

Return to Normal Activity Questionnaire – Patient Response Recording Form -
Adult and Adolescent Version
Version Date: 8 September 2016

Date			
Subject Name			
Contact Number Used			
	Call Log (check appropriate box below)		
Call Time	RNAQ Completed	No answer	Callback Requested

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RNAQ Adult and Adolescent Version (Self-report for Ages 12+)

I'm going to ask you some questions about how you are doing since you got out of the hospital after your most recent pain crisis. Please think about the things you usually do and how well you can do them **as of today** on a scale from 0 to 10, where 0 means you can't do the activity at all and 10 means you can do the activity completely as usual.

- 1. On a scale from 0 to 10, how able are you to do your usual physical activities (such walking, running, climbing stairs, or exercising) as of today?**

0	1	2	3	4	5	6	7	8	9	10
Cannot do at all										Can do completely as usual

- 2. On a scale from 0 to 10, how able are you to participate in your usual social activities (such as spending time with friends and family or on social media) as of today?**

0	1	2	3	4	5	6	7	8	9	10
Cannot do at all										Can do completely as usual

- 3. On a scale from 0 to 10, how able are you to do your usual daily activities (such as work, school, or chores) as of today?**

0	1	2	3	4	5	6	7	8	9	10
Cannot do at all										Can do completely as usual

- 4. On a scale from 0 to 10, how able are you to do your usual self-care activities (such as bathing or showering, brushing your teeth, going to bathroom, getting dressed, or eating) as of today?**

0	1	2	3	4	5	6	7	8	9	10
Cannot do at all										Can do completely as usual