| Pt name: | DOB: | Trial No: | Physio: | Date: |
|---|---|---|---|---|

STarT Back: For these questions, please think about your back pain over the **last few days.**

| 1st Time Score | 2nd Time Score | Change score |
|---|---|---|

1. How **bothersome** has **pain spreading down your legs from your back** been in the **last few days**?

| Not at all | Slightly | Moderately | Very much | Extremely |
|---|---|---|---|---|
| ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 |

2. How **bothersome** has pain in your **shoulder** or **neck** been in the **last few days**?

| Not at all | Slightly | Moderately | Very much | Extremely |
|---|---|---|---|---|
| ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 |

For each of the following, please cross one box to show how much you agree or disagree with the statement, thinking about the **last few days.**

3. In the last **few days**, I have **dressed more slowly** than usual because of my back pain.

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

4. In the last **few days**, I have only **walked short distances** because of my back pain.

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

5. It's **really not safe** for a person with a condition like mine to be **physically active.**

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

6. **Worrying thoughts** have been going through my mind a lot of the time in the last **few days**.

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

7. I feel that **my back pain is terrible** and that **it is never going to get any better**.

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

8. In general, in the last **few days**, I have **not enjoyed** all the things I used to enjoy.

Completely disagree — Strongly agree

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

9. Overall, how **bothersome** has your **back pain** been in the **last few days**?

| Not at all | Slightly | Moderately | Very much | Extremely |
|---|---|---|---|---|
| ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 |