

## Tampa Scale for Kinesiophobia (Miller , Kori and Todd 1991)

- 1 = strongly disagree
- 2 = disagree
- 3 = agree
- 4 = strongly agree

	1	2	3	4
1. I'm afraid that 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				
5. People aren't taking my medical condition seriously 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				
9. I am afraid that 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				
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				
17. No one should have to exercise when he/she is in pain				

Reprinted from:

*Pain*, Fear of movement/(re) injury in chronic low back pain and its relation to behavioral performance, 62, Vlaeyen, J., Kole-Snijders A., Boeren R., van Eek H., 371.

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