

"Feel the Difference"

NECK DISABILITY INDEX

This questionnaire has been designed to give us information as to how your neck pain has affected your ability to manage in everyday life. Please answer every section and mark in each section only the one box that applies to you, but please just mark the box that most closely describes your problem.

OFFICE USE ONLY:

Name: _____ Date: _____

Sect 1: Pain Intensity

- I have no pain at the moment
- the pain is very mild at the moment
- the pain is moderate at the moment
- the pain is fairly severe at the moment
- the pain is very severe at the moment
- the pain is the worst imaginable at the moment

Sect 2: Personal Care (Washing, Dressing, etc)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but can manage most of my personal care
- I need help every day in most aspects of self-care
- I do not get dressed, I wash with difficulty and stay in bed

Sect 3: Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives extra pain
- pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently placed, for example on a table
- pain prevents me lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can only lift very light weights
- I cannot lift or carry anything

Sect 4: Reading

- I can read as much as I want with no pain in my neck
- I can read as much as I want with slight pain in my neck
- I can read as much as I want with moderate pain in my neck
- I cannot read as much as I want because of moderate pain in my neck
- I can hardly read at all because of severe pain in my neck
- I cannot read at all

Sect 5: Headaches

- I have no headaches at all
- I have slight headaches, infrequently
- I have moderate headaches, infrequently
- I have moderate headaches, frequently
- I have severe headaches, frequently
- I have headaches almost all the time

Sect 6: Concentration

- I can concentrate fully when I want to with no difficulty
- I can concentrate fully when I want to with slight difficulty
- I have a fair degree of difficulty in concentrating when I want to
- I have a lot of difficulty in concentrating when I want to
- I have a great deal of difficulty in concentrating when I want to
- I cannot concentrate at all

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Sect 7: Work

- I can do as much work as I want
- I can only do my usual work, but no more
- I can do most my usual work, but no more
- I cannot do my usual work
- I can hardly do any work at all
- I cannot do any work at all

Sect 8: Driving

- I can drive my car without any neck pain
- I can drive my car as long as I want with slight pain in my neck
- I can drive my car as long as I want with moderate pain in my neck
- I cannot drive my car as long as I want because of moderate pain in my neck
- I can hardly drive at all because of severe pain in my neck
- I cannot drive my car at all

Sect 9: Sleeping

- I have no trouble sleeping
- my sleep is slightly disturbed (less than 1 hr sleepless)

- my sleep is mildly disturbed (1-2 hrs sleepless)
- my sleep is moderately disturbed (2-3 hrs sleepless)
- my sleep is greatly disturbed (3-5 hrs sleepless)
- my sleep is completely disturbed (5-7 hrs sleepless)

Sect 10: Recreation

- I am able to engage in all my recreation activities with no neck pain at all
- I am able to engage in all my recreation activities with some pain in my neck
- I am able to engage in most, but not all of my usual recreation activities because of pain in my neck
- I am able to engage in a few of my usual recreation activities because of pain in my neck
- I can hardly do any recreation activities because of pain in my neck
- I cannot do any recreation activities at all

Therapist to compete:

SCORE: ___/50 **Transform to percentage score x 100 = ___ % point**

Scoring: For each section the total possible score is 5: if the first statement is marked, the section score = 0. If the last statement is marked, the section score = 5.

If all 10 sections are completed, the score is calculated as follows:

Example: Total score = 16 of 50 possible $16/50 \times 100 = 32\%$

If **one** section is missing or not applicable, the score is calculated as follows:

Example: Total score = 16 of 45 possible $16/45 \times 100 = 35.5\%$

Minimum Detectable Change (90% confidence): 5 points or 10% points