

# ÖREBRO MUSCULOSKELETAL PAIN SCREENING QUESTIONNAIRE - SHORT



Patient Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

## 1 - HOW LONG HAVE YOU HAD YOUR CURRENT PAIN PROBLEM? CHECK ONE.

- 0-1 weeks     2-3 weeks     4-5 weeks     6-7 weeks     8-9 weeks  
 10-11 weeks     12-23 weeks     24-35 weeks     36-52 weeks     >52 weeks

## 2 - HOW WOULD YOU RATE THE PAIN THAT YOU HAVE HAD DURING THE PAST WEEK? CHECK ONE.

- no pain     1     2     3     4     5     6     7     8     9 pain as bad as it could be

## 3 - I CAN DO LIGHT WORK FOR AN HOUR.

- cannot do it because of pain     1     2     3     4     5     6     7     8     9 can do it without pain being a problem

10- N

## 4 - I CAN SLEEP AT NIGHT.

- cannot do it because of pain     1     2     3     4     5     6     7     8     9 can do it without pain being a problem

10- N

## 5 - HOW TENSE OR ANXIOUS HAVE YOU FELT IN THE PAST WEEK? CHECK ONE.

- absolutely calm and relaxed     1     2     3     4     5     6     7     8     9 as tense and anxious I've ever felt

## 6 - HOW MUCH HAVE YOU BEEN BOTHERED BY FEELING DEPRESSED IN THE PAST WEEK? CHECK ONE.

- not at all     1     2     3     4     5     6     7     8     9 extremely

**7 - IN YOUR VIEW, HOW LARGE IS THE RISK THAT YOUR CURRENT PAIN MAY BECOME PERSISTENT? CHECK ONE.**

no risk    1    2    3    4    5    6    7    8    9    very large risk

**8 - IN YOUR ESTIMATION, WHAT ARE THE CHANCES THAT YOU WILL BE ABLE TO WORK IN THREE MONTHS? CHECK ONE.**

no chance    1    2    3    4    5    6    7    8    9    very large chance

10- N

Here are some of the things which other patients have told us about their pain. For each statement please check any number from 0 to 10 to say how much physical activities, such as, bending, lifting, walking or driving affect or would affect your back.

**9 - AN INCREASE IN PAIN IS AN INDICATION THAT I SHOULD STOP WHAT I AM DOING UNTIL THE PAIN DECREASES.**

completely disagree    1    2    3    4    5    6    7    8    9    completely agree

**10 - I SHOULD NOT DO MY NORMAL ACTIVITIES INCLUDING WORK WITH MY PRESENT PAIN.**

completely disagree    1    2    3    4    5    6    7    8    9    completely agree

