

# Tampa Scale for Kinesiophobia

## TAMPA SCALE FOR KINESIOPHOBIA

Patient name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:

☐ Male ☐ Female ☐ Prefer not to say

Read each statement and select the response that best represents your level of agreement or disagreement. This scale uses a 4-point Likert scale for responses: 1 - Strongly disagree; 2 - Disagree; 3 - Agree; 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

7. Pain always means I have injured my body.

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

9. I am afraid that I might injure myself accidentally.

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - 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.

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

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

☐ ☐ ☐ ☐

1 - Strongly disagree 2 - Disagree 3 - Agree 4 - Strongly agree

Total score: \_\_\_\_\_

Score for fear of (re)injury due to movement:

Score for somatic focus: \_\_\_\_\_