

Tampa Questionnaire

(Reference: the original TSK9 is copied without restriction from the Work Cover Victoria website)

For Office use only: Rvs 4, 8, 12, 16 Score: _____

Please read each of the following statements and circle the number that best represents your feelings.

1 = Strongly disagree 2 = Somewhat Disagree 3 = Somewhat Agree 4 = Strongly Agree

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|--|---|---|---|---|
| (S) I'm afraid I might injure myself if I exercise | 1 | 2 | 3 | 4 |
| (A) If I were to try to overcome it, my pain would increase | 1 | 2 | 3 | 4 |
| (S) My body is telling me that I have something dangerously wrong | 1 | 2 | 3 | 4 |
| (A) My pain would probably be relieved if I were to exercise | 1 | 2 | 3 | 4 |
| (S) People aren't taking my medical condition seriously enough | 1 | 2 | 3 | 4 |
| (S) My accident has put my body at risk for the rest of my life | 1 | 2 | 3 | 4 |
| (S) Pain always means that I have injured my body | 1 | 2 | 3 | 4 |
| (A) Just because something aggravates my body does not mean it is dangerous | 1 | 2 | 3 | 4 |
| (A) I am afraid that I might injure myself accidentally | 1 | 2 | 3 | 4 |
| (A) 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 |
| (S) I wouldn't have this much pain if there weren't something potentially dangerous going on in my body | 1 | 2 | 3 | 4 |
| (A) Although my condition is painful, I would be better off if I were physically active | 1 | 2 | 3 | 4 |
| (A) Pain lets me know when to stop exercising so that I don't injury myself | 1 | 2 | 3 | 4 |
| (A) It's really not safe for a person with a condition like mine to be physically active | 1 | 2 | 3 | 4 |
| (A) I can't do all the things normal people do because it's too easy for me to get injured | 1 | 2 | 3 | 4 |
| (A) Even though something is causing me a lot of pain, I don't think it's actually dangerous | 1 | 2 | 3 | 4 |
| (A) No one should have to exercise when he/she is in pain | 1 | 2 | 3 | 4 |

TOTALS

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