Neck Bournemouth Questionnaire (BNQ)

Name: _____ Date: _____

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?

[ ] 0 (No pain)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Worst pain possible)	10

2. Over the past week, how much has your neck pain interfered with your daily activities (housework, washing, dressing, lifting, reading, driving)?

[ ] 0 (No interference)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Unable to carry out activity)	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?

[ ] 0 (No interference)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Unable to carry out activity)	10

4. Over the past week, how anxious (tense, uptight, irritable, difficulty in concentrating/relaxing) have you been feeling?

[ ] 0 (Not at all anxious)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Extremely anxious)	10

5. Over the past week, how depressed (down-in-the-dumps, sad, in low spirits, pessimistic, unhappy) have you been feeling?

[ ] 0 (Not at all depressed)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Extremely depressed)	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?

[ ] 0 (Have made it no worse)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (Have made it much worse)	10

7. Over the past week, how much have you been able to control (reduce/help) your neck pain on your own?

[ ] 0 (Completely control it)	0
[ ] 1	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7	7
[ ] 8	8
[ ] 9	9
[ ] 10 (No control whatsoever)	10

Scoring

Each of the 7 items is rated on a 0 to 10 numerical scale. Total score is the sum of the 7 items.

BNQ total: _____ / 70

Source: Bolton, J. E., & Humphreys, B. K. (2002). The Bournemouth Questionnaire: A short-form comprehensive outcome measure. II. Psychometric properties in neck pain patients. Journal of Manipulative and Physiological Therapeutics, 25(3), 141-148.

Online calculator and more: physiotutors.com/questionnaires