

The Bournemouth Questionnaire (BQ)

The Bournemouth Questionnaire (BQ) is a comprehensive multi-dimensional core outcome tool assessing patients' outcome of care in a routine clinical setting. It was developed at the Anglo-European College of Chiropractic (AECC) in Bournemouth by Professors Jennifer Bolton, and Alan Breen. The initial tool development was described in 1990^{1,2}. BQ measures seven different items including:

- Back pain
- Daily activities
- Recreation social activities
- Anxiety
- Depression
- Work
- Control on own

It has been used within clinical settings both in the NHS and in private practice. The Bournemouth Questionnaire is one of the outcome measures being used within the Any Qualified Provider (AQP) system³. A modified version of this patient reported outcome measure (PROM), including the BQ, has been used to monitor outcomes in the back and neck pain service instigated by NHS North East Essex^{4,5}.

Translations

It has been translated and validated for use in a range of European languages including:

- French⁶
- Danish⁷
- German⁸ (add link to translated version) <http://chiromt.com/content/supplementary/2045-709x-20-2-s1.pdf>
- Dutch⁹

Mode of use

The Bournemouth Questionnaire can be used to gather information pre-treatment, and post-treatment. It records responses from an 11 point numerical rating scale (NRS). It is completed by patients before treatment begins, and at the end of the treatment period.

Scoring and interpretation

The score for each measure are added. This can produce a value between a minimum score of 0, and a maximum score of 70. The higher the score reflects the degree of impact on a patient's life. A spreadsheet has been developed by the AECC to assist with data coding into a database¹⁰.

Validity and reliability

It has been validated for use in patients with low back and neck pain^{2,11}. It has been validated also for use in a range of European languages (see above)^{6,7,8,9}.

References:

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