

The STarT Back Screening Tool

Patient name: _____ Date: _____

Thinking about the **last 2 weeks** tick your response to the following questions:
 E dahun awon ibere wonyi pelu afoju sun ose meji ti o koja

| | | Disagree Beko 0 | Agree Beni 1 |
|---|---|--------------------------|--------------------------|
| 1 | My back pain has spread down my leg(s) at some time in the last 2 weeks Eyin didun yi ti tan lo si ese mi lati bi ose meji wa | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | I have had pain in the shoulder or neck at some time in the last 2 weeks Mo ni irora ni ejika abi orun mi lati bi ose meji wa | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | I have only walked short distances because of my back pain Iwon ba ni irin ti mo le rin nitori eyin riro yi | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | In the last 2 weeks, I have dressed more slowly than usual because of back pain Lati bi ose meji wa, imura mi ni aso wiwo ko ya nitori eyin riro yi | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | It's not really safe for a person with a condition like mine to be physically active O je oun ti o to fun eniti o ni iru irora temi yi ki otun mase ere idaraya abi jafafa | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Worrying thoughts have been going through my mind a lot of the time Awon ero buburu ma n kun okan mi ni opolopo igba | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | I feel that my back pain is terrible and it's never going to get any better Mo ma n ro wipe eyin riro yi buru jojo at pe ko ni san | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | In general I have not enjoyed all the things I used to enjoy Ni ako tan, mi o ma gbadun awon oun ti mo ti n gabdun tele | <input type="checkbox"/> | <input type="checkbox"/> |

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?
 Ni ako tan, bawo ni o se je edun okan fun yin si lati bi ose meji wipe ehin n dun yin?

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Not at all Kosi | Slightly Kinun | Moderately Ni won ba | Very much Pupo | Extremely Lopolopo |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 0 | 0 | 0 | 1 | 1 |

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

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The STarT Back Tool Scoring System

