

Low Back Pain Disability Questionnaire of Roland and Morris

Overview: Roland and Morris developed a questionnaire for evaluating patients with low back pain. This can be used to determine the level of patient disability and can help measure outcome following therapeutic intervention. The authors are from St. Thomas' Hospital in London.

NOTE: The questionnaire is usually paired with a visual analogue scale (VAS) for pain rating ranging from no pain at all to unbearable pain.

Questions answered based on how they pertain to the patient today:

- (1) I stay at home most of the time because of my back.
- (2) I change position frequently to try and get my back comfortable.
- (3) I walk more slowly than usual because of my back.
- (4) Because of my back I am not doing any of the jobs that I usually do around the house.
- (5) Because of my back I use a handrail to get upstairs.
- (6) Because of my back I lie down to rest more often.
- (7) Because of my back I have to hold on to something to get out of an easy chair.
- (8) Because of my back I try to get other people to do things for me.
- (9) I get dressed more slowly than usual because of my back.
- (10) I only stand up for short periods of time because of my back.
- (11) Because of my back I try not to bend or kneel down.
- (12) I find it difficult to get out of a chair because of my back.
- (13) My back is painful almost all the time.
- (14) I find it difficult to turn over in bed because of my back.
- (15) My appetite is not very good because of my back pain.
- (16) I have trouble putting on my socks (or stockings) because of pain in my back.
- (17) I only walk short distances because of my back pain.
- (18) I sleep less well because of my back.
- (19) Because of my back pain I get dressed with help from someone else.
- (20) I sit down for most of the day because of my back.
- (21) I avoid heavy jobs around the house because of my back.
- (22) Because of my back pain I am more irritable and bed tempered with people than usual.
- (23) Because of my back I go upstairs more slowly than usual.
- (24) I stay in bed most of the time because of my back.

Response	Points
Yes	1
No	0

total score = SUM(points for all 24 statements)

Interpretation: • minimum score: 0

• maximum score: 24

• The higher the score the more severe the disability associated with the low back pain. A score of 0 indicates no disability and 24 severe disability.

• A score ≥ 14 indicates a patient in the poor outcome group.

References:

Roland M Morris R. A study of the natural history of low-back pain. Part I: Development of a reliable and sensitive measure of disability in low-back pain. Spine. 1983; 8: 141-144 (Appendices 1 and 2 pages 143-144).