



Form C-1.

LOW BACK PAIN AND DISABILITY QUESTIONNAIRE

(Roland-Morris)

NAME: _____ DATE: _____ AGE _____ SCORE: _____

When your back hurts, you may find it difficult to do some of the things you normally do. Mark only the sentences that describe you today.

1. I stay at home most of the time because of my back.
2. I walk more slowly than usual because of my back.
3. Because of my back, I am not doing any jobs that I usually do around the house.
4. Because of my back, I use a handrail to get upstairs.
5. Because of my back, I lie down to rest more often.
6. Because of my back, I have to hold on to something to get out of an easy chair.
7. Because of my back, I try to get other people to do things for me.
8. I get dressed more slowly than usual because of my back.
9. I stand up only for short periods of time because of my back.
10. Because of my back, I try not to bend or kneel down.
11. I find it difficult to get out of a chair because of my back.
12. My back is painful almost all of the time.
13. I find it difficult to turn over in bed because of my back.
14. I have trouble putting on my socks (or stockings) because of pain in my back.
15. I sleep less well because of my back.
16. I avoid heavy jobs around the house because of my back.
17. Because of back pain, I am more irritable and bad tempered with people than usual.
18. Because of my back, I go upstairs more slowly than usual.

Roland M, Morris R. (1983a) 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 8:141-144.

Form 7.1. The original 24 item Roland-Morris questionnaire is displayed. The RM-18 deletes items 2, 15, 17, 19, 20, and 24 without affecting its quality.