



# Tampa Scale for Kinesiophobia

1. I'm afraid that I might injury myself if I exercise

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

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

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

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

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

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

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

5. People aren't taking my medical condition seriously enough

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree



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6. My accident has put my body at risk for the rest of my life

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

7. Pain always means I have injured my body

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

8. Just because something aggravates my pain does not mean it is dangerous

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

9. I am afraid that I might injure myself accidentally

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

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

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree



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11. I wouldn't have this much pain if there weren't something potentially dangerous going on in my body

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

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

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

13. Pain lets me know when to stop exercising so that I don't injure myself

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

14. It's really not safe for a person with a condition like mine to be physically active

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

15. I can't do all the things normal people do because it's too easy for me to get injured

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree



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16. Even though something is causing me a lot of pain, I don't think it's actually dangerous

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

17. No one should have to exercise when he/she is in pain

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree