

TAMPA SCALE FOR KINESIOPHOBIA

(MILLER , KORI AND TODD 1991)

CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR BELIEF FOR EACH STATEMENT BELOW:		STRONGLY AGREE	DISAGREE	AGREE	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

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