

## Back Pain Attitudes Questionnaire

Please answer all questions #

Mark your answers like this ✓

If you make a mistake, do this ✗  
then tick the correct response

### THESE QUESTIONS ARE ABOUT YOUR OWN BACK

Please rate each statement as

False      Possibly False      Unsure      Possibly True      True

1	Your back is one of the strongest parts of your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Your back is well designed for the way you use it in daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Bending your back is good for it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Sitting is bad for your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Lifting without bending the knees is not safe for your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	It is easy to injure your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### THESE QUESTIONS ARE ABOUT LOOKING AFTER YOUR OWN BACK

Please rate each statement as

False      Possibly False      Unsure      Possibly True      True

7	It is important to have strong muscles to support your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Good posture is important to protect your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	If you overuse your back, it will wear out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	If an activity or movement causes back pain, you should avoid it in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	You could injure your back if you are not careful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	You can injure your back and only become aware of the injury sometime later	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### THESE QUESTIONS ARE ABOUT BACK PAIN IN GENERAL

Please rate each statement as

False      Possibly False      Unsure      Possibly True      True

13	Back pain means that you have injured your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	A twinge in your back can be the first sign of a serious injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Thoughts and feelings can influence the intensity of back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Stress in your life (financial, work, relationship) can make back pain worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

➔ [Go to next page, question 17](#)

## Back Pain Attitudes Questionnaire

### THESE QUESTIONS ARE ABOUT BACK PAIN IN GENERAL

Please rate each statement as

	False	Possibly False	Unsure	Possibly True	True
17	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### THESE QUESTIONS ARE ABOUT WHAT YOU SHOULD DO IF YOU HAVE BACK PAIN

Please rate each statement as:

	False	Possibly False	Unsure	Possibly True	True
21	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### THESE QUESTIONS ARE ABOUT RECOVERING FROM BACK PAIN

Please rate each statement as:

	False	Possibly False	Unsure	Possibly True	True
28	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This questionnaire is taken from: Darlow B, Perry M, Mathieson F, Stanley J, Melloh M, Marsh R, Baxter D, Dowell A (2013) The Development of the Back Pain Attitudes Questionnaire (Back-PAQ). *BMJ Open*.