



## NECK DISABILITY INDEX QUESTIONNAIRE

Rate of the severity of your pain by circling one number  
(No Pain) 0...1...2...3...4...5...6...7...8...9...10 (Excruciating Pain)

### 1. PAIN INTENSITY

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

### 2. PERSONAL CARE (washing, dressing, etc.)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- I am slow and careful because it is painful for me to look after myself
- I need some help but manage most of my personal care
- I need help every day in most aspects of care
- I do not get dressed, I wish with difficulty and stay in bed

### 3. LIFTING

- I can lift heavy weight without extra pain
- I can lift heavy weight but it causes more pain
- I cannot lift heavy weight off the floor, but I can manage if they are conveniently positioned like on a table
- I cannot lift heavy weight, but I can manage light to medium weight if they are conveniently positioned
- I cannot lift weight due to neck pain

### 4. READING

- I can read as much as I want to with no pain in the neck
- I can read as much as I want to with slight pain in the neck
- I can read as much as I want to with moderate neck pain
- I cannot read as much as I want to due to moderate neck pain
- I can hardly read at all because of severe neck pain

### 5. HEADACHES

- I have no headaches at all
- I have slight headaches that occur infrequently
- I have moderate headaches that occur infrequently
- I have frequent moderate headaches
- I have frequent severe headaches
- I have severe headaches all the time

### 6. CONCENTRATION

- I can concentrate fully when I want to with no difficulty
- I can concentrate fully when I want to with slight difficulty
- I have a fair degree of difficulty in concentrating when I want to
- I have a great deal of difficulty in concentrating when I want to
- I cannot concentrate at all

### 7. WORK

- I can do as much work as I want to
- I can only do my usual work, but no more
- I can do most of my usual work, but no more
- I cannot do my usual work
- I can barely do any work at all
- I cannot do any work at all

### 8. DRIVING

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

### 9. SLEEPING

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hour sleepless)
- My sleep is mildly disturbed (1 hour sleepless)
- My sleep is moderately disturbed (2 to 3 hours sleepless)
- My sleep is greatly disturbed (4 to 5 hours sleepless)
- My sleep is completely disturbed (6 to 7 hours sleepless)

### 10. RECREATION

- I am able to engage in all my recreational activities with no neck pain
- I am able to engage in all my recreational activities with some neck pain
- I am able to engage in most, but not all, of my usual recreational activities
- I am able to engage in a few of my usual activities
- I can hardly do any recreational activities
- I cannot do any recreational activities due to neck pain

Patient Name: \_\_\_\_\_ Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_