RMDQ

Roland-Morris Disability Questionnaire (RMDQ)

The RMDQ is a benchmark self-report questionnaire for measuring functional disability related to low back pain. It explores the impact of back pain on daily activities through 24 simple statements describing concrete limitations in everyday life. Quick to administer, sensitive to clinical change, and widely used in both clinical practice and research, it helps estimate the severity of the functional impact, monitor changes over time, and evaluate the response to treatment in patients with acute or chronic low back pain.

Number of questions	24 questions
Estimated duration	5 minutes
Language	English
Original name	Roland-Morris Disability Questionnaire
Target audience	Adults with low back pain
Authors	Martin Roland, Richard Morris (1983)

Preview of the 24 questions

I stay at home most of the time because of my back.

Yes, this describes me today | No

I change position frequently to try and get my back comfortable.

Yes, this describes me today | No

I walk more slowly than usual because of my back.

Yes, this describes me today | No

Because of my back I am not doing any of the jobs that I usually do around the house.

Yes, this describes me today | No

Because of my back, I use a handrail to get upstairs.

Yes, this describes me today | No

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored 0 or 1: 1 if the statement is true for the patient today because of their back pain, 0 otherwise. The total score is the sum of the checked items, from 0 to 24. A higher score indicates greater functional disability related to low back pain. Interpretation is dimensional, comparing the baseline score with later assessments to evaluate clinical progress.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist