

STarT Back screening tool¹⁰

For Q1-8, score 1 for Yes, 0 for No

Q1 My back pain has spread down my leg(s) at some time in the past two weeks

Q2 I have had pain in the shoulder or neck at some time in the past two weeks

Q3 In the past two weeks, I have only walked short distances because of my back pain

Q4 In the past two weeks, I have dressed more slowly than usual because of my back pain

Q5 It is not really safe for someone with a condition like mine to be physically active

Q6 Worrying thoughts have been going through my mind a lot of the time in the past two weeks

Q7 I feel that my back pain is terrible and that it is never going to get any better

Q8 In general I have not enjoyed all the things I used to enjoy in the past two weeks

Q9 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

Total score 0-3 = low risk; Q5-9 (psychosocial subscale) score 4-5 = high risk; any other score = medium risk