

## THE NECKPIX® QUESTIONNAIRE

(M Monticone, H Vernon, R Brunati, B Rocca, S Ferrante. The NECKPIX®: development of an evaluation tool for assessing kinesiophobia in subjects with chronic neck pain. Eur Spine J 2015;24(1):72-9)

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: \_\_\_\_



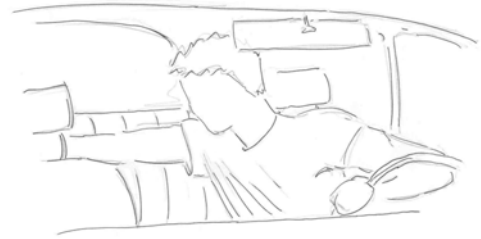
4) Lifting a weight

Score: \_\_\_\_



5) Carrying a bag

Score: \_\_\_\_



6) Engaging the reverse

Score: \_\_\_\_



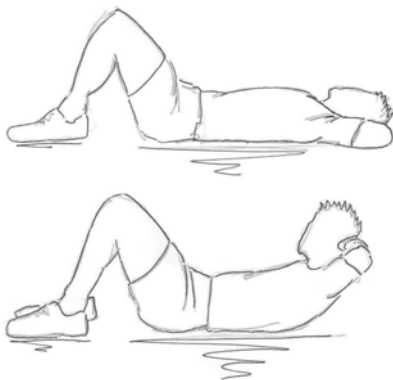
7) Cleaning the windows

Score: \_\_\_\_



8) Taking garbage can out

Score: \_\_\_\_



9) Sitting up

Score: \_\_\_\_



10) Recreation

Score: \_\_\_\_

Total score: \_\_\_\_\_

Please, add any further comment:

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