

**TAMPA SCALE OF KINESIOPHOBIA**

		<b>Strongly disagree (1)</b>	<b>Disagree (2)</b>	<b>Agree (3)</b>	<b>Strongly agree (4)</b>
1	I am afraid I might injury myself if I exercise				
2	If I were to try to overcome it, my pain would increase				
3	My body is telling me I have something dangerously wrong				
4	My pain would probably be relieved if I were to exercise	4	3	2	1
5	People aren't taking my medical condition serious enough				
6	My accident has put my body at risk for the rest of my life				
7	Pain always means I have injured my body				
8	Just because something aggravates my pain does not mean it is dangerous	4	3	2	1
9	I am afraid I might injure myself accidentally				
10	Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening				
11	I wouldn't have this much pain if there weren't something potentially dangerous going on in my body				
12	Although my condition is painful, I would be better off if I were physically active	4	3	2	1
13	Pain lets me know when to stop exercising so that I don't injure myself				
14	It's really not safe for a person with a condition like mine to be physically active				
15	I can't do all the things normal people do because it's too easy for me to get injured				
16	Even though something is causing me a lot of pain, I don't think it's actually dangerous	4	3	2	1
17	No one should have to exercise when he/she is in pain				

Score: /68 (37)

**Reference:**

Vlaeyan, *et al.* (1995). Fear of movement/(re) injury in chronic low back pain and its relation to behavioural performance. *Pain*, 371.