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

Please score each of these questions as below.

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

1. I’m afraid that I might injury myself if I exercise 1 2 3 4

2. If I were to try to overcome it, my pain would increase 1 2 3 4

3. My body is telling me I have something dangerously wrong 1 2 3 4

4. My pain would probably be relieved if I were to exercise 1 2 3 4

5. People aren’t taking my medical condition seriously enough 1 2 3 4

6. My accident has put my body at risk for the rest of my life 1 2 3 4

7. Pain always means I have injured my body 1 2 3 4

8. Just because something aggravates my pain does not mean it is dangerous 1 2 3 4

9. I am afraid that I might injure myself accidentally 1 2 3 4

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 1 2 3 4

11. I wouldn’t have this much pain if there weren’t something potentially dangerous going

 on in my body 1 2 3 4

12. Although my condition is painful, I would be better off if I were physically active 1 2 3 4

13. Pain lets me know when to stop exercising so that I don’t injure myself 1 2 3 4

14. It’s really not safe for a person with a condition like mine to be physically active 1 2 3 4

15. I can’t do all the things normal people do because it’s too easy for me to get injured 1 2 3 4

16. Even though something is causing me a lot of pain, I don’t think it’s actually dangerous 1 2 3 4

17. No one should have to exercise when he/she is in pain 1 2 3 4