People with low back pain have told us that they are fearful of performing certain activities because they believe these activities will cause additional low back pain or reinjure their back.

Examples of such activities are listed below. Using the provided scale, please rate each activity for the amount of fear it causes you, as it relates to your low back pain. Because not all activities are fearful for all people, we are also asking you to list two different activities that cause you fear and to rate the fear associated with those activities.

Rate each activity on a 0 to 100 scale where 0 = No fear of activity and 100 = Maximal fear of activity.

0 < > 100

(No fear of activity) (Maximal fear of activity)

**Activity**

1. Sitting for longer than 1 hour \_\_\_\_\_\_\_\_\_\_\_\_
2. Standing for longer than 30 minutes \_\_\_\_\_\_\_\_\_\_\_\_
3. Walking for longer than 30 minutes \_\_\_\_\_\_\_\_\_\_\_\_
4. Lifting less than 20 pounds \_\_\_\_\_\_\_\_\_\_\_\_
5. Lifting 20 pounds or more \_\_\_\_\_\_\_\_\_\_\_\_
6. Carrying less than 20 pounds \_\_\_\_\_\_\_\_\_\_\_\_
7. Carrying 20 pounds or more \_\_\_\_\_\_\_\_\_\_\_\_
8. Twisting \_\_\_\_\_\_\_\_\_\_\_\_
9. Reaching to the floor \_\_\_\_\_\_\_\_\_\_\_\_
10. Performing back exercises \_\_\_\_\_\_\_\_\_\_\_\_
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_

Notes

FDAQ is scored by totaling the ratings for the 10 standard (listed) activities and dividing by 10 (range 0 to 100)

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Reference George SZ, Zeppieri G. Physical therapy utilization of graded exposure for patients with low back pain. J Orthop Sports Phys Ther. 2009;39(7):496-505. doi: 10.2519/jospt.2009.2983.