

TAMPA SCALE

INSTRUCTIONS: Please answer the following questions according to your true feelings, not according to what others think you should believe. Score each statement from strongly disagree to strongly agree by ticking the appropriate box.

Question	Strongly disagree	Disagree	Agree	Strongly agree
1. I'm afraid that I might injure 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.				
SCORING (staff use only)				