

Tampa Scale for Kinesiophobia

Patient name: _____ Date: _____

Age: _____ Gender: _____

Instructions: 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

Statement	1 Strongly disagree	2 Disagree	3 Agree	4 Strongly agree
1. I'm afraid that I might injure myself if I exercise.				
2. If I were to try to overcome it, my pain would increase.				
3. My body is telling me I have something dangerously wrong.				
4. My pain would probably be relieved if I were to exercise.				
5. People aren't taking my medical condition seriously enough.				
6. My accident has put my body at risk for the rest of my life.				
7. Pain always means I have injured my body.				
8. Just because something aggravates my pain does not mean it is dangerous.				
9. I am afraid that I might injure myself accidentally.				
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.				
11. I wouldn't have this much pain if there weren't something potentially dangerous going on in my body.				
12. Although my condition is painful, I would be better off if I were physically active.				
13. Pain lets me know when to stop exercising so that I don't injure myself.				
14. It's really not safe for a person with a condition like mine to be physically active.				

Statement	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.				
16. Even though something is causing me a lot of pain, I don't think it's actually dangerous.				
17. No one should have to exercise when he/she is in pain.				
Total score:				
Subscale scores				
Score for fear of (re)injury due to movement:				
Score for somatic focus:				

Scoring and interpretation

- **Getting the total score**

Reverse the score of items 4, 8, 12, and 16, where "strongly disagree" is 4 points, "disagree" is 3 points, "agree" is 2 points, and "strongly agree" is 1 point. Sum up the scores for all 17 items to obtain the total raw score, ranging from 17 to 68 points.

Higher total scores indicate an increasing degree of kinesiophobia, with 17 indicating no kinesiophobia or negligible fear of movement and 68 representing the highest possible level of kinesiophobia.

- **Subscale scoring**

Add up the score for items 1, 2, 7, 9, 10, 11, and 12 to get the score for fear of (re)injury due to movement. Higher scores on this subscale indicate a greater fear of movement leading to further harm.

Add up the scores for items 3, 4, 5, 6, and 8 to get the score for somatic focus. Patients with a high score on this subscale may be more likely to catastrophize about the severity of their condition.

References

Miller, R. P., Kori, S. H., & Todd, D. D. (1991). The Tampa Scale: A measure of kinesiophobia. *The Clinical Journal of Pain*, 7(1), 51.

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