## **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									
2	Your back is well designed for the way you use it in daily life									
3	Bending your back is good for it									
4	Sitting is bad for your back									
5	Lifting without bending the knees is not safe for your back									
6	It is easy to injure your back									
	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									
8	Good posture is important to protect your back									
9	If you overuse your back, it will wear out									
10	If an activity or movement causes back pain, you should avoid it in the future									
11	You could injure your back if you are not careful									
12	You can injure your back and only become aware of the injury sometime later									
	THESE QUESTIONS ARE ABOUT BACK PAIN IN GENERAL		6 31		5 H	_				
	Please rate each statement as	False	Possibly False	Unsure	Possibly True	True				
13	Back pain means that you have injured your back									
14	A twinge in your back can be the first sign of a serious injury									
15	Thoughts and feelings can influence the intensity of back pain									
16	Stress in your life (financial, work, relationship) can make back pain worse									

## **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	When you have back pain, you can do things which increase your pain without harming the back							
18	Having back pain makes it difficult to enjoy life							
19	It is worse to have pain in your back than your arms or legs							
20	It is hard to understand what back pain is like if you have never had it yourself							
	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	If your back hurts, you should take it easy until the pain goes away							
22	If you ignore back pain, you may cause							
23	It is important to see a health professional when							
24	you have back pain To effectively treat back pain you need to know exactly what is wrong							
25	If you have back pain you should avoid exercise							
26	When you have back pain the risks of vigorous exercise outweigh the benefits							
27	If you have back pain you should try to stay active							
	THESE QUESTIONS ARE ABOUT RECOVERING FROM BACK	PAIN						
	Please rate each statement as:	False	Possibly False	Unsure	Possibly True	True		
28	Most back pain settles quickly, at least enough to get on with normal activities							
29	Worrying about your back can delay recovery from back pain							
30	Focussing on things other than your back helps you to recover from back pain							
31	Expecting your back pain to get better helps you to recover from back pain							
32	Once you have had back pain there is always a weakness							
33	There is a high chance that an episode of back pain will not resolve							
34	Once you have a back problem, there is not a lot you can do about it							
	This questionnaire is taken from: Darlow B. Perry M. M.	athieson F	Stanley I Mel	loh M Mars	h R Baxter D			

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*.