STarT Back: For these questions, please think about your back pain over the last few days.

1. How bothersome has pain spreading down your legs from your back been in the last few days?

- Not at all
- Slightly
- Moderately
- Very much
- Extremely

2. How bothersome has pain in your shoulder or neck been in the last few days?

- Not at all
- Slightly
- Moderately
- Very much
- Extremely

For each of the following, please cross one box to show how much you agree or disagree with the statement, thinking about the last few days.

3. In the last few days, I have dressed more slowly than usual because of my back pain.

- Completely disagree
- Strongly agree

4. In the last few days, I have only walked short distances because of my back pain.

- Completely disagree
- Strongly agree

5. It's really not safe for a person with a condition like mine to be physically active.

- Completely disagree
- Strongly agree

6. Worrying thoughts have been going through my mind a lot of the time in the last few days.

- Completely disagree
- Strongly agree

7. I feel that my back pain is terrible and that it is never going to get any better.

- Completely disagree
- Strongly agree

8. In general, in the last few days, I have not enjoyed all the things I used to enjoy.

- Completely disagree
- Strongly agree

9. Overall, how bothersome has your back pain been in the last few days?

- Not at all
- Slightly
- Moderately
- Very much
- Extremely