



### Client Information

<i>Client Name</i>	Joan Blog
<i>Date of birth (age)</i>	4 November 1968 (51)

### Assessment Information

<i>Assessment</i>	Tampa Scale of Kinesiophobia (TSK)
<i>Date administered</i>	7 May 2020
<i>Assessor</i>	Dr Test Account NovoPsych
<i>Time taken</i>	3 minutes 9 seconds

### Results

	Raw Score	FM Percentile	CBP Percentile
Total Score	41	96.4	82.8
Activity Avoidance Scale	20	66.3	34.9
Somatic Focus Scale	12	68.6	46.9

### Interpretive Text

No Interpretation
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### Scoring and Interpretation Information

<p>Results consist of a total raw score and two subscale scores. Additionally, scores are presented in percentile terms in comparison to patients with chronic back pain (CBP Percentile) and Fibromyalgia (FM Percentile) using data from Roelofs et al (2004). Thus, a percentile of 50 compared to the Fibromyalgia sample represents an average level of kinesiophobia compared to others with Fibromyalgia.</p> <p>The total score ranges between 17 and 68. A high value on the TSK indicates a high degree of kinesiophobia, and a cutoff score was developed by Vlaeyen (1995), where a score of 37 or over is considered as a high score, while scores below that are considered as low scores. Use of a total score (including all 17 items) is recommended, although practitioners may wish to interpret results using two subscales;</p> <ul style="list-style-type: none"><li>- Activity Avoidance - this subscale reflects the belief that activity may result in (re)injury or increased pain.</li><li>- Somatic Focus - reflects the belief in underlying and serious medical problems</li></ul>
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**Client Responses**

		Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1	I'm afraid that I might injure myself if I exercise	1	2	3	4
2	If I were to try to overcome it, my pain would increase	1	2	3	4
3	My body is telling me I have something dangerously wrong	1	2	3	4
4	My pain would probably be relieved if I were to exercise	4	3	2	1
5	People aren't taking my medical condition seriously enough	1	2	3	4
6	My accident has put my body at risk for the rest of my life	1	2	3	4
7	Pain always means I have injured my body	1	2	3	4
8	Just because something aggravates my pain does not mean it is dangerous	4	3	2	1
9	I am afraid that I might injure myself accidentally	1	2	3	4
10	Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening	1	2	3	4
11	I wouldn't have this much pain if there weren't something potentially dangerous going on in my body	1	2	3	4
12	Although my condition is painful, I would be better off if I were physically active	4	3	2	1
13	Pain lets me know when to stop exercising so that I don't injure myself	1	2	3	4
14	It's really not safe for a person with a condition like mine to be physically active	1	2	3	4
15	I can't do all the things normal people do because it's too easy for me to get injured	1	2	3	4
16	Even though something is causing me a lot of pain, I don't think it's actually dangerous	4	3	2	1
17	No one should have to exercise when he/she is in pain	1	2	3	4