		
Over the climbing	past week	_	3	No pain							
climbing				4	5	6	7	8	9	10	
No inter		c, how muc tting in/out			ered with yo	our daily ac	tivities (hou	isework, w	ashing, dres	ssing, wal	
	No interference							Unable to carry out activity			
0	1	2	3	4	5	6	7	8	9	10	
		ek, how mu	ch has you	r pain interf	ered with y	our ability	to take part	in recreation	onal, social,	and	
No interference Unable to car								ble to carry	out activi		
0	1	2	3	4	5	6	7	8	9	10	
Over the	past week	k, how anxi	ous (tense,	uptight, irr	itable, diffi	culty in con	centrating/	relaxing) ha	ave you bee	n feeling	
Not at all anxious								Extreme	y anxiou		
0	1	2	3	4	5	6	7	8	9	10	
Over the	past week	, how depr	essed (dow	vn-in-the-du	ımps, sad, i	n low spirit	s, pessimis	tic, unhapp	y) have you	been fee	
	-	-			1 / /	I	1				
0	-		3	4	5	6	7			10	
Over the past week, how have you felt your work (both inside and outside the home) has affected (or would affect) you pain?											
Have made it no worse									Have made it much worse		
0	1	2	3	4	5	6	7	8	9	10	
Over the	past week	k, how muc	h have you	been able t	to control (	reduce/help	) your pain	on your ow	/n?		
Completely control it								No control whatsoever			
0	1	2	3	4	5	6	7	8	9	10	
		-	-	-	-	~	·	~	ŕ		
					Exami	iner					
	family ac No interf O Over the Not at al O Over the pain? Have ma O Over the Complet O	family activities? No interference 0 1 Over the past week Not at all anxious 0 1 Over the past week 0 1 Over the past week pain? Have made it no w 0 1 Over the past week	family activities? No interference 0 $1$ $2Over the past week, how anxiNot at all anxious0$ $1$ $2Over the past week, how depundentNot at all depressed0$ $1$ $2Over the past week, how havepain?Have made it no worse0$ $1$ $2Over the past week, how muctOver the past week, how muct0$ $1$ $2Over the past week, how muct0$ $1$ $2$	family activities? No interference 0 $1$ $2$ $3Over the past week, how anxious (tense,Not at all anxious0$ $1$ $2$ $3Over the past week, how depressed (dowNot at all depressed0$ $1$ $2$ $3Over the past week, how have you felt ypain?Have made it no worse0$ $1$ $2$ $3Over the past week, how much have youCompletely control it0$ $1$ $2$ $3$	family activities? No interference 0 $1$ $2$ $3$ $4Over the past week, how anxious (tense, uptight, irrNot at all anxious0$ $1$ $2$ $3$ $4Over the past week, how depressed (down-in-the-duNot at all depressed0$ $1$ $2$ $3$ $4Over the past week, how have you felt your work (bpain?Have made it no worse0$ $1$ $2$ $3$ $4Over the past week, how much have you been able toCompletely control it0$ $1$ $2$ $3$ $4$	family activities? No interference 0 $1$ $2$ $3$ $4$ $5Over the past week, how anxious (tense, uptight, irritable, diffiNot at all anxious0$ $1$ $2$ $3$ $4$ $5Over the past week, how depressed (down-in-the-dumps, sad, iNot at all depressed0$ $1$ $2$ $3$ $4$ $5Over the past week, how have you felt your work (both inside apain?Have made it no worse0$ $1$ $2$ $3$ $4$ $5Over the past week, how much have you been able to control (aCompletely control it0$ $1$ $2$ $3$ $4$ $5Examined$	family activities?         No interference         0       1       2       3       4       5       6         Over the past week, how anxious (tense, uptight, irritable, difficulty in connection of the past week, how depressed (down-in-the-dumps, sad, in low spirit)         Not at all anxious         0       1       2       3       4       5       6         Over the past week, how depressed (down-in-the-dumps, sad, in low spirit)         Not at all depressed         0       1       2       3       4       5       6         Over the past week, how have you felt your work (both inside and outside pain?         Have made it no worse $0$ 1       2       3       4       5       6         Over the past week, how much have you been able to control (reduce/help Completely control it $0$ 1 $2$ $3$ $4$ $5$ $6$ Out of the past week, how much have you been able to control (reduce/help Completely control it $0$ $1$ $2$ $3$ $4$ $5$ $6$ Examiner	family activities? No interference 0   1   2   3   4   5   6   7 Over the past week, how anxious (tense, uptight, irritable, difficulty in concentrating/ Not at all anxious 0   1   2   3   4   5   6   7 Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimiss Not at all depressed 0   1   2   3   4   5   6   7 Over the past week, how have you felt your work (both inside and outside the home) pain? Have made it no worse 0   1   2   3   4   5   6   7 Over the past week, how much have you been able to control (reduce/help) your pain Completely control it 0   1   2   3   4   5   6   7 Examiner	In the transformation of the transformation of the transformation of tran	No interference       Unable to carry         0       1       2       3       4       5       6       7       8       9         Over the past week, how anxious (tense, uptight, irritable, difficulty in concentrating/relaxing) have you been       Extremel         0       1       2       3       4       5       6       7       8       9         Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have you       Not at all depressed       Extremely defet         0       1       2       3       4       5       6       7       8       9         Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have you       Not at all depressed       Extremely defet         0       1       2       3       4       5       6       7       8       9         Over the past week, how have you felt your work (both inside and outside the home) has affected (or would pain?       Have made it now       9       9         Over the past week, how much have you been able to control (reduce/help) your pain on your own?       No control whatse         0       1       2       3       4       5       6       7       8       9         Over the past week, how much h	

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.