The Keele STarT Back Screening Tool

Thinking about the **last 2 weeks** tick your response to the following questions:

<table>
<thead>
<tr>
<th>Question</th>
<th>Disagree</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My back pain has spread down my leg(s) at some time in the last 2 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I have had pain in the shoulder or neck at some time in the last 2 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I have only walked short distances because of my back pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. In the last 2 weeks, I have dressed more slowly than usual because of back pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. It’s not really safe for a person with a condition like mine to be physically active</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Worrying thoughts have been going through my mind a lot of the time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I feel that my back pain is terrible and it’s never going to get any better</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. In general I have not enjoyed all the things I used to enjoy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

<table>
<thead>
<tr>
<th>Not at all</th>
<th>Slightly</th>
<th>Moderately</th>
<th>Very much</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

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

© Keele University 01/08/07  Funded by Arthritis Research UK