Box 1

STarT Back screening tool

For questions 1-8, score 1 for agreement, 0 for disagreement

1 My back pain has spread down my leg(s) at some time in the past two weeks

2 I have had pain in the shoulder or neck at some time in the past two weeks

3 I have only walked short distances because of my back pain

4 In the past two weeks, I have dressed more slowly than usual because of back pain

5 It is not really safe for someone with a condition like mine to be physically active

6 Worrying thoughts have been going through my mind a lot of the time

7 I feel that my back pain is terrible and it is never going to get any better

8 In general I have not enjoyed all the things I used to enjoy

9 Overall, how bothersome has your back pain been in the past two weeks?
Not at all (0), slightly (0), moderately (0), very much (1), extremely (1)

STarT Back scoring: Low risk = total score 0-3; high risk = score 4-5 of questions 5-9 only; the rest are medium risk