

Legal Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Please indicate your usual level of pain during the past week.  

<b>No Pain</b>	0	1	2	3	4	5	6	7	8	9	<b>Worst Pain Possible</b>
											10
  
2. Does pain, numbness, tingling, or weakness, extend into your leg (from back) &/or arm (from neck)?  

<b>None of the time</b>	0	1	2	3	4	5	6	7	8	9	<b>All of the time</b>
											10
  
3. How would you rate your general health?  

<b>Poor</b>	0	1	2	3	4	5	6	7	8	9	<b>Excellent</b>
											10
  
4. If you had to spend the rest of your life with your condition as it is right now, how do you feel about it?  

<b>Delighted</b>	0	1	2	3	4	5	6	7	8	9	<b>Terrible</b>
											10
  
5. How anxious (eg. tense, uptight, irritable, fearful, difficulty in concentrating / relaxing) have you been feeling during the past week?  

<b>Not at all</b>	0	1	2	3	4	5	6	7	8	9	<b>Extremely Anxious</b>
											10
  
6. How much have you been able to control (i.e. reduce / help) your pain / complaint on your own during the past week?  

<b>I can reduce it</b>	0	1	2	3	4	5	6	7	8	9	<b>I can't reduce it at all</b>
											10
  
7. Please indicate how depressed (e.g. down in the dumps, sad, downhearted, in low spirits, pessimistic feelings of hopelessness) have you been feeling in the past week.  

<b>Not depressed at all</b>	0	1	2	3	4	5	6	7	8	9	<b>Extremely depressed</b>
											10
  
8. On a scale of 0-10, how certain are you that you will be doing normal activities or working in six months?  

<b>Very certain</b>	0	1	2	3	4	5	6	7	8	9	<b>Not certain at all</b>
											10
  
9. I can do light work for an hour.  

<b>Completely agree</b>	0	1	2	3	4	5	6	7	8	9	<b>Completely disagree</b>
											10
  
10. I can sleep at night  

<b>Completely agree</b>	0	1	2	3	4	5	6	7	8	9	<b>Completely disagree</b>
											10
  
11. An increase in pain is an indication that I should stop what I am doing until the pain decreases.  

<b>Completely disagree</b>	0	1	2	3	4	5	6	7	8	9	<b>Completely agree</b>
											10
  
12. Physical activity makes my pain worse.  

<b>Completely disagree</b>	0	1	2	3	4	5	6	7	8	9	<b>Completely agree</b>
											10
  
13. I should not do my normal activities including work, with my present pain.  

<b>Completely disagree</b>	0	1	2	3	4	5	6	7	8	9	<b>Completely agree</b>
											10