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*

1. It is easy to injure your back
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

2. You could injure your back if you are not careful
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

**THESE QUESTIONS ARE ABOUT BACK PAIN IN GENERAL**

*Please rate each statement as*

3. Back pain means that you have injured your back
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

4. A twinge in your back can be the first sign of a serious injury
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

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

*Please rate each statement as:*

5. If you have back pain you should avoid exercise
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

6. If you have back pain you should try to stay active
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

**THESE QUESTIONS ARE ABOUT RECOVERING FROM BACK PAIN**

*Please rate each statement as:*

7. Focussing on things other than your back helps you to recover from back pain
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

8. Expecting your back pain to get better helps you to recover from back pain
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

9. Once you have had back pain there is always a weakness
   - False
   - Possibly False
   - Unsure
   - Possibly True
   - True

10. There is a high chance that an episode of back pain will not resolve
    - False
    - Possibly False
    - Unsure
    - Possibly True
    - True