

The Keele STarT Back Screening Tool

Name: Date:RXR

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

		Disagree 0	Agree 1		
1.	My pain had spread in the last 2 weeks.	<input type="checkbox"/>	<input type="checkbox"/>		
2.	In addition to my main pain, I have had pain elsewhere in the last two weeks.	<input type="checkbox"/>	<input type="checkbox"/>		
3.	In the last 2 weeks, I have only walked short distances because of my pain.	<input type="checkbox"/>	<input type="checkbox"/>		
4.	In the last 2 weeks, I have dressed more slowly than usual because of pain.	<input type="checkbox"/>	<input type="checkbox"/>		
5.	It is not really safe for a person with a condition like mine to be physically active.	<input type="checkbox"/>	<input type="checkbox"/>		
6.	Worrying thoughts have been going through my mind a lot of the time in the last 2 weeks.	<input type="checkbox"/>	<input type="checkbox"/>		
7.	I feel that my pain is terrible and it's never going to get any better .	<input type="checkbox"/>	<input type="checkbox"/>		
8.	In general in the last 2 weeks I have not enjoyed all the things I used to enjoy.	<input type="checkbox"/>	<input type="checkbox"/>		
Overall, how bothersome has your pain been in the last 2 weeks .					
9.	Not at all	Slightly	Moderately	Very Much	Extremely
	0	0	0	1	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Distress sub-scale

Total score (all 9): . . Sub-score (Q5-9) . . Low / Medium / High