

LBP-TBQ: Supplementary digital content 11

The 16-item LBP-TBQ

YOUR VIEWS ABOUT PARTICULAR TREATMENTS FOR LOW BACK PAIN

The following questions refer to specific treatments for low back pain. Even if you haven't tried a particular treatment, please try to answer every question.

YOUR VIEWS ABOUT PAIN MEDICATION - Here are some statements about pain medication. By 'pain medication', we mean any tablets or patches taken to relieve back pain (both over-the-counter and prescription medications)

	Statements about pain medication	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Taking pain medication for back pain makes a lot of sense					
2	Generally, pain medication is a believable therapy for back pain					
3	I am sceptical about pain medication as a treatment for back pain in general					
4	I do not understand how pain medication could help people with back pain					
5	Pain medication cannot help people with back pain					
6	Pain medication can work well for people with back pain					
7	I think pain medication is pretty useless for people with back pain					
8	Pain medication can make it easier for people to cope with back pain					
9	I worry that pain medication could make my back worse					
10	I have concerns about taking pain medication for my back pain					
11	I would feel at ease about taking pain medication for my back pain					
12	I feel that pain medication would not harm me					
13	I think pain medication could suit me as a treatment for my back pain					
14	For me, taking pain medication would be a waste of time					
15	I am confident pain medication would be a suitable treatment for my back pain					
16	Given what I know about my back pain, I doubt pain medication would be right for me					

YOUR VIEWS ABOUT EXERCISE – Here are some statements about exercise. By "exercise", we mean a physical activity programme (e.g. stretching exercises, strengthening exercises) that is performed under supervision or at home and is prescribed or recommended by a medical professional, such as a physiotherapist or a doctor.

	Statements about Exercise	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Doing exercise for back pain makes a lot of sense					
2	Generally, exercise is a believable therapy for back pain					
3	I am sceptical about doing exercise as a treatment for back pain in general					
4	I do not understand how doing exercise could help people with back pain					
5	Doing exercise cannot help people with back pain					
6	Doing exercise can work well for people with back pain					
7	I think doing exercise is pretty useless for people with back pain					
8	Doing exercise can make it easier for people to cope with back pain					
9	I worry that doing exercise could make my back worse					
10	I have concerns about doing exercise for my back pain					
11	I would feel at ease about doing exercise for my back pain					
12	I feel that doing exercise would not harm me					
13	I think doing exercise could suit me as a treatment for my back pain					
14	For me, doing exercise would be a waste of time					
15	I am confident doing exercise would be a suitable treatment for my back pain					
16	Given what I know about my back pain, I doubt exercise would be right for me					

YOUR VIEWS ABOUT MANUAL THERAPY – Here are some statements about manual therapy. Manual therapy includes spinal manipulation (taking the joint beyond the normal range of movement), spinal mobilisation (joint movement within the normal range of motion) and massage (manual manipulation/mobilisation of soft tissues). Manual therapy can be performed by physiotherapists, doctors, chiropractors or osteopaths.

	Statements about Manual Therapy	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Using manual therapy for back pain makes a lot of sense					
2	Generally, manual therapy is a believable therapy for back pain					
3	I am sceptical about manual therapy as a treatment for back pain in general					
4	I do not understand how manual therapy could help people with back pain					
5	Manual therapy cannot help people with back pain					
6	Manual therapy can work well for people with back pain					
7	I think manual therapy is pretty useless for people with back pain					
8	Manual therapy can make it easier for people to cope with back pain					
9	I worry that manual therapy could make my back worse					
10	I have concerns about having manual therapy for my back pain					
11	I would feel at ease about having manual therapy for my back pain					
12	I feel that manual therapy would not harm me					
13	I think manual therapy could suit me as a treatment for my back pain					
14	For me, having manual therapy would be a waste of time					
15	I am confident manual therapy would be a suitable treatment for my back pain					
16	Given what I know about my back pain, I doubt manual therapy would be right for me					

YOUR VIEWS ABOUT ACUPUNCTURE – Here are some statements about acupuncture. Acupuncture involves inserting needles into the body. Acupuncture is performed by medical practitioners such as doctors, nurses, physiotherapists, and practitioners trained in Traditional Chinese Medicine.

	Statements about Acupuncture	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Using acupuncture for back pain makes a lot of sense					
2	Generally, acupuncture is a believable therapy for back pain					
3	I am sceptical about acupuncture as a treatment for back pain in general					
4	I do not understand how acupuncture could help people with back pain					
5	Acupuncture cannot help people with back pain					
6	Acupuncture can work well for people with back pain					
7	I think acupuncture is pretty useless for people with back pain					
8	Acupuncture can make it easier for people to cope with back pain					
9	I worry that acupuncture could make my back worse					
10	I have concerns about having acupuncture for my back pain					
11	I would feel at ease about having acupuncture for my back pain					
12	I feel that acupuncture would not harm me					
13	I think acupuncture could suit me as a treatment for my back pain					
14	For me, having acupuncture would be a waste of time					
15	I am confident acupuncture would be a suitable treatment for my back pain					
16	Given what I know about my back pain, I doubt acupuncture would be right for me					

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The 4-item LBP-TBQ

YOUR VIEWS ABOUT PARTICULAR TREATMENTS FOR LOW BACK PAIN

The following questions refer to specific treatments for low back pain. Even if you haven't tried a particular treatment, please try to answer every question.

YOUR VIEWS ABOUT PAIN MEDICATION - Here are some statements about pain medication. By 'pain medication', we mean any tablets or patches taken to relieve back pain (both over-the-counter and prescription medications)

	Statements about pain medication	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Taking pain medication for back pain makes a lot of sense					
2	I think pain medication is pretty useless for people with back pain					
3	I have concerns about taking pain medication for my back pain					
4	I am confident pain medication would be a suitable treatment for my back pain					

YOUR VIEWS ABOUT EXERCISE – Here are some statements about exercise. By "exercise", we mean a physical activity programme (e.g. stretching exercises, strengthening exercises) that is performed under supervision or at home and is prescribed or recommended by a medical professional, such as a physiotherapist or a doctor.

	Statements about Exercise	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Doing exercise for back pain makes a lot of sense					
2	I think doing exercise is pretty useless for people with back pain					
3	I have concerns about doing exercise for my back pain					
4	I am confident doing exercise would be a suitable treatment for my back pain					

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	Statements about Manual Therapy	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Using manual therapy for back pain makes a lot of sense					
2	I think manual therapy is pretty useless for people with back pain					
3	I have concerns about having manual therapy for my back pain					
4	I am confident manual therapy would be a suitable treatment for my back pain					

YOUR VIEWS ABOUT ACUPUNCTURE – Here are some statements about acupuncture. Acupuncture involves inserting needles into the body. Acupuncture is performed by medical practitioners such as doctors, nurses, physiotherapists, and practitioners trained in Traditional Chinese Medicine.

	Statements about Acupuncture	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE
1	Using acupuncture for back pain makes a lot of sense					
2	I think acupuncture is pretty useless for people with back pain					
3	I have concerns about having acupuncture for my back pain					
4	I am confident acupuncture would be a suitable treatment for my back pain					