

The Bournemouth Questionnaire for Measuring Outcome in Patients with Low Back Pain

Overview:

The Bournemouth Questionnaire is a brief comprehensive and easy outcome measure for patients with low back pain. This consists of 7 measures considered important for monitoring patients and is suitable for outpatient practice. The authors are from the Anglo-European College of Chiropractic in Bournemouth England.

Questions - Over the past week:

(1) How would you rate your back pain?

(2) How much has your back pain interfered with your daily activities (housework washing dressing walking climbing stairs getting in/out of bed/chair)?

(3) How much has your back pain interfered with your ability to take part in recreational social and family activities?

(4) How anxious (tense uptight irritable difficulty in concentrating/relaxing) have you been feeling?

(5) How depressed (down-in-the-dumps sad in low spirits pessimistic unhappy) have you been feeling?

(6) How have you felt your work (both inside and outside the home) has affected (or would affect) your back pain?

(7) How much have you been able to control (reduce/help) your back pain on your own?

Responses: 11 point numerical rating scale (NRS)

Direction of responses: all increasing (a version with both increasing and decreasing response had problems with patients misinterpretation).

Question	0 Point Response	10 Point Response
1 (back pain)	no pain	worst pain possible
2 (daily activities)	no interference	unable to carry out activity
3 (recreation social activities)	no interference	unable to carry out activity
4 (anxiety)	not at all anxious	extremely anxious
5 (depression)	not at all depressed	extremely depressed
6 (work)	have made it no worse	have made it much worse
7 (control pain on own)	completely control it	no control whatever

total score = SUM(points for all 7 measures)

Interpretation:

- minimum total score: 0
- maximum total score: 70
- The higher the score the greater the impact of the back pain on the patient's life.

Performance:

- Good face validity
- High internal consistency (Cronbach alpha 0.9)
- Good test-retest reliability (intraclass correlation coefficient 0.95)
- Evaluation of internal longitudinal construct validity indicated responsiveness to clinically significant change.

References:

Bolton JE Breen AC. The Bournemouth Questionnaire: A short-form comprehensive outcome measure. I. Psychometric properties in back pain patients. J Manipulative and Physiological Therapeutics. 1999; 22: 503-510 (Appendix I page 510)