

# Quebec Back Pain Disability Scale

Patient name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Patient ID: \_\_\_\_\_

Contact number: \_\_\_\_\_ Email address: \_\_\_\_\_

This questionnaire is about the way your back pain is affecting your daily life. People with back problems may find it difficult to perform some of their daily activities. We would like to know if you find it difficult to perform any of the activities listed below, because of your back. For each activity there is a scale of 0 to 5. Please choose one response option for each activity (do not skip any activities) and circle the corresponding number.

**Today, do you find it difficult to perform the following activities because of your back?**

	0 Not difficult at all	1 Minimally difficult	2 Somewhat difficult	3 Fairly difficult	4 Very difficult	5 Unable to do
1. Get out of bed						
2. Sleep through the night						
3. Turn over in bed						
4. Ride in a car						
5. Stand up for 20-30 minutes						
6. Sit in a chair for several hours						
7. Climb one flight of stairs						
8. Walk a few blocks (300-400 m)						
9. Walk several kilometers						
10. Reach up to high shelves						
11. Throw a ball						
12. Run one block (about 100 m)						
13. Take food out of the refrigerator						
14. Make your bed						
15. Put on socks (pantyhose)						
16. Bend over to clean the bathtub						
17. Move a chair						
18. Pull or push heavy doors						
19. Carry two bags of groceries						
20. Lift and carry a heavy suitcase						

**Score and interpretation**

**Additional notes**