

Lower Back Pain Survey

Thank you for agreeing to participate in this survey. Your input is very important. The researchers are trying to find out what **people think about lower back pain**. We would like to know your general views towards lower back pain, even if you have never had back pain.

The survey includes questions about your opinions and any experience you may have had related to lower back pain, as well as your gender and age. All answers are anonymous and confidential. If there are any particular questions you do not wish to answer, please skip to the next question.

There are four pages in this survey, which should take approximately 5–10 minutes to complete. When you are finished, please return it using the postage-paid return envelope. Please return your incentive entry card *separately*.

You must be 18 years of age to participate in the survey.

8. Did you seek medical/professional advice or help?

- No *Skip ahead to question 11 on the next page*
- Yes *Continue to question 9*

9. From whom did you seek professional advice or help? (Please check all that apply.)

- Family doctor/GP
- Medical specialist
- Chiropractor
- Physiotherapist
- Pharmacist
- Massage therapist
- Other (please specify): _____

10. What were you advised to do by the professional(s)? (Please check all that apply.)

- Take painkillers
- Stay active
- Rest/avoid activity
- Go to bed
- Take time off work
- See a specialist
- Other (please specify): _____

11. Have you heard/viewed anything about lower back pain in the media in the past month?

- No, definitely have not heard anything
 - Not sure whether I have heard anything
 - Yes
- } *Skip ahead to question 14 on the next page*
- Continue to question 12*

**12. Where did you hear/view about lower back pain in the media in the past month?
(Please check all that apply)**

- On the radio
- In a newspaper
- On a poster
- On TV
- Can't remember where
- Other (please specify): _____

13. Did the information in the media influence your beliefs about lower back pain or change how you will handle an episode of lower back pain in the future?

- No
- Yes

14. Please read each of the following statements and indicate whether you disagree or agree with each statement on a scale of 1 to 5, where 1 is completely disagree and 5 is completely agree (keep in mind this survey is specifically focused on lower back pain):

	completely disagree		completely agree		
	1	2	3	4	5
a. There is no real treatment for back trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Back trouble will eventually stop you from working.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Back trouble means periods of pain for the rest of your life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Doctors cannot do anything for back trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. A bad back should be exercised.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Back trouble makes everything in life worse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Surgery is the most effective way to treat back trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Back trouble may mean you end up in a wheelchair.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Alternative treatments are the answer to back trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Back trouble means long periods of time off work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Medication is the <i>only</i> way of relieving back trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Once you have had back trouble there is <i>always</i> a weakness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Back trouble <i>must</i> be rested.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Later in life back trouble gets progressively worse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. If you have back pain, you should rest until it gets better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. If you have back pain, you should try to stay active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Simple painkillers are usually enough to control most back pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. Most back pain settles quickly, and you can get on with normal activities such as going to work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Thank you for taking the
time to complete our survey!**

**If you would like to enter the draw, don't forget to
separately return your postage-paid return card.**

