Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. How long have you had your current pain problem? Tick (🗸) one>**

□ 0-1 weeks [1] □ 1-2 weeks [2] □ 3-4 weeks [3] □ 4-5 weeks [4] □ 6-8 weeks [5]

□ 9-11 weeks [6] □ 3-6 months [7] □ 6-9 months [8] □ 9-12 months [9] □ over 1 year [10]

**2. How would you rate the pain that you have had during the past week? Circle one.**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*No pain Pain as bad as it could be*

Please circle the one number which best describes your current ability to participate in each of these activities.

**3. I can do light work for an hour.**

0 1 2 3 4 5 6 7 8 9 10 (10-) [ ]

*Can’t do it because Can do it without pain*

*of the pain problem being a problem*

**4. I can sleep at night.**

0 1 2 3 4 5 6 7 8 9 10 (10-) [ ]

*Can’t do it because Can do it without pain*

*of the pain problem being a problem*

**5. How tense or anxious have you felt in the past week? Circle one.**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*Absolutely calm and relaxed As tense and anxious as I’ve ever felt*

**6. How much have you been bothered by feeling depressed in the past week? Circle one.**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*Not at all Extremely*

**7. In your view, how large is the risk that your current pain may become persistent?**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*No risk Very large risk*

**8. In your estimation, what are the chances you will be working your normal duties in 3 months?**

0 1 2 3 4 5 6 7 8 9 10 (10-) [ ]

*No chance Very large chance*

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

**9. An increase in pain is an indication that I should stop what I’m doing until the pain decreases.**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*Completely disagree Completely agree*

**10. I should not do my normal work with my present pain.**

0 1 2 3 4 5 6 7 8 9 10 [ ]

*Completely disagree Completely agree*

 SUM: \_\_\_\_\_\_