



NECK DISABILITY QUESTIONNAIRE

SPECTRUM NEUROSURGERY

THE BRAIN & SPINE SPECIALIST

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Score 5 points for each section with first to last answers marked from 0 to 5.

1. Current pain intensity – indicate level right now

- None
- Very mild
- Moderate
- Fairly severe
- Very severe
- Worst imaginable

Section Score: _____

2. Personal care activities

- Care for myself normally without causing extra pain
- Care for myself normally, but this causes extra pain
- Painful to look after myself and I am slow and careful
- Need some help but can manage most of my personal care
- Need help every day in most aspects of self-care
- Do not get dressed, I wash with difficulty and stay in bed

Section Score: _____

3. Lifting

- Can lift heavy weights without extra pain
- Can lift heavy weights but this causes extra pain
- Pain prevents me lifting heavy weight off the floor, but I can manage if they are conveniently placed, for example, on a table
- Pain prevents me from lifting heavy weight but I can manage light to medium weight if they are conveniently positioned
- Can lift only very light weights
- Cannot lift or carry anything

Section Score: _____

4. Reading

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

Section Score: _____

5. Headaches

- No headaches at all
- Slight headaches, which are infrequent
- Moderate headaches, which are infrequent

- Moderate headaches, frequent
- Severe headaches, frequent
- Headaches almost all the time

Section Score: _____

6. Concentration

- Can concentrate fully with no difficulty
- Can concentrate fully with slight difficulty
- Have fair degree of difficulty concentrating
- Have a lot of difficulty concentrating
- Have a great deal of difficulty concentrating
- Cannot concentrate at all

Section Score: _____

7. Work

- Can do as much work as I want to
- Can only do my usual work, but no more
- Can do most of my usual work but no more
- Cannot do my usual work
- Can hardly do any work at all
- Cannot do any work at all

Section Score: _____

8. Driving

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

Section Score: _____

9. Sleeping

- Have no trouble sleeping
- Sleep is slightly disturbed (less than 1 hour sleepless)
- Sleep is mildly disturbed (1-2 hours sleepless)
- Sleep is moderately disturbed (2-3 hours sleepless)
- Sleep is greatly disturbed (3-5 hours sleepless)
- Sleep is completely disturbed (5-7 hours sleepless)

Section Score: _____

10. Recreation

- Can engage in all of my recreation activities with no neck pain
- Can engage in all of my recreation activities, with some pain in my neck
- Can engage in most but not all of my usual recreation activities due to pain in my neck
- Can engage in a few of my usual recreation activities due to pain in my neck
- Can hardly do any recreation activities due to pain in my neck
- Cannot do any recreation at all

Section Score: _____

Divide Total Score by Possible Score for all sections completed.

TOTAL SCORE: _____

Minimum detectable change (90% confidence) 5 points or 10% points

PERCENTAGE: _____

Completed by: