**AxEL-Q**

# *Check the most appropriate response*

# Factor 1-Attitude toward staying active a

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree  | Disagree  | Somewhat disagree  | Neither disagree nor agree  | Somewhat agree  | Agree  | Strongly agree  |
| Staying active helps prevent long term back problems  |  |  |  |  |  |  |  |
| When you have low back pain, it is important to take ownership of your own wellbeing  |  |  |  |  |  |  |  |
| You need to pace yourself to return to your usual activities  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very worrying  | Worrying  | Somewhat worrying  | Neither worrying nor reassuring  | Somewhat reassuring  | Reassuring  | Very reassuring  |
| Staying active helps prevent long term back problems  |  |  |  |  |  |  |  |
| When you have low back pain, it is important to take ownership of your own wellbeing  |  |  |  |  |  |  |  |
| You need to pace yourself to return to your usual activities  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very frustrating  | Frustrating  | Somewhat frustrating  | Neither frustrating nor encouraging  | Somewhat encouraging  | Encouraging  | Very encouraging  |
| Staying active helps prevent long term back problems  |  |  |  |  |  |  |  |
| When you have low back pain, it is important to take ownership of your own wellbeing  |  |  |  |  |  |  |  |
| You need to pace yourself to return to your usual activities  |  |  |  |  |  |  |  |

**Factor 2- Attitude toward low back pain being rarely caused by a serious health problem**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree | Disagree  | Somewhat disagree  | Neither disagree nor agree  | Somewhat agree | Agree | Strongly agree  |
| It is rare for low back pain to be caused by a more serious health problem  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very surprising  | Surprising  | Somewhat surprising  | Neither surprising nor expected  | Somewhat expected  | Expected  | Very expected  |
| It is rare for low back pain to be caused by a more serious health problem  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very worrying  | Worrying | Somewhat worrying | Neither worrying nor reassuring | Somewhat reassuring | Reassuring | Very reassuring |
| It is rare for low back pain to be caused by a more serious health problem  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very frustrating | Frustrating | Somewhat frustrating | Neither frustrating nor encouraging | Somewhat encouraging | Encouraging | Very encouraging |
| It is rare for low back pain to be caused by a more serious health problem |  |  |  |  |  |  |  |

**Factor 3- Attitude toward not needing to know the cause of back pain to manage it effectively** c

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very frustrating | Frustrating | Somewhat frustrating | Neither frustrating nor encouraging | Somewhat encouraging | Encouraging | Very encouraging |
| It is not necessary to know the cause of your back pain in order to manage the pain effectively |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly disagree  | Disagree  | Somewhat disagree  | Neither disagree nor agree  | Somewhat agree  | Agree  | Strongly agree  |
| It is not necessary to know the cause of your back pain in order to manage the pain effectively  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very surprising  | Surprising  | Somewhat surprising  | Neither surprising nor expected  | Somewhat expected  | Expected  | Very expected  |
| It is not necessary to know the cause of your back pain in order to manage the pain effectively  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Very worrying  | Worrying | Somewhat worrying | Neither worrying nor reassuring | Somewhat reassuring | Reassuring | Very reassuring |
| It is not necessary to know the cause of your back pain in order to manage the pain effectively |  |  |  |  |  |  |  |

a=Attitude toward staying active with a range from 0 (more negative attitude) to 54 (more positive attitude)

b= Attitude toward low back pain being rarely caused by a serious health problemwith a range from 0 (more negative attitude) to 24 (more positive attitude)

c= Attitude toward not needing to know the cause of back pain to manage it effectively with a range from 0 (more negative attitude) to 24 (more positive attitude