

**Instructions:**

The questionnaire has been designed to give us information as to how your NECK PAIN has affected your ability to manage in everyday life. Please answer every question and mark in each section **ONLY THE ONE BOX** which applies to you. We realize you may consider that two of the statements in any one section relates to you but **PLEASE JUST MARK THE BOX WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM.**

<b>Parameter</b>	<b>Status</b>	<b>Points</b>
neck pain intensity	I have no pain at the moment.	0
	The pain is mild at the moment.	1
	The pain is moderate at the moment.	2
	The pain is severe at the moment.	3
	The pain is the worst imaginable at the moment.	4
neck pain and sleeping	My sleep is never disturbed by pain.	0
	My sleep is occasionally disturbed by pain.	1
	My sleep is regularly disturbed by pain.	2
	Because of pain I have less than 5 hours sleep in total.	3
	Because of pain I have less than 2 hours of sleep in total.	4
pins and needles or numbness in the arms at night	I have no pins and needles or numbness at night.	0
	I have occasional pins and needles or numbness at night.	1
	My sleep is regularly disturbed by pins and needles or numbness.	2
	Because of pins and needles I have less than 5 hours sleep in total.	3
	Because of pins and needles or numbness I have less than 2 hours of sleep in total.	4

duration of symptoms	My neck and arms feel normal all day.	0
	I have symptoms in my neck or arms on waking which last less than 1 hour.	1
	Symptoms are present on and off for a total period of 1-4 hours.	2
	Symptoms are present on and off for a total of more than 4 hours.	3
	Symptoms are present continuously all day.	4
carrying	I can carry heavy objects without extra pain.	0
	I can carry heavy objects but they give me extra pain.	1
	Pain prevents me from carrying heavy objects but I can manage medium weight objects.	2
	I can only lift light weight objects.	3
	I cannot lift anything at all.	4
reading and watching TV	I can do this as long as I wish with no problems.	0
	I can do this as long as I wish if I'm in a suitable position.	1
	I can do this as long as I wish but it causes extra pain.	2
	Pain causes me to stop doing this sooner than I would like.	3
	Pain prevents me from doing this at all.	4
working/housework	I can do my usual work without extra pain.	0
	I can do my usual work but it gives me extra pain.	1
	Pain prevents me from doing my usual work for more than half the usual time.	2
	Pain prevents me from doing my usual work for more than a quarter of the usual time.	3
	Pain prevents me from working at all.	4

social activities	My social life is normal and causes me no extra pain.	0
	My social life is normal but increases the degree of pain.	1
	Pain has restricted my social life but I am still able to go out.	2
	Pain has restricted my social life to the home.	3
	I have no social life because of pain.	4
driving (see below)	I can drive whenever necessary without discomfort.	0
	I can drive whenever necessary but with discomfort	1
	Neck pain or stiffness limits my driving occasionally.	2
	Neck pain or stiffness limits my driving frequently.	3
	I cannot drive at all due to neck symptoms.	4
<b>Status</b>	<b>Response</b>	
compared with the last time you answered this questionnaire is your neck pain	much better	
	slightly better	
	the same	
	slightly worse	
	much worse	

where:

- The question on driving is omitted if the patient did not drive a car when in good health.

neck pain score = SUM(points for the first 9 questions)

if the all 9 questions are answered then

NPQ percentage = (neck pain score) / 36 \* 100%

if only the first 8 questions are answered then

NPQ percentage = (neck pain score) / 32 \* 100%

Interpretation:

- minimum score: 0
- maximum score: 36 if all 9 questions answered 32 if only the first 8
- The percentages range from 0 to 100%.
- The higher the percentage the greater the disability.

Performance:

- The questionnaire has good short term repeatability and internal consistency.

References:

Leak AM Cooper J et al. The Northwick Park Neck Pain Questionnaire devised to measure neck pain and disability. Br J Rheumatol. 1994; 33: 469-474.