



Back Beliefs Questionnaire

We are trying to find out what people think in general about lower back trouble.

Please answer ALL the statements and indicate whether you **agree** or **disagree** with each statement by circling the appropriate number on the scale.

	Completely Disagree				Completely Agree
1. There is no real treatment for back trouble	1	2	3	4	5
2. Back trouble will eventually stop you from working	1	2	3	4	5
3. Back trouble means periods of pain for the rest of your life	1	2	3	4	5
4. Back trouble makes everything in life worse	1	2	3	4	5
5. Back trouble may mean you end up in a wheelchair	1	2	3	4	5
6. Back trouble means long periods of time off work	1	2	3	4	5
7. Once you have had back trouble there is always a weakness	1	2	3	4	5
8. Back trouble must be rested	1	2	3	4	5
9. Back trouble gets progressively worse later in life	1	2	3	4	5