



## NECK DISABILITY INDEX QUESTIONNAIRE

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ MI: \_\_\_\_\_ Date: \_\_\_\_\_

This questionnaire is designed to help us better understand how your neck pain affects your ability to manage everyday life activities.

Please mark the one that most closely describes your present day situation in each section.

<b>SECTION 1 - PAIN INTENSITY</b>	<b>SECTION 6 - CONCENTRATION</b>
<input type="radio"/> I have no pain at the moment.	<input type="radio"/> I can concentrate fully without difficulty.
<input type="radio"/> The pain is very mild at the moment.	<input type="radio"/> I can concentrate fully with slight difficulty.
<input type="radio"/> The pain is moderate at the moment.	<input type="radio"/> I have a fair degree of difficulty concentrating.
<input type="radio"/> The pain is fairly severe at the moment.	<input type="radio"/> I have a lot of difficulty concentrating.
<input type="radio"/> The pain is very severe at the moment.	<input type="radio"/> I have a great deal of difficulty concentrating.
<input type="radio"/> The pain is the worst imaginable at the moment.	<input type="radio"/> I can't concentrate at all.
<b>SECTION 2 - PERSONAL CARE (Washing, Dressing, etc.)</b>	<b>SECTION 7 - WORK</b>
<input type="radio"/> I can look after myself normally without causing extra pain.	<input type="radio"/> I can do as much work as I want.
<input type="radio"/> I can look after myself normally, but it causes extra pain.	<input type="radio"/> I can only do my usual work, but no more.
<input type="radio"/> It is painful to look after myself, and I am slow and careful.	<input type="radio"/> I can do most of my usual work, but no more.
<input type="radio"/> I need some help but manage most of my personal care.	<input type="radio"/> I can't do my usual work.
<input type="radio"/> I need help every day in most aspects of self-care.	<input type="radio"/> I can hardly do any work at all.
<input type="radio"/> I do not get dressed. I wash with difficulty and stay in bed.	<input type="radio"/> I can't do any work at all.
<b>SECTION 3 - LIFTING</b>	<b>SECTION 8 - DRIVING</b>
<input type="radio"/> I can lift heavy weights without causing extra pain.	<input type="radio"/> I can drive my car without neck pain.
<input type="radio"/> I can lift heavy weights, but it gives me extra pain.	<input type="radio"/> I can drive as long as I want with slight neck pain.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor but I can manage if items are conveniently positioned, ie. on a table.	<input type="radio"/> I can drive as long as I want with moderate neck pain.
<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned.	<input type="radio"/> I can't drive as long as I want because of moderate neck pain.
<input type="radio"/> I can lift only very light weights.	<input type="radio"/> I can hardly drive at all because of severe neck pain.
<input type="radio"/> I cannot lift or carry anything at all.	<input type="radio"/> I can't drive my car at all because of neck pain.
<b>SECTION 4 - READING</b>	<b>SECTION 9 - SLEEPING</b>
<input type="radio"/> I can read as much as I want with no neck pain.	<input type="radio"/> I have no trouble sleeping.
<input type="radio"/> I can read as much as I want with slight neck pain.	<input type="radio"/> My sleep is slightly disturbed for less than 1 hour.
<input type="radio"/> I can read as much as I want with moderate neck pain.	<input type="radio"/> My sleep is mildly disturbed for up to 1-2 hours.
<input type="radio"/> I can't read as much as I want because of moderate neck pain.	<input type="radio"/> My sleep is moderately disturbed for up to 2-3 hours.
<input type="radio"/> I can't read as much as I want because of severe neck pain.	<input type="radio"/> My sleep is greatly disturbed for up to 3-5 hours.
<input type="radio"/> I can't read at all.	<input type="radio"/> My sleep is completely disturbed for up to 5-7 hours.
<b>SECTION 5 - HEADACHES</b>	<b>SECTION 10 - RECREATION</b>
<input type="radio"/> I have no headaches at all.	<input type="radio"/> I have no neck pain during all recreational activities.
<input type="radio"/> I have slight headaches that come infrequently.	<input type="radio"/> I have some neck pain with all recreational activities.
<input type="radio"/> I have moderate headaches that come infrequently.	<input type="radio"/> I have some neck pain with a few recreational activities.
<input type="radio"/> I have moderate headaches that come frequently.	<input type="radio"/> I have neck pain with most recreational activities.
<input type="radio"/> I have severe headaches that come frequently.	<input type="radio"/> I can hardly do recreational activities due to neck pain.
<input type="radio"/> I have headaches almost all the time.	<input type="radio"/> I can't do any recreational activities due to neck pain.

BACK



REVISED DISABILITY INDEX QUESTIONNAIRE

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ MI: \_\_\_\_\_ Date: \_\_\_\_\_

Please select one answer for each question:

<b>Section 1 - Pain Intensity</b>	<b>Section 6 - Standing (Remember, standing is NOT walking.):</b>
<input type="radio"/> The pain comes and goes and is very mild.	<input type="radio"/> I can stand as long as I want without pain.
<input type="radio"/> The pain is mild and does not vary much.	<input type="radio"/> I have some pain while standing, but it does not increase with time.
<input type="radio"/> The pain comes and goes and is moderate.	<input type="radio"/> I cannot stand for longer than 1 hour without increasing pain.
<input type="radio"/> The pain is moderate and does not vary much.	<input type="radio"/> I cannot stand for longer than ½ hour without increasing pain.
<input type="radio"/> The pain comes and goes and is severe.	<input type="radio"/> I cannot stand for longer than 10 minutes without increasing pain.
<input type="radio"/> The pain is severe and does not vary much.	<input type="radio"/> I avoid standing, because it increases the pain straight away.
<b>Section 2 -- Personal Care (Washing, Dressing, etc.)</b>	<b>Section 7 -- Sleeping</b>
<input type="radio"/> I would not have to change my way of washing or dressing in order to avoid pain	<input type="radio"/> I get no pain in bed.
<input type="radio"/> I do not normally change my way of washing or dressing even though it causes some pain.	<input type="radio"/> I get pain in bed, but it does not prevent me from sleeping well.
<input type="radio"/> Washing and dressing increases the pain, but I manage not to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one than one quarter.
<input type="radio"/> Washing and dressing increases the pain and I find it necessary to change my way of doing it.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one half.
<input type="radio"/> Because of the pain, I am unable to do some washing and dressing without help.	<input type="radio"/> Because of pain, my normal night's sleep is reduced by less than one than three-quarter.
<input type="radio"/> Because of the pain, I am unable to do any washing or dressing without help.	<input type="radio"/> Pain prevents me from sleeping at all.
<b>Section 3 - Lifting</b>	<b>Section 8 - Social Life</b>
<input type="radio"/> I can lift heavy weights without extra pain.	<input type="radio"/> My social life is normal and gives me no pain.
<input type="radio"/> I can lift heavy weights but it gives extra pain.	<input type="radio"/> My social life is normal but increases the degree of pain.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor	<input type="radio"/> Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
<input type="radio"/> Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.	<input type="radio"/> Pain has restricted my social life and I do not go out as often.
<input type="radio"/> Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.	<input type="radio"/> Pain has restricted my social life to my home.
<input type="radio"/> I can only lift very light weights, at the most	<input type="radio"/> I have hardly any social life because of pain.
<b>Section 4 - Walking</b>	<b>Section 9- Traveling</b>
<input type="radio"/> Pain does not prevent me from walking any distance.	<input type="radio"/> I get no pain while traveling.
<input type="radio"/> Pain prevents me from walking more than one mile.	<input type="radio"/> I get some pain while traveling, but none of my usual forms of travel make it any worse.
<input type="radio"/> Pain prevents me from walking more than ½ mile.	<input type="radio"/> I get extra pain while traveling, but it does not compel me to seek alternative forms of travel.
<input type="radio"/> Pain prevents me from walking more than ¼ mile	<input type="radio"/> I get extra pain while traveling which compels me to seek alternative forms of travel.
<input type="radio"/> I can only walk using a cane or crutches	<input type="radio"/> Pain restricts me for all forms of travel.
<input type="radio"/> I am in bed most of the time and have to crawl to the toilet.	<input type="radio"/> Pain prevents all forms of travel except that down lying down.
<b>Section 5 - Sitting ("Favorite chair" includes a recliner.):</b>	<b>Section 10 - Changing Degree of Pain</b>
<input type="radio"/> I can sit in any chair as long as I like without pain.	<input type="radio"/> My pain is rapidly getting better.
<input type="radio"/> I can only sit in my favorite chair as long as I like	<input type="radio"/> My pain fluctuates but overall is definitely getting better.
<input type="radio"/> Pain prevents me from sitting more than one hour.	<input type="radio"/> My pain seems to be getting better but improvement is slow at the present.
<input type="radio"/> Pain prevents me from sitting more than ½ hour.	<input type="radio"/> My pain is neither getting better nor worse.
<input type="radio"/> Pain prevents me from sitting more than 10 minutes.	<input type="radio"/> My pain is gradually worsening.
<input type="radio"/> Pain prevents me from sitting	<input type="radio"/> My pain is rapidly worsening.