

**From:** Alan Hakim <contact@alanhakim.com>  
**Sent:** Friday, April 30, 2021 4:40 PM  
**To:** SHARP, Harriet (SUSSEX PARTNERSHIP NHS FOUNDATION TRUST) <harriet.sharp1@nhs.net>  
**Subject:** Re: Permission to re-use table

Dear Dr Sharp

Thank you for your email.  
I hereby give permission to use the 5-part questionnaire.  
Congratulations on your publication.  
Kind regards

Dr Alan Hakim

**Dr Alan Hakim MA FRCP**

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On Fri, Apr 30, 2021 at 16:30 SHARP, Harriet (SUSSEX PARTNERSHIP NHS FOUNDATION TRUST) <[harriet.sharp1@nhs.net](mailto:harriet.sharp1@nhs.net)> wrote:

Dear Dr Alan Hakim,

I am currently working with Dr Jessica Eccles and Prof Critchley writing a narrative review article regarding increasing the recognition of hypermobility within psychiatry. We were hoping to include and reference your 'Five-point screening questionnaire for detecting hypermobility' (**Hakim A, Grahame R. Joint hypermobility. Best Pract Res Clin Rheumatol. 2003 Dec;17(6):989-1004. [PMID: 15123047 DOI: 10.1016/j.berh.2003.08.001.]**):

**Table 2: Five-point screening questionnaire for detecting hypermobility (from Hakim and Grahame 2003 (1))**

1. Can you now (or could you ever) place your hands flat on the floor without bending your knees?
2. Can you now (or could you ever) bend your thumb to touch your forearm?
3. As a child, did you amuse your friends by contorting your body into strange shapes OR could you do the splits?

4. As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?

5. Do you consider yourself 'double-jointed'?

Answering yes to two or more questions suggests hypermobility with sensitivity 80-85% and specificity 80-90%

Our manuscript has been conditionally accepted and we need to obtain permission to re-use any tables that have been published elsewhere. Would you be happy for us to re-use this table within our paper? I think it offers a very clear example of the simplicity of screening for hypermobility that psychiatrists reading our review may find very useful.

I would be very grateful to hear back from you.

Warmest wishes,

Dr Hattie Sharp  
Academic Clinical Fellow in Psychiatry ST2  
Brighton and Sussex Medical School