

DELPHI DEFINITIONS OF LOW BACK PAIN PREVALENCE (DOLBaPP)

MINIMAL Definition

Figure 1. Final minimal definition of low back pain that results from the Delphi study. The diagram should be used in face-to-face interviews and questionnaires (a), and the wording alone used in telephone surveys (b). The diagram is used with the publisher's permission.

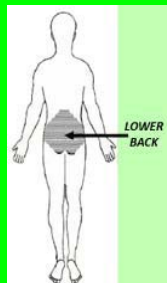
a) For face-to-face interviews and paper or online questionnaires:

In the last 4 weeks, have you had pain in your lower back (in the area shown on the diagram)?

Yes No

If yes, was this pain bad enough to limit your usual activities or change your daily routine for more than one day?

Yes No



b) For telephone surveys:

In the last 4 weeks, have you had pain in your lower back?

Yes No

If yes, was this pain bad enough to limit your usual activities or change your daily routine for more than one day?

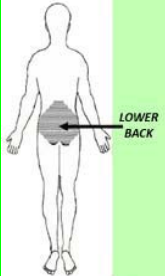
Yes No

OPTIMAL Definition

Figure 2. Final optimal definition of low back pain that results from the Delphi study. The diagram is used with the publisher's permission. Elements can be combined as investigators see fit to provide different specific definitions.

Time frame: In the last 4 weeks,

Site and symptoms:¹ have you had pain in your lower back (in the area shown on the diagram)?



Yes No

If yes, was this pain bad enough to limit your usual activities or change your daily routine for more than one day?

Yes No

Sciatica: have you had pain that goes down the leg?

Yes No

If yes, has this pain gone below the knee?

Yes No

Exclusions: Please ignore pain caused by menstruation or by an illness accompanied by fever.

Frequency:² If you had pain in your lower back in the last 4 weeks, how often did you have the pain?

On some days On most days Every day

Duration:² If you had low back pain in the last 4 weeks, how long was it since you had a whole month without any low back pain? (Please tick only one box).

- | | |
|---|--------------------------|
| Less than 3 months | <input type="checkbox"/> |
| 3 months or more but less than 7 months | <input type="checkbox"/> |
| 7 months or more but less than 3 years | <input type="checkbox"/> |
| 3 years or more | <input type="checkbox"/> |

Severity:^{2,3} If you had low back pain in the last 4 weeks, please indicate what was the usual intensity of your pain on a scale of 0 to 10, where 0 means “no pain” and 10 means “the worst pain imaginable”. (Please circle your answer).

0	1	2	3	4	5	6	7	8	9	10
No pain										Worst pain

¹The diagram should be used in face-to-face interviews and paper or online questionnaires and omitted in telephone surveys, as detailed in the minimal definition (Figure 1).

²Questions on frequency, duration and severity can be used for sciatica by replacing “low back pain” by “pain that goes down the leg”.

³For publication, categories are: “Mild= <7/10” and “Severe= ≥7/10”.

***The SF-36 Bodily Pain Scale^[10,22,23] and Graded Chronic Pain Scale (GCPS)^[10,24-26] are also suggested as alternative optimal definitions because they have been well studied and there has been extensive assessment of their psychometric qualities. The GCPS has been often used in back pain prevalence studies.