

Appendix 1. Modified disability questionnaire for Indian population**1. Pain intensity**

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

2. Personal care

- I can look after myself normally without experiencing extra pain
- I can normally look after myself but it causes extra pain
- It is painful to look after myself, and I perform activities slowly and carefully
- I need some help but manage most of my personal care
- I need daily help for most aspects of self-care
- I cannot get independently dressed, and I wash myself with difficulty and stay in bed

3. Walking

- Pain does not prevent me from walking any distance on any surface
- Pain prevents me from walking on uneven surfaces for more than 1/4th of a mile, but I can walk 1 km or more on even-level surfaces
- Pain prevents me from walking for more than 1 km
- Pain prevents me from walking for more than 500 m
- I can only walk using a stick or crutches
- I am in bed most of the time

4. Sitting

- I can sit in any chair or on the floor for as long as I like
- I can only sit in my favorite chair for as long as I like
- Pain prevents me from sitting for more than 1 hour
- Pain prevents me from sitting for more than 30 minutes
- Pain prevents me from sitting for more than 10 minutes
- Pain prevents me from sitting at all

5. Standing

- I can stand for as long as I want without extra pain
- I can stand for as long as I want, but it causes extra pain
- Pain prevents me from standing for more than 1 hour
- Pain prevents me from standing for more than 30 minutes
- Pain prevents me from standing for more than 10 minutes
- Pain prevents me from standing at all

6. Sleeping

- My sleep is never disturbed by pain
- My sleep is occasionally disturbed by pain
- I sleep for less than 6 hours because of pain
- I sleep for less than 4 hours because of pain
- I sleep for less than 2 hours because of pain
- Pain prevents me from sleeping at all

7. Bending forward

- Comfortable while picking objects from the floor by bending and can work for long periods
- Can bend and pick up objects from the floor but cannot do it consistently because of pain
- Can bend and pick up objects placed at knee level and work for long periods in that position
- Can bend and pick up objects placed at knee level occasionally
- Can bend and pick up objects placed at waist level only
- Cannot bend at all

8. Work status

- Able to do gainful work
- Able to do work, but with some pain, require medicines
- Able to do work, but with pain, medicines, and occasional work leave
- Irregular at work because of pain
- On loss of pay, but able to do household work and perform personal care
- Unable to do household work and am dependent

9. Social life

- My social life is normal and causes no extra pain
- My social life is normal, but I have more severe pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests, such as sports
- Pain has restricted my social life, and I do not go out as often as I used to
- Pain has restricted my social life to my home
- I have no social life because of pain

10-a) Traveling

- I can travel anywhere without pain
- I can travel anywhere, but it causes extra pain
- Pain is severe, but I manage journeys over 2 hours
- Pain restricts me to journeys of less than 1 hour
- Pain restricts me to short, necessary journeys under 30 minutes
- Pain prevents me from traveling except to receive treatment

10-b) Lifting weights (to be used for patients who are manual laborers, in place of the earlier question on traveling)

- I can lift heavy weights without extra pain
- I can lift heavy weights but it causes extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed (e.g., on a table).
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can only lift very light weights
- I cannot lift or carry anything at all