

The Roland-Morris Disability Questionnaire

When your back hurts, you may find it difficult to do some of the things you normally do. This list contains some sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you *today*. As you read the following list, think of yourself *today*. When you read a sentence that describes you *today*, put a tick against it. If the sentence does not describe you, then leave the space blank and go on to the next one. Remember, only tick the sentence if you are sure that it describes 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 of the 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 only stand 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 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 the pain in my back.
- ___ 17. I only walk short distances because of my back.
- ___ 18. I sleep less well on my back.
- ___ 19. Because of my 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 my 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.