

Back Pain Attitudes Questionnaire – 10 item

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 It is easy to injure your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 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"/>

THESE QUESTIONS ARE ABOUT BACK PAIN IN GENERAL

Please rate each statement as

	False	Possibly False	Unsure	Possibly True	True
3 Back pain means that you have injured your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 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"/>

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
5 If you have back pain you should avoid exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 If you have back pain you should try to stay active	<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
7 Focussing on things other than your back helps you to recover from back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 Expecting your back pain to get better helps you to recover from back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 Once you have had back pain there is always a weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 There is a high chance that an episode of back pain will not resolve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>