

The Quebec Back Pain Disability Scale (QBPDQ)

Overview:

The Quebec Back Pain Disability Scale measures functional disability in patients with back pain. The patient indicates the perceived difficulty associated with completing simple physical activities. The authors are from Montreal Toronto and London.

Activity domains affected by back pain measured by scale:

(1) bed/rest: 3 (may be also considered movement) 4 8

(2) sitting/standing: 11 13 20

(3) ambulation: 2 10 17 18

(4) movement: 5 6 7

(5) bending/stooping: 1 9 16

(6) handling large or heavy objects: 12 14 15 19

Functional disability items:

(1) take food out of refrigerator

(2) climb 1 flight of stairs

(3) get out of bed

(4) sleep for 6 hours

(5) reach to a shelf

(6) make a bed

(7) throw a ball

(8) turn over in bed

(9) put on socks

(10) walk several blocks

(11) sit in car for 1 hour

(12) move a table

(13) stand for 30 minutes

(14) pull a heavy door

(15) carry groceries

(16) bend over the sink

(17) walk several miles

(18) run 2 blocks

(19) lift 40 pounds

(20) sit for 4 hours

Response	Points	11 Point Scale
not difficult at all	1	0
mildly difficult	2	1 2 and 3
moderately difficult	3	4 5 and 6
severely difficult	4	7 8 and 9
extremely difficult	5	10

where:

- The items were scored on a 0 to 10 numerical (not a continuous) scale during initial development.

total score = SUM(points for all 20 items)

Interpretation:

- minimum score: 20
- maximum score: 100
- The higher the score the greater the disability.

percent of maximal disability = $((\text{score}) - 20) / 80 * 100\%$

Performance:

- The items selected are highly effective in discriminating between different levels of disability.
- Other measures (reliability responsiveness consistency) are described in Kopec et al (1996).

References:

Kopec JA Esdaile JM et al. The Quebec back pain disability scale. Measurement properties. Spine. 1995; 20: 341-352.

Kopec JA Esdaile JM et al. The Quebec back pain disability scale: Conceptualization and development. J Clin Epidemiol. 1996; 49: 151-161.