

Supplementary Table S1. Frequency of response options selected for each Back-PAQ item

Item	Proportion selecting response option (%)					n
	False	Possibly False	Unsure	Possibly True	True	
1. Your back is one of the strongest parts of your body	10.4	5.0	8.8	26.8	49.0	596
2. Your back is well designed for the way you use it in daily life	5.9	7.5	8.8	21.6	56.3	590
3. Bending your back is good for it	14.6	10.5	15.6	25.8	33.4	589
4. Sitting is bad for your back	23.6	17.2	16.5	27.1	15.6	588
5. Lifting without bending your knees is not safe for your back	3.8	1.2	1.5	6.4	87.1	598
6. It is easy to injure your back	3.2	2.7	4.9	18.8	70.5	597
7. It is important to have strong muscles to support your back	1.0	0.5	2.0	14.9	81.5	596
8. Good posture is important to protect your back	0.0	0.2	1.2	7.4	91.3	598
9. If you overuse your back, it will wear out	19.1	13.9	15.2	26.1	25.8	598
10. If an activity or movement causes back pain, you should avoid it in the future	10.6	17.0	13.5	28.8	30.1	594
11. You could injure your back if you are not careful	1.4	1.5	2.2	18.8	76.2	592
12. You can injure your back and only become aware of the injury some time later	4.5	3.3	8.2	27.8	56.2	598
13. Back pain means that you have injured your back	15.6	15.4	12.7	37.8	18.6	598
14. A twinge in your back can be the first sign of a serious injury	6.7	11.2	18.5	44.6	18.9	598
15. Thoughts and feelings can influence the intensity of back pain	15.3	7.7	18.8	32.2	26.0	596
16. Stress in your life (financial, work, relationship) can make back pain worse	14.6	7.0	14.8	33.3	30.4	596
17. When you have back pain, you can do things which increase your pain without harming the back	18.3	13.3	29.0	24.2	15.3	596
18. Having back pain makes it difficult to enjoy life	2.5	1.8	1.5	22.7	71.4	595
19. It is worse to have pain in your back than your arms or legs	5.9	4.7	17.3	25.0	47.1	595
20. It is hard to understand what back pain is like if you have never had it	1.5	1.7	3.9	26.9	66.0	592
21. If your back hurts, you should take it easy until the pain goes away	10.2	11.5	9.0	33.7	35.6	590
22. If you ignore back pain, you may cause damage to your back	2.2	2.3	6.2	31.1	58.2	598
23. It is important to see a health professional when you have back pain	3.2	3.4	8.6	28.8	56.0	593
24. To effectively treat back pain, you need to know exactly what is wrong	3.2	4.7	5.9	19.9	66.3	594
25. If you have back pain you should avoid exercise	33.1	26.9	15.1	15.6	9.2	595
26. When you have back pain the risks of vigorous exercise outweigh the benefits	8.6	10.5	25.8	22.9	32.2	593
27. If you have back pain you should try to stay active	2.7	4.9	12.4	28.9	51.1	595
28. Most back pain settles quickly, at least enough to get on with normal activities	7.3	12.5	16.4	35.8	28.2	593
29. Worrying about your back can delay recovery from back pain	13.6	11.2	20.9	31.9	22.4	597
30. Focusing on things other than the back helps you to recover from back pain	14.3	12.4	17.8	34.4	21.1	596
31. Expecting your back pain to get better helps you to recover from back pain	17.6	12.1	17.8	29.4	23.0	595
32. Once you have had back pain there is always a weakness	11.2	17.9	19.1	32.3	19.4	597
33. There is a high chance that an episode of back pain will not resolve	13.6	17.1	25.9	27.2	16.3	596
34. Once you have a back problem, there is not a lot you can do about it	51.2	23.8	9.1	8.9	7.0	596