

The Bath Ankylosing Spondylitis Functional Index (BASFI)

Please draw a mark on each line below to indicate your level of ability with each of the following activities during the **last week**

EXAMPLE

EASY _____ IMPOSSIBLE

1. Putting on your socks or tights without help or aids (e.g., sock aid)

EASY _____ IMPOSSIBLE

2. Bending forward from the waist to pick up a pen from the floor without an aid

EASY _____ IMPOSSIBLE

3. Reaching up to a high shelf without help or aids (e.g., helping hand)

EASY _____ IMPOSSIBLE

4. Getting up out of an armless dining room chair without using your hand or any other help

EASY _____ IMPOSSIBLE

5. Getting up off the floor from lying on your back without help

EASY _____ IMPOSSIBLE

6. Standing unsupported for 10 minutes without discomfort

EASY _____ IMPOSSIBLE

7. Climbing 12-15 steps without using a handrail or walking aid (one foot on each step)

EASY _____ IMPOSSIBLE

8. Looking over your shoulder without turning your body

EASY _____ IMPOSSIBLE

9. Doing physically demanding activities (e.g., physiotherapy exercises, gardening or sports)

EASY _____ IMPOSSIBLE

10. Doing a full days activities whether it be at home or at work

EASY _____ IMPOSSIBLE

NB an aid is a piece of equipment which helps you perform an action or movement