

**LOW BACK PAIN DISABILITY QUESTIONNAIRE
(ROLAND-MORRIS)**

Name _____ Number _____ Date _____ 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.

I stay at home most of the time because of my back.

I change position frequently to try and get my back comfortable.

I walk more slowly than usual because of my back.

Because of my back, I am not doing any jobs that I usually do around the house.

Because of my back, I use a handrail to get upstairs.

Because of my back, I lie down to rest more often.

Because of my back, I have to hold on to something to get out of an easy chair.

Because of my back, I try to get other people to do things for me.

I get dressed more slowly than usual because of my back.

I stand up only for short periods of time because of my back.

Because of my back, I try not to bend or kneel down.

I find it difficult to get out of a chair because of my back.

My back is painful almost all of the time.

I find it difficult to turn over in bed because of my back.

My appetite is not very good because of my back pain.

I have trouble putting on my socks (or stockings) because of pain in my back.

I sleep less well because of my back.

Because of back pain, I get dressed with help from someone else.

I sit down for most of the day because of my back.

I avoid heavy jobs around the house because of my back.

Because of back pain, I am more irritable and bad tempered with people than usual.

Because of my back pain, I go upstairs more slowly than usual.

I stay in bed most of the time because of my back.