

Tampa Scale For Kinesiophobia

(Miller, Kori, & Todd, 1991)

This scale is typically measured on a 4-point likert-type scale; however for the current data set a 5-point likert-type scale was used.

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
1. I'm afraid that I might injury myself if I exercise	1	2	3	4	5
2. If I were to try to overcome it, my pain would increase	1	2	3	4	5
3. My body is telling me I have something dangerously wrong	1	2	3	4	5
4. My pain would probably be relieved if I were to exercise	1	2	3	4	5
5. People aren't taking my medical condition seriously enough	1	2	3	4	5
6. My accident has put my body at risk for the rest of my life.	1	2	3	4	5
7. Pain always means I have injured my body	1	2	3	4	5
8. Just because something aggravates my pain does not mean it is dangerous	1	2	3	4	5
9. I am afraid that I might injure myself accidentally	1	2	3	4	5
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	5
11. I wouldn't have this much pain if there weren't something potentially dangerous going on in my body	1	2	3	4	5
12. Although my condition is painful, I would be better off if I were physically active	1	2	3	4	5
13. Pain lets me know when to stop exercising so that I don't injure myself	1	2	3	4	5
14. It's really not safe for a person with a condition like mine to be physically active	1	2	3	4	5
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	5
16. Even though something is causing me a lot of pain, I don't think it's actually dangerous	1	2	3	4	5

17. No one should have to exercise when he/she is in pain	1	2	3	4	5
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A total score is calculated after inversion of the individual scores of items 4, 8, 12 and 16