

## NECK PAIN DISABILITY INDEX QUESTIONNAIRE

**PLEASE READ:** This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

<p><b>SECTION 1 - Pain Intensity</b></p> <p>A I have no pain at the moment.                      B The pain is very mild at the moment.                      C The pain is moderate at the moment.                      D The pain is fairly severe at the moment.                      E The pain is very severe at the moment.                      F The pain is the worst imaginable at the moment.</p>	<p><b>SECTION 6 - Concentration</b></p> <p>A I can concentrate fully when I want to with no difficulty.                      B I can concentrate fully when I want to with slight difficulty.                      C I have a fair degree of difficulty in concentrating when I want to.                      D I have a lot of difficulty in concentrating when I want to.                      E I have a great deal of difficulty in concentrating when I want to.                      F I cannot concentrate at all.</p>
<p><b>SECTION 2 - Personal Care (Washing, Dressing, etc.)</b></p> <p>A I can look after myself normally without causing extra pain.                      B I can look after myself normally, but it causes extra pain.                      C It is painful to look after myself and I am slow and careful.                      D I need some help, but manage most of my personal care.                      E I need help every day in most aspects of self care.                      F I do not get dressed, I wash with difficulty and stay in bed.</p>	<p><b>SECTION 7 - Work</b></p> <p>A I can do as much work as I want to.                      B I can only do my usual work, but no more.                      C I can do most of my usual work, but no more.                      D I cannot do my usual work.                      E I can hardly do any work at all.                      F I cannot do any work at all.</p>
<p><b>SECTION 3 - Lifting</b></p> <p>A I can lift heavy weights without extra pain.                      B I can lift heavy weights, but it gives extra pain.                      C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example, on a table.                      D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.                      E I can lift very light weights.                      F I cannot lift or carry anything at all.</p>	<p><b>SECTION 8 - Driving</b></p> <p>A I can drive my car without any neck pain.                      B I can drive my car as long as I want with slight pain in my neck.                      C I can drive my car as long as I want with moderate pain in my neck.                      D I cannot drive my car as long as I want because of moderate pain in my neck.                      E I can hardly drive at all because of severe pain in my neck.                      F I cannot drive my car at all.</p>
<p><b>SECTION 4 - Reading</b></p> <p>A I can read as much as I want to with no pain in my neck.                      B I can read as much as I want to with slight pain in my neck.                      C I can read as much as I want to with moderate pain in my neck.                      D I cannot read as much as I want because of moderate pain in my neck.                      E I cannot read as much as I want because of severe pain in my neck.                      F I cannot read at all.</p>	<p><b>SECTION 9 - Sleeping</b></p> <p>A I have no trouble sleeping.                      B My sleep is slightly disturbed (less than 1 hour sleepless).                      C My sleep is mildly disturbed (1-2 hours sleepless).                      D My sleep is moderately disturbed (2-3 hours sleepless).                      E My sleep is greatly disturbed (3-5 hours sleepless).                      F My sleep is completely disturbed (5-7 hours)</p>
<p><b>SECTION 5 - Headaches</b></p> <p>A I have no headaches at all.                      B I have slight headaches which come infrequently.                      C I have moderate headaches which come infrequently.                      D I have moderate headaches which come frequently.                      E I have severe headaches which come frequently.                      F I have headaches almost all the time.</p>	<p><b>SECTION 10 - Recreation</b></p> <p>A I am able to engage in all of my recreational activities with no neck pain at all.                      B I am able to engage in all of my recreational activities with some pain in my neck.                      C I am able to engage in most, but not all of my recreational activities because of pain in my neck.                      D I am able to engage in a few of my recreational activities because of pain in my neck.                      E I can hardly do any recreational activities because of pain in my neck.                      F I cannot do any recreational activities at all.</p>

**COMMENTS:** \_\_\_\_\_

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **SCORE:** \_\_\_\_\_