

TAMPA SCALE KINESIOPHOBIA – VERSION CHRONIC FATIGUE SYNDROME

J Nijs, K De Meirleir, W Duquet. *Archives of Physical Medicine and Rehabilitation* 2004;85:1586-1592

Instructions

By use of this questionnaire, we would like to examine how you feel about your complaints and how you experience them.

You are asked to indicate whether or not you agree with each of the statements listed. It is of prime importance that you only use your own opinion and thought; what others might think is not of interest here.

We do not attend to assess your medical knowledge either. The questionnaire is just about the way you experience your complaints.

Please indicate whether or not you agree with statements listed below.

1 = strongly disagree

2 = disagree

3 = agree

4 = strongly agree

1	I am afraid that I might injure myself if I exercise.	1	2	3	4
2	If I were to try to overcome it, my symptoms would increase.	1	2	3	4
3	My body is telling me I have something dangerously wrong.	1	2	3	4
4	My symptoms would probably be relieved if I were to exercise.	1	2	3	4
5	People are not taking my medical condition seriously enough.	1	2	3	4
6	My illness has put my body at risk for the rest of my life.	1	2	3	4
7	My symptoms always mean I have harmed my body.	1	2	3	4
8	Just because something aggravates my symptoms 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 symptoms from worsening.	1	2	3	4
11	I would not have this many symptoms if there was not something potentially dangerous going on in my body.	1	2	3	4
12	Although I have many symptoms, I would be better off if I were physically active.	1	2	3	4
13	My symptoms let me know when to stop exercising so that I do not harm myself.	1	2	3	4
14	It is really not safe for a person with a condition like mine to be physically active.	1	2	3	4
15	I cannot do all the things normal people do because it is too easy for me to get injured.	1	2	3	4
16	Even though something is aggravating my symptoms, I do not think it is actually dangerous.	1	2	3	4
17	I should not have to exercise when I am experiencing symptoms.	1	2	3	4
