

Attachment H-1:

Self-reported low back pain (NASS Lumbar Spine Outcome Assessment Instrument) (17 items)

This questionnaire will be completed by all participating employees at the start of the study and every 3 months for 2 years.

The following questions are about how you have felt, on average, during the past week.

1a. In the past week, how often have you suffered low back and/or buttock pain?

- None of the time → *Go to Question 2a*
- A little of the time
- Some of the time
- A good bit of the time
- Most of the time
- All of the time



1b. How bothersome has the low back and/or buttock pain been?

- Not at all bothersome
- Slightly bothersome
- Somewhat bothersome
- Moderately bothersome
- Very bothersome
- Extremely bothersome

2a. In the past week, how often have you suffered leg pain?

- None of the time → *Go to Question 3a*
- A little of the time
- Some of the time
- A good bit of the time
- Most of the time
- All of the time



2b. How bothersome has the leg pain been?

- Not all bothersome
- Slightly bothersome
- Somewhat bothersome
- Moderately bothersome
- Very bothersome
- Extremely bothersome

3a. In the past week, how often have you suffered numbness or tingling in leg and/or foot?

- None of the time → *Go to Question 4a*
- A little of the time
- Some of the time
- A good bit of the time
- Most of the time
- All of the time



3b. How bothersome has the numbness or tingling in leg and/or foot been?

- Not at all bothersome
- Slightly bothersome
- Somewhat bothersome
- Moderately bothersome
- Very bothersome
- Extremely bothersome

4a. In the past week, how often have you suffered weakness in leg and/or foot?

- None of the time → *Go to Question 5*
- A little of the time
- Some of the time
- A good bit of the time
- Most of the time
- All of the time



4b. How bothersome has the weakness in leg and/or foot been?

- Not at all bothersome
- Slightly bothersome
- Somewhat bothersome
- Moderately bothersome
- Very bothersome
- Extremely bothersome

5. In the past week, how has pain affected you when you get dressed?

- I can dress myself without pain.
- I can dress myself without increasing pain.
- I can dress myself but pain increases.
- I can dress myself but with significant pain.

- I can dress myself but with very severe pain.
- I cannot dress myself due to pain.

6. In the past week, how has pain affected you when you lift something?

- I can lift heavy objects without pain.
- I can lift heavy objects but it is painful
- Pain prevents me from lifting heavy objects off the floor, but I can lift heavy objects if they are on a table.
- Pain prevents me from lifting heavy objects off the floor, but I can lift light to medium objects if they are on a table.
- I can only lift light objects due to pain.
- I cannot lift anything due to pain.

7. In the past week, how has pain affected you when you are walking and running?

- I can walk or run without pain.
- I can walk comfortably, but running is painful.
- Pain prevents me from walking more than 1 hour.
- Pain prevents me from walking more than 30 minutes.
- Pain prevents me from walking more than 10 minutes.
- I am unable to walk or can walk only a few steps at a time.

8. In the past week, how has pain affected you when you are sitting?

- I can sit in any chair as long as I like.
- I can only sit in a special chair for as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 30 minutes.
- Pain prevents me from sitting more than 10 minutes.
- Pain prevents me from sitting at all.

9. In the past week, how has pain affected you when you are standing?

- I can stand as long as I want.
- I can stand as long as I want but it gives me pain.
- Pain prevents me from standing more than 1 hour.
- Pain prevents me from standing more than 30 minutes.
- Pain prevents me from standing more than 10 minutes.
- Pain prevents me from standing at all.

10. In the past week, how has pain affected you when you sleep?

- I sleep well.
- Pain occasionally interrupts my sleep.
- Pain interrupts my sleep half of the time.
- Pain often interrupts my sleep.
- Pain always interrupts my sleep.
- I never sleep well.

11. In the past week, how has pain affected your social and recreational life?

- My social and recreational life is unchanged.
- My social and recreational life is unchanged, but it increases pain.
- My social and recreational life is unchanged, but it severely increases pain.
- Pain has restricted my social and recreational life.
- Pain has severely restricted my social and recreational life.
- I have essentially no social and recreational life because of pain.

12. In the past week, how has pain affected your traveling?

- I can travel anywhere.
- I can travel anywhere but it gives me pain.
- Pain is bad but I can manage to travel over 2 hours.
- Pain restricts me to trip of less than 1 hour.
- Pain restricts me to trip of less than 30 minutes.
- Pain prevents me from traveling.

13. In the past week, how has pain affected your sex life?

- My sex life is unchanged.
- My sex life is unchanged, but causes some pain.
- My sex life is nearly unchanged, but it is very painful.
- My sex life is severely restricted by pain.
- My sex life is nearly absent because of pain.
- Pain prevents any sex life at all.