

BACK FUNCTION ASSESSMENT
(Roland/Morris Disability Questionnaire)

Name: _____

Date: _____

Instructions: When your back hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have back pain. Some sentences may describe you today. When you read a sentence that describes you today, please mark it. If it does not describe you today, leave the space beside it blank. Check only sentences that describe you today.

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

