**English-language version of the measurement instrument used to collect the data**





1. **Socio-demographic data**
2. Gender [ ]  Male [ ]  Female
3. Age (in years) \_\_\_\_\_\_\_\_\_\_
4. Ethnicity \_\_\_\_\_\_\_\_\_\_
5. The highest level of education you have completed

[ ]  No formal education [ ]  Technical/Vocational Certificate

[ ]  Elementary (grade 1-8) [ ]  Diploma

[ ]  Secondary (grade 9-12) [ ]  First degree or higher

1. Where do you live? [ ]  Urban [ ]  Rural
2. Current marital status

[ ]  Single/never married [ ]  Cohabited [ ]  Divorced

[ ]  Married [ ]  Separated [ ]  Widowed

1. With whom do you live?

[ ]  Living with nuclear family [ ]  Living with nonnuclear family

[ ]  Living alone

1. How many family members live in your household? \_\_\_\_\_\_\_
2. What is your current occupation, that is, what kind of work do you mainly do? \_\_\_\_\_\_\_\_\_\_\_\_
3. **Pain-interrelated characteristics**
4. In general, how would you rate your LBP on average? \*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| *No pain* |  | *Worst imaginable pain* |

1. How would you rate your health status in the past year?

[ ]  Excellent [ ]  Very good [ ]  Good [ ]  Fair [ ]  Poor

1. How much did LBP interfere with your ability to participate in social activities? \*

[ ]  Not at all [ ]  A little bit [ ]  Somewhat [ ]  Quite a bit [ ]  Very much

1. In general, how would you rate your current health status on average?

[ ]  Excellent [ ]  Very good [ ]  Good [ ]  Fair [ ]  Poor

1. How much did LBP interfere with your day-to-day activities? \*

[ ]  Not at all [ ]  A little bit [ ]  Somewhat [ ]  Quite a bit [ ]  Very much

1. How long has LBP been an ongoing problem for you? \*

[ ]  Less than one month [ ]  Greater than 3 months, but less than one year

[ ]  1–3 months [ ]  1–5 years [ ]  More than 5 years

1. **Beliefs about LBP**

To what extent do you agree with the following statements?

1. LBP is not curable

[ ]  Strongly agree [ ]  Agree [ ]  Neutral [ ]  Disagree [ ]  Strongly disagree

1. There is no real treatment for LBP‡

[ ]  Strongly agree [ ]  Agree [ ]  Neutral [ ]  Disagree [ ]  Strongly disagree

1. LBP makes everything in life worse‡

[ ]  Strongly agree [ ]  Agree [ ]  Neutral [ ]  Disagree [ ]  Strongly disagree

1. Health care providers cannot do anything for LBP‡

[ ]  Strongly agree [ ]  Agree [ ]  Neutral [ ]  Disagree [ ]  Strongly disagree

1. LBP eventually stops you from working‡

[ ]  Strongly agree [ ]  Agree [ ]  Neutral [ ]  Disagree [ ]  Strongly disagree

1. **Insomnia/sleeping problems**

Please, tick the best option that describes your sleeping in the past year

1. Difficulty falling asleep at night

[ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times

1. Sleepiness during the day

[ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times

1. Waking up too early and not getting back to sleep

[ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times

1. Waking up repeatedly during the night

[ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times

1. **Depressive symptoms**

Please, tick the best option that describes how you have been feeling in the past year\*

1. Hopeless [ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times
2. Depressed [ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times
3. Worthless [ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times
4. Helpless [ ]  Never [ ]  Seldom [ ]  Sometimes [ ]  Several times
5. **Health behaviour/lifestyle habits**
6. Khat chewing status

[ ]  Chewing [ ]  Used to chew, but have now quit [ ]  Never chewed

* 1. Frequency of chewing khat [ ]  Occasionally [ ]  Often [ ]  Always
1. Cigarette smoking status

[ ]  Current smoker [ ]  Used to smoke, but have now quit [ ]  Never smoked

* 1. For how long have you been smoking? \_\_\_\_\_\_\_ years or\_\_\_\_\_\_ months
	2. Number of cigarettes smoked per day \_\_\_\_\_\_\_\_\_
1. Alcohol consumption status [ ]  Drinking [ ]  Used to drink, but have now quit

[ ]  Never drunk

* 1. Frequency of alcohol consumption

[ ]  On regular bases (regular drinker) [ ]  Occasionally (social drinker)

1. **LBP associated sequelae**
2. Do have you have another spinal pain in other site(s)? [ ]  Yes [ ]  No
	1. If yes, at which body part(s)?

[ ]  Upper back [ ]  Neck [ ]  Shoulder [ ]  Elbow [ ]  Hand wrist [ ]  Knee [ ]  Ankle [ ]  Others specify \_\_\_\_\_\_\_\_\_

1. Has the pain (LBP) spread down your leg(s)? \* [ ]  Yes [ ]  No
2. In the past one year, have you ever been off work due to your LBP?

[ ]  Yes [ ]  No

* 1. If yes, for how long have you been off work? \_\_\_\_\_\_\_\_ days or \_\_\_\_\_\_ weeks
1. **Health care utilisation data**
2. Have you ever sought consultation or health care from any health care provider for your LBP? [ ]  Yes [ ]  No

If your answer is 'No' to the above question, please, go to question number 9.

1. Where have you sought consultation or health care for your LBP?

[ ]  Health post [ ]  General hospital

[ ]  Health centre [ ]  Comprehensive specialised hospital

[ ]  Primary hospital [ ]  Private clinic

1. Have you ever had a low back operation? [ ]  Yes, one operation [ ]  Yes, more than one operation [ ]  Never
2. In the past one year, have you sought consultation or healthcare from any health care provider for your current LBP? [ ]  Yes [ ]  No

If your answer is 'No' to the above question, please, go to question number 9.

1. Where have you sought consultation or healthcare for your LBP?

[ ]  Health post [ ]  General hospital

[ ]  Health centre [ ]  Comprehensive specialised hospital

[ ]  Primary hospital [ ]  Private clinic

1. In the past one year, how many times have you sought consultation or healthcare from the health care provider for your current LBP? \_\_\_\_\_\_\_\_
2. What type of treatment was prescribed for your LBP?

[ ]  Injection medicine [ ]  Surgery [ ]  Back support [ ]  Bed rest

[ ]  Exercise [ ]  Massage [ ]  Others, specify \_\_\_\_\_\_\_\_\_\_\_\_\_

1. In the past one year, have you been hospitalised due to your LBP?

[ ]  Yes [ ]  No

* 1. If 'Yes', for how many days have you been stayed in the hospital? \_\_\_\_\_\_\_\_\_\_
1. In the past one year, have you used any traditional medicine for your current LBP? [ ]  Yes [ ]  No
	1. If 'Yes', please, list the traditional medicines that you have used. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note:

\*-Items taken/adapted from:

Deyo, RA, Dworkin, SF, Amtmann, D, Andersson, G, Borenstein, D, Carragee, E, et al. (2015). Report of NIH task force on research standards for chronic low back pain. Physical Therapy, 95(2), e1-e18. doi:10.2522/ptj.2015.95.2.e1.

‡-Items adapted from:

Bostick, G, Schopflocher, D, Gross, D. (2013). Validity evidence for the back beliefs questionnaire in the general population. European Journal of Pain, 17 (7), 1074-1081. doi:10.1002/j.1532-2149.2012.00275.x.

# Oromo-language Version of the Instrument

Etoophiyaa keessatti wantota sababa dhukkuba dugdaatiif wal'aansa fayyaa fayyadamuu irratti dhiibbaa geessisuu danda'an qorachuuf gaafannoo karaa saayinsaawaa ta'een qophaa'ee mirkanaa'e





1. **Gaafiiwwan hawaasummaa ilaallatan**
2. Koorniyaa [ ]  Dhiira [ ]  Dhalaa
3. Umrii (waggaan) \_\_\_\_\_\_\_\_\_\_
4. Qomoo \_\_\_\_\_\_\_\_\_\_
5. Sadarkaa barumsaa

[ ]  Barumsa idilee kan hin baranne

[ ]  Sadarkaa tokkoffaa (kutaa 1-8)

[ ]  Sadarkaa 2ffaa (kutaa 9-12)

[ ]  Tekinikaa fi Ogummaa irraa kan eebbifame/eebbifamte

[ ]  Dippiloomaa

[ ]  Digrii jalqabaa ykn isaa ol

1. Bakka jireenyaa [ ]  Magaalaa [ ]  Baadiyyaa
2. Haala fuudhaa fi heerumaa

[ ]  Gonkumaa kan hin fuune/hin heerumne

[ ]  Kan fuudhee/heerumtee waliin jiraachaa jiran

[ ]  Osoo wal hin fuudhiin kan waliin jiraachaa jiran

[ ]  Fuudhee/heerumtee kan addaan bahanii garuu seeraan wal hin hiikne

[ ]  Fuudhee/heerumtee kan wal-hiikan

[ ]  Kan abbaan manaa irraa du'e/haati manaa jalaa duute

1. Eenyu wajjin jiraatta?

[ ]  Maatii koo wajjin [ ]  Nama biraa kan maatii koo hin taane wajjin

[ ]  Kophaa koo

1. Mana keessan keessa maatii meeqa taataniit jiraattu? \_\_\_\_\_\_\_\_\_
2. Yeroo ammaa kana irra caalaatti hojii maaalii irratti bobbaatee jirta? \_\_\_\_\_\_\_\_\_\_
3. **Wantota dhukkuba dugdaatiin walqabatan**
4. Walumaagalatti, dhukkuba dugdaa kee kana qabxiilee armaan gadii irratti hundaa'uun akkamitti agarsiifta?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| *Dhukkubbii**kan hin qabne* |  | *Dhukkubbii* *gar-malee/ hamaa ta'e*  |

1. Fayyummaa kee waggaa darbee akkamitti ibsita?

[ ]  Baay'ee baay'ee gaariidha [ ]  Baay'ee gaariidha [ ]  Gaariidha

[ ]  Gahaadha [ ]  Yaraadha

1. Dhukkubni dugdaa dalagaa hawaasummmaa irratti hirmaannaa kee hagam gufachiise?

[ ]  Gonkumaa na hin gufachiifne [ ]  Baay'ee xiqqoo na gufachiise

[ ]  Hanga tokko na gufachiise [ ]  Xiqqoo ishee na gufachiise [ ]  Baay'ee na gufachiise

1. Walumaagalatti, fayyummaa kee yeroo ammaa kana akkamitti ibsita?

[ ]  Baay'ee baay'ee gaariidha [ ]  Baay'ee gaariidha [ ]  Gaariidha

[ ]  Gahaadha [ ]  Yaraadha

1. Dhukkubni dugdaa dalagaa idilee kee irraa hagam si gufachiise?

[ ]  Gonkumaa na hin gufachiifne [ ]  Baay'ee xiqqoo na gufachiise

[ ]  Hanga tokko na gufachiise [ ]  Xiqqoo ishee na gufachiise [ ]  Baay'ee na gufachiise

1. Dhukkubni dugdaaa erga si qabee hagam sirra ture?

[ ]  Ji'a tokkoo gadi [ ]  Ji'a sadii ol, wagga tokkoo gadi

[ ]  Ji'a tokkoo hanga ji'a sadii [ ]  Wagga tokkoo hanga shanii [ ]  Wagga shanii ol

1. **Dhukkuba dugdaa irratti amantaa jiru**

Himoota armaan gadii hagam sirriidha ykn sirrii miti jettee itti amanta?

1. Dhukkuba dugdaa irraa fayyuun hin danda'amu

[ ]  Sirriidha jedhee baay'een amana [ ]  Sirriidha jedheen amana

[ ]  Sirriidhas sirrii mitis jedhee hin amanu [ ]  Sirrii miti jedheen amana

[ ]  Sirrii miti jedhee baay'een amana

1. Dhukkubni dugdaa wal'aansa hin qabu

[ ]  Sirriidha jedhee baay'een amana [ ]  Sirriidha jedheen amana

[ ]  Sirriidhas sirrii mitis jedhee hin amanu [ ]  Sirrii miti jedheen amana

[ ]  Sirrii miti jedhee baay'een amana

1. Dhukkubni dugdaa waa'ee jireenyaa hunda mancaasa

[ ]  Sirriidha jedhee baay'een amana [ ]  Sirriidha jedheen amana

[ ]  Sirriidhas sirrii mitis jedhee hin amanu [ ]  Sirrii miti jedheen amana

[ ]  Sirrii miti jedhee baay'een amana

1. Ogeeyyiin fayyaa dhukkuba dugdaatiif homaa gochuu hin danda'anu

[ ]  Sirriidha jedhee baay'een amana [ ]  Sirriidha jedheen amana

[ ]  Sirriidhas sirrii mitis jedhee hin amanu [ ]  Sirrii miti jedheen amana

[ ]  Sirrii miti jedhee baay'een amana

1. Dhukkubni dugdaa deemee deemee walumaagalatti hojii nama dhorka

[ ]  Sirriidha jedhee baay'een amana [ ]  Sirriidha jedheen amana

[ ]  Sirriidhas sirrii mitis jedhee hin amanu [ ]  Sirrii miti jedheen amana

[ ]  Sirrii miti jedhee baay'een amana

1. **Rakkoo hirribaa**

Waggaa darbe keessa, waa'ee hirriba kee ilaalchisee, filannoowwan kennaman keessaa isa sirriitti mudannoo kee ibsu filachuun agarsiisi.

1. Halkan hirriba dhabuu

[ ]  Gonkumaa na hin mudanne [ ]  Darbee darbee na mudataa ture

[ ]  Yeroo tokko tokko na mudataa ture [ ]  Yeroo baay'ee na mudataa ture

1. Yeroo guyyaa hirribni si qabuu

[ ]  Gonkumaa na hin mudanne [ ]  Darbee darbee na mudataa ture

[ ]  Yeroo tokko tokko na mudataa ture [ ]  Yeroo baay'ee na mudataa ture

1. Barii barraaqa hirriba irraa dammaqxee hirribni deebi'ee si qabuu dhiisuu

[ ]  Gonkumaa na hin mudanne [ ]  Darbee darbee na mudataa ture

[ ]  Yeroo tokko tokko na mudataa ture [ ]  Yeroo baay'ee na mudataa ture

1. Halkan hirriba keessaa dadammaquu

[ ]  Gonkumaa na hin mudanne [ ]  Darbee darbee na mudataa ture

[ ]  Yeroo tokko tokko na mudataa ture [ ]  Yeroo baay'ee na mudataa ture

1. **Mallattoowwan mukaa'uu**

Tokkoon tokkoo qabxiilee armaan gadii irratti, waggaa darbe keessa hagam akka sitti dhaga'amaa ture filannoowwan kennaman keessaa isa sirriitti ibsu filachuun agarsiisi

1. Abdi-dhabeessa/abdi-dhabeettii

[ ]  Gonkumaa natti hin dhaga'amne

[ ]  Darbee darbee natti dhaga'amaa ture

[ ]  Yeroo tokko tokko natti dhaga'amaa ture

[ ]  Yeroo baay'ee natti dhaga'amaa ture

1. Mukaa'uu

[ ]  Gonkumaa natti hin dhaga'amne

[ ]  Darbee darbee natti dhaga'amaa ture

[ ]  Yeroo tokko tokko natti dhaga'amaa ture

[ ]  Yeroo baay'ee natti dhaga'amaa ture

1. Gati-dhabeessa/Gati-dhabeettii

[ ]  Gonkumaa natti hin dhaga'amne

[ ]  Darbee darbee natti dhaga'amaa ture

[ ]  Yeroo tokko tokko natti dhaga'amaa ture

[ ]  Yeroo baay'ee natti dhaga'amaa ture

1. Gargaarsa-dhabeessa/Gargaarsa-dhabeettii

[ ]  Gonkumaa natti hin dhaga'amne

[ ]  Darbee darbee natti dhaga'amaa ture

[ ]  Yeroo tokko tokko natti dhaga'amaa ture

[ ]  Yeroo baay'ee natti dhaga'amaa ture

1. **Araada fayyaan walqabatan/haala jireenyaa**
2. Jimaa qama'uu

[ ]  Nan qama'a [ ]  Qama'aan ture, amma garuu dhiiseen jira

[ ]  Gonkumaa qama'ee hin beeku

* 1. Ni qamaata yoo ta'e, Jimaa yeroo hammamiitti qamaata?

[ ]  Darbee darbee [ ]  Yeroo baay'ee [ ]  Yeroo mara

1. Tamboo xuuxuu

[ ]  Nan xuuxa [ ]  Xuuxaan ture, amma garuu dhiiseen jira

[ ]  Gonkumaa xuuxee hin beeku

* 1. Ni xuuxxa yoo ta'e, erga xuuxuu jalqabdee waggaa/ji'a meeqa ta'e?

wagga \_\_\_\_\_\_\_ ykn ji'a \_\_\_\_\_\_\_

* 1. Ni xuuxxa yoo ta'e, guyyaatti sijaaraa meeqa xuuxxa? \_\_\_\_\_\_\_\_\_\_
1. Dhugaatii alkoolii

[ ]  Nan dhuga [ ]  Dhugaan ture, amma garuu dhiiseen jira

[ ]  Gonkumaa dhugee hin beeku

* 1. Ni dhugda yoo ta'e, yeroo hammamiitti dhugda?

[ ]  Yeroo mara [ ]  Darbee darbee

1. **Miidhaa dhukkuba dugdaatiin walqabatan**
2. Dhukkuba dugugguruu bakka biraa irraa qabdaa? [ ]  Eeyyee [ ]  Lakki
	1. Ni qabda yoo ta'e, bakka kam irraa?

[ ]  Dugda gara ol-aanu [ ]  Morma [ ]  Gateettii [ ]  Ciqilee

[ ]  Burrisa harkaa [ ]  Jilba [ ]  Burrisa miilaa (koroonyoo)

[ ]  Bakka biroo, caqasi \_\_\_\_\_\_\_\_\_

1. Dhukkubbiin dugdaa kee kun gara miilaatti gadi faffaaca'eeraa?

[ ]  Eeyyee [ ]  Lakki

1. Wagggaa darbe keessa, sababa dhukkuba dugdaatiin hojii irraa haftee beektaa?

[ ]  Eeyyee [ ]  Lakki

* 1. Gaaffii armaan olii 'Eeyyee' jechuun deebifte yoo ta'e, yeroo hammamiif hojii irraa hafte? Guyyaa \_\_\_\_\_\_ ykn torban \_\_\_\_\_\_
1. **Gaafiiwwan wal'aansa fayyaa fayyadamuu ilaallatan**
2. Dhukkuba gugdaa keetiif takkaa gorsa yookiin wal'aansa ogeessa fayyaa argattee beektaa? [ ]  Eeyyee [ ]  Lakki

Gaaffii armaan olii 'Lakki' jechuun deebifte yoo ta'e, gara gaaffii lakkoofsa 9 tti ce'i.

1. Gorsa yookiin wal'aansa ogeessa fayyaa eessaa argatte?

[ ]  Kellaa fayyaa [ ]  Hospitaala waliigalaa

[ ]  Buufata fayyaa [ ]  Hospitaala tajaajila addaa

[ ]  Hospitaala jalqabaa [ ]  Kilinika dhuunfaa

1. Dugda kee irra waldhaansi baqaqsanii yaaluu takkaa siif godhamee beekaa?

[ ]  Eeyyee [ ]  Lakki

1. Waggaa darbe keessa, dhukkuba dugdaa kee isa ammaa kanaaf gorsa yookiin wal'aansa ogeessa fayyaa argattee beektaa? [ ]  Eeyyee [ ]  Lakki

Gaaffii armaan olii 'Lakki' jechuun deebifte yoo ta'e, gara gaaffii lakkoofsa 9 tti ce'i.

1. Gorsa yookiin waldhaansa ogeessa fayyaa eessaa argatte?

[ ]  Kellaa fayyaa [ ]  Hospitaala waliigalaa

[ ]  Buufata fayyaa [ ]  Hospitaala tajaajila addaa

[ ]  Hospitaala jalqabaa [ ]  Kilinika dhuunfaa

1. Waggaa darbe keessa, gorsa yookiin waldhaansa ogeessa fayyaa al meeqa argatte? \_\_\_\_\_\_\_\_\_\_
2. Dhukkuba dugda keetiif qoricha/waldhaansa akaakuu kamiitu siif ajajame/kenname?

[ ]  Qoricha lilmeen kennamu [ ]  Sochii qaamaa

[ ]  Waldhaansa baqaqsanii yaaluu [ ]  Sukkuummii/dhidhiibbaa

[ ]  Utubbii dugdaa [ ]  Kan biroo, caqasi \_\_\_\_\_

[ ]  Boqonnaa siree irraa

1. Waggaa darbe keessa, sababa dhukkuba dugdaa keetiif hospitaalaa galtee ciiftee beektaa? [ ]  Eeyyee [ ]  Lakki
	1. Gaaffii armaan olii 'Eeyyee” jechuun deebifte yoo ta'e, guyyaa meeqaaf hospitaala ciifte? \_\_\_\_\_\_\_\_\_\_
2. Waggaa darbe keessa, dhukkuba dugdaa kee isa ammaa kanaaf wal'aansa ykn qoricha aadaa fayyadamtee beektaa? [ ]  Eeyyee [ ]  Lakki
	1. Gaaffii armaan olii 'Eeyyee' jechuun deebifte yoo ta'e, wal'aansa ykn qoricha aadaa fayyadamte eeri \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_