

**Pain Beliefs Questionnaire**  
**Linton et al. 2002 J Occ Rehabil**

Please answer the following questions. The questions are related to *“the most common forms of back pain. We do not mean back pain related to fractures, infections, cauda equine syndrome, tumors, or nerve root injury”*

1. Pain intensity is directly related to the degree of the injury.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

2. Pain reduction is a prerequisite for returning to normal work.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

3. If a patient complains of pain during an exercise, I worry that it might cause an injury.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

4. I advise my patient with back pain to continue with their daily activities even if it hurts.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

5. Patients with monotonous or heavy jobs should not work when they have pain.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

6. If a movement increases the pain, I advise my patients to avoid it.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

7. Back pain suggests that something is seriously wrong with the back.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

**Pain Beliefs Questionnaire (continued)**

8. Mental stress can cause back pain even if there is no organic damage.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

9. Psychosocial factors can cause back pain.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

10. Treatment can be successful even if the pain persists.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

11. I always provide advice and instructions about pain management.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

12. I always provide my patients with clear instructions about activities, e.g. what they should and should not do.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

13. Sick leave is a good treatment for back pain.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree

14. I can predict the patients who will develop chronic pain problems.

1-----2-----3-----4-----5-----6  
Do not at all agree                      Unsure                      Completely agree