NECK BOURNEMOUTH QUESTIONNAIRE

Patient Name ________________________________________________ Date ___________________________

Instructions: The following scales have been designed to find out about your neck pain and how it is affecting you. Please answer ALL the scales, and mark the ONE number on EACH scale that best describes how you feel.

1. Over the past week, on average, how would you rate your neck pain?
   No pain                                      Worst pain possible
   0 1 2 3 4 5 6 7 8 9 10

2. Over the past week, how much has your neck pain interfered with your daily activities (housework, washing, dressing, lifting, reading, driving)?
   No interference                                      Unable to carry out activity
   0 1 2 3 4 5 6 7 8 9 10

3. Over the past week, how much has your neck pain interfered with your ability to take part in recreational, social, and family activities?
   No interference                                      Unable to carry out activity
   0 1 2 3 4 5 6 7 8 9 10

4. Over the past week, how anxious (tense, uptight, irritable, difficulty in concentrating/relaxing) have you been feeling?
   Not at all anxious                                      Extremely anxious
   0 1 2 3 4 5 6 7 8 9 10

5. Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have you been feeling?
   Not at all depressed                                      Extremely depressed
   0 1 2 3 4 5 6 7 8 9 10

6. Over the past week, how have you felt your work (both inside and outside the home) has affected (or would affect) your neck pain?
   Have made it no worse                                      Have made it much worse
   0 1 2 3 4 5 6 7 8 9 10

7. Over the past week, how much have you been able to control (reduce/help) your neck pain on your own?
   Completely control it                                      No control whatsoever
   0 1 2 3 4 5 6 7 8 9 10

OTHER COMMENTS: __________________________________________________________

Examiner