

Quebec Back Pain Disability Scale

QUEBEC BACK PAIN DISABILITY SCALE

Patient name: _____ Age: _____

Gender:

☐ Male ☐ Female ☐ Other

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?

1. Get out of bed

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

2. Sleep through the night

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

3. Turn over in bed

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

4. Ride in a car

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

5. Stand up for 20-30 minutes

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

6. Sit in a chair for several hours

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

7. Climb one flight of stairs

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

8. Walk a few blocks (300-400 m)

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

9. Walk several kilometers

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

10. Reach up to high shelves

☐ ☐ ☐ ☐ ☐ ☐
0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

11. Throw a ball

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

12. Run one block (about 100 m)

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

13. Take food out of the refrigerator

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

14. Make your bed

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

15. Put on socks (pantyhose)

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

16. Bend over to clean the bathtub

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

17. Move a chair

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

18. Pull or push heavy doors

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

19. Carry two bags of groceries

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

20. Lift and carry a heavy suitcase

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0 - Not difficult at all 1 - Minimally difficult 2 - Somewhat difficult 3 - Fairly difficult 4 - Very difficult 5 - Unable to do

Score and interpretation:

Additional notes: