**APPENDIX A**

**Brief Fear of Movement Scale for Osteoarthritis**

**(Shelby et al., 2012)**

**­­­­­­­­­­­­­­­­NAME**

**AGE**

**­­­­­­­­­­­­­­­­­­­­­­­­­SEX**

**­­­­­­­­­­­­­­­­­­­­­DATE**

**­­­­­­­­­­­­­­­­­­­­­­­**

1 = strongly disagree

2 = disagree

3 = agree

4 = strongly agree

*Instruction:* For each of the following questions, please circle the number that corresponds to how fearful you are about your condition regularly at the present time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | I am afraid that I might injure myself if I exercise | 1 | 2 | 3 | 4 |
| 2 | If I were to try to overcome it, my pain will increase | 1 | 2 | 3 | 4 |
| 3 | I am afraid that I might injure myself accidentally | 1 | 2 | 3 | 4 |
| 4 | Simply being careful that I do not make any unnecessary movement is the safest thing I can do to prevent my pain from worsening | 1 | 2 | 3 | 4 |
| 5 | It is really not safe for a person with a condition like mine to be physically active | 1 | 2 | 3 | 4 |
| 6 | I can’t do all the things normal people do because it is too easy for me to be injured | 1 | 2 | 3 | 4 |

**APPENDIX B**

**Brief Fear of Movement Scale for Osteoarthritis (translated version)**

**(Újó I Gaghari Maka Oria Agba Ikpere {nkè di n’nké nké})**

1 = ekweghi m chaa chaa

2 = ekweghi m

3 = ekwere m

4 = ekwere m nke ọma/ọfụma

*Ntuziaka*: Maka otu n’ime ajuju ndi a n’esote, biko kachie onu ogugu nke dabanyere otu ụjọ si atu gi banyere onodu gi mgbe niile n’oge a.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Ujo n’atum na m nwere ike imeru onwe m áhú ma o buru na m megharia ahu | 1 | 2 | 3 | 4 |
| 2 | M chọọ ka m wepu uche ka m merie ya, mgbu m ga-agbali elu | 1 | 2 | 3 | 4 |
| 3 | Ujo na-atu m na m nwere ike imeru onwe m áhú na mberede. | 1 | 2 | 3 | 4 |
| 4 | Naani ido anya ka m ghara iga ije na ekwesighi ekwesi bu ihe kachasi mma m nwere ike ime were gbochie mgbu m ikawanye njo | 1 | 2 | 3 | 4 |
| 5 | O dighi mma ka onye nwere oria dika nke m na-emeghari ahu | 1 | 2 | 3 | 4 |
| 6 | Agaghi m emenwu ihe niile ndi ahu ndi mmadu na-eme n’ihi na odiri m mfe imeru ahu | 1 | 2 | 3 | 4 |