Roland-Morris Disability Questionnaire (RMDQ)

Name: _____ Date: _____

When your back hurts, you may find it difficult to do some of the things you normally do. This list contains 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 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 it describes you today.

1. I stay at home most of the time because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

2. I change position frequently to try and get my back comfortable.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

3. I walk more slowly than usual because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

4. Because of my back I am not doing any of the jobs that I usually do around the house.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

5. Because of my back, I use a handrail to get upstairs.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

6. Because of my back, I lie down to rest more often.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

7. Because of my back, I have to hold on to something to get out of an easy chair.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

8. Because of my back, I try to get other people to do things for me.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

9. I get dressed more slowly than usual because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

10. I only stand for short periods of time because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

11. Because of my back, I try not to bend or kneel down.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

12. I find it difficult to get out of a chair because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

13. My back is painful almost all the time.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

14. I find it difficult to turn over in bed because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

15. My appetite is not very good because of my back pain.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

16. I have trouble putting on my socks (or stockings) because of the pain in my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

17. I only walk short distances because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

18. I sleep less well because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

19. Because of my back pain, I get dressed with help from someone else.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

20. I sit down for most of the day because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

21. I avoid heavy jobs around the house because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

22. Because of my back pain, I am more irritable and bad tempered with people than usual.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

23. Because of my back, I go upstairs more slowly than usual.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

24. I stay in bed most of the time because of my back.

[ ] Ticked: describes me today 1

[ ] Not ticked: does not describe me today 0

Scoring

Count of the statements ticked by the patient (each ticked statement = 1 point, each blank = 0).

RMDQ score: _____ / 24

Source: Roland, M., & Morris, R. (1983). A study of the natural history of back pain. Part I: development of a reliable and sensitive measure of disability in low-back pain. Spine, 8(2), 141-144.
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Online calculator and more: physiotutors.com/questionnaires