The Keele STarT Back Screening Tool

Please click here if you wish to complete the online tool instead of the this form http://www.keele.ac.uk/sbst/onlinetool/

Patient name: _____ Date: _____

Thinking about the **last 2 weeks** tick your response to the following questions:

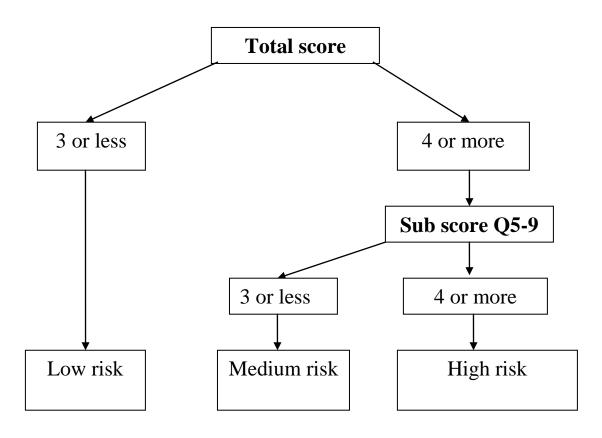
| | | Agree |
|---|--|-------|
| 1 | My back pain has spread down my leg(s) at some time in the last 2 weeks | |
| 2 | I have had pain in the shoulder or neck at some time in the last 2 weeks | |
| 3 | I have only walked short distances because of my back pain | |
| 4 | In the last 2 weeks, I have dressed more slowly than usual because of back pain | |
| 5 | It's not really safe for a person with a condition like mine to be physically active | |
| 6 | Worrying thoughts have been going through my mind a lot of the time | |
| 7 | I feel that my back pain is terrible and it's never going to get any better | |
| 8 | In general I have not enjoyed all the things I used to enjoy | |

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

| Not at all | Slightly | Moderately | Very much | Extremely |
|------------|----------|------------|-----------|-----------|
| | | | | |
| 0 | 0 | 0 | 1 | 1 |
| | | | | |

 Total score (all 9):
 Sub Score (Q5-9):

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