

The Quebec Back Pain Disability Scale

Source: Kopec JA, Esdaile JM, Abrahamowicz M, Abenhaim L, Wood-Dauphinee S, Lamping DL, et al. The Quebec Back Pain Disability Scale. Measurement properties. *Spine*. 1995 Feb 1;20(3):341-52.

The Quebec Back Pain Disability Scale is a 20-item self-administered instrument designed to assess the level of functional disability in individuals with back pain. The scale is a reliable and valid measure used for monitoring the progress of individual patients participating in treatment or rehabilitation programs.

Scoring instructions

The patient is instructed to answer each question on a scale. Add up the selected numbers for a total score.

Interpretation of scores

The minimum score is 20 and the maximum score is 100. Higher scores correlate to greater disability.

$\% \text{ of maximal disability} = (\text{score} - 20) / 80 * 100\%$

Minimum detectable change (90% confidence) 15 points.

The Quebec Back Pain Disability Scale

This questionnaire is about the way your back pain is affecting your daily life. People with back problems may find it difficult to perform some of their daily activities. We would like to know if you find it difficult to perform any of the activities listed below, because of your back. For each activity there is a scale of 0 to 5. Please choose one response option for each activity (do not skip any activities) and circle the corresponding number.

Today, do you find it difficult to perform the following activities because of your back?

		0 Not difficult at all	1 Minimally difficult	2 Somewhat difficult	3 Fairly difficult	4 Very difficult	5 Unable to do
1	Get out of bed	0	1	2	3	4	5
2	Sleep through the night	0	1	2	3	4	5
3	Turn over in bed	0	1	2	3	4	5
4	Ride in a car	0	1	2	3	4	5
5	Stand up for 20-30 minutes	0	1	2	3	4	5
6	Sit in a chair for several hours	0	1	2	3	4	5
7	Climb one flight of stairs	0	1	2	3	4	5
8	Walk a few blocks (300-400 m)	0	1	2	3	4	5
9	Walk several kilometres	0	1	2	3	4	5
10	Reach up to high shelves	0	1	2	3	4	5
11	Throw a ball	0	1	2	3	4	5
12	Run one block (about 100m)	0	1	2	3	4	5
13	Take food out of the refrigerator	0	1	2	3	4	5
14	Make your bed	0	1	2	3	4	5
15	Put on socks (pantyhose)	0	1	2	3	4	5
16	Bend over to clean the bathtub	0	1	2	3	4	5
17	Move a chair	0	1	2	3	4	5
18	Pull or push heavy doors	0	1	2	3	4	5
19	Carry two bags of groceries	0	1	2	3	4	5
20	Lift and carry a heavy suitcase	0	1	2	3	4	5