**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 |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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