**THE NECKPIX© QUESTIONNAIRE**


The following images have been created with the aim of understanding how you feel about common situations experienced during usual activities.

Please rate each picture according to this question:

**How much do you fear that doing this activity would hurt your neck?**

To rate the picture, use a number from 0 to 10 where 0=no fear and 10=greatest fear.

1) Sleeping Score: ___  
2) Hair washing Score: ___  
3) Using the Personal Computer Score: ___  
4) Lifting a weight Score: ___
5) Carrying a bag
Score: ____

6) Engaging the reverse
Score: ____

7) Cleaning the windows
Score: ____

8) Taking garbage can out
Score: ____

9) Sitting up
Score: ____

10) Recreation
Score: ____

Total score: ________

Please, add any further comment: