

## **Supplementary File S1. Disability Severity Measurement Questionnaire**

### **1. Personal care**

- 1) I can look after myself normally but it causes extra pain
- 2) It is painful to look after myself and I am slow and careful
- 3) I need some help but manage most of my personal care
- 4) I need help every day in most aspects of self care
- 5) I don't get dressed, I experience difficulty and stay in bed

### **2. Lifting**

- 1) I can lift heavy weights but it causes extra pain
- 2) Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, i.e., on a table
- 3) Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- 4) I can lift very light weights
- 5) I cannot lift or carry anything at all

### **3. Walking**

- 1) Pain prevents me from walking more than one mile
- 2) Pain prevents me from walking more than  $\frac{1}{2}$  mile
- 3) Pain prevents me from walking more than  $\frac{1}{4}$  mile
- 4) I can only walk using a stick or crutches
- 5) I am in bed most of the time and have to crawl to the toilet

### **4. Sitting**

- 1) I can only sit in my favorite chair as long as I like
- 2) Pain prevents me from sitting more than one hour
- 3) Pain prevents me from sitting more than  $\frac{1}{2}$  hour
- 4) Pain prevents me from sitting more than 10 minutes
- 5) Pain prevents me from sitting at all

### **5. Standing**

- 1) I can stand as long as I want but it causes me extra pain
- 2) Pain prevents me from standing for more than one hour
- 3) Pain prevents me from standing for more than 30 minutes
- 4) Pain prevents me from standing for more than 10 minutes
- 5) Pain prevents me from standing at all

### **6. Sleeping**

- 1) I can sleep well only by using medication
- 2) Even when I take medication, I have less than 6 hrs sleep
- 3) Even when I take medication, I have less than 4 hrs sleep
- 4) Even when I take medication, I have less than 2 hrs sleep
- 5) Pain prevents me from sleeping at all

### **7. Traveling:**

- 1) I can travel anywhere but it causes me extra pain
- 2) Pain is bad, but I manage journeys over 2 hours
- 3) Pain restricts me to journeys of less than 1 hour
- 4) Pain restricts me to short necessary journeys under 30 minutes
- 5) Pain prevents me from traveling except to the doctor or hospital

## **8. Social life**

- 1) My social life is normal but increases the degree of pain
- 2) Pain has no significant effect on my social life apart from limiting my more energetic interests, i.e., dancing, etc.
- 3) Pain has restricted my social life and I do not go out as often
- 4) Pain has restricted my social life to my home
- 5) I have no social life because of pain

## **9. Psychological problem**

- 1) I am a little anxious or depressed
- 2) I am slightly anxious or depressed
- 3) I am moderately anxious or depressed
- 4) I am severely anxious or depressed
- 5) I am extremely anxious or depressed

## **10. Productivity loss**

- 1) Productivity loss is less than 20%
- 2) Productivity loss is 20% to 50%
- 3) Productivity loss is over 50%
- 4) In the past month, there was a gap in economic activities (annual leave, absenteeism) due to pain and discomfort
- 5) I have not been able to return to work

## **11. Gastrointestinal problems**

- 1) Little discomfort
- 2) Slight discomfort
- 3) Moderate discomfort
- 4) Severe discomfort
- 5) Extreme discomfort