

Information For Participants

Welcome to the low back pain beliefs study

My name is Wendy Rushworth and I am undertaking my research dissertation as part of my Masters of Osteopathy degree at Unitec. I would like to invite you to participate in a study investigating the validity and reliability of four questionnaires that explore the attitudes of musculoskeletal practitioners towards low back pain.

How this is done and why

Reliability of the questionnaires is tested by repeating them two weeks apart to show if the results are reproducible. The information collected from the four questionnaires will also be analysed to show us if the questionnaires do what they are designed to do. The beliefs in the answers to these questionnaires will also be explored. Be assured there are no right or wrong answers, it is your personal beliefs that we are interested in.

This area of research is important as ultimately it may create awareness around the best approaches for practitioners regarding patients with low back pain.

What it will mean for you

If you choose to take part in this study please read the consent form on the following page and tick 'yes'. You will first be asked some general demographic questions regarding yourself, your profession, qualifications and work environment, followed by four short questionnaires. It is important that you answer every question. Previously this has taken people 15-20 minutes. If you choose not to participate please indicate this on the consent form and simply return it in the reply paid envelope.

The survey is repeated two weeks later. The information gained by repeating the questionnaire tells us if they are reliable in a test/retest respect. The second survey will be less the information sheet, consent form and demographic questions so it will be shorter second time round.

You may withdraw from the project at any time up until we have received your second and final questionnaire.

We appreciate your participation

To show our appreciation we will be offering a \$20 petrol voucher to the first 20 participants that complete the second survey.

Who may participate?

Anyone who is a registered health care practitioner within New Zealand and Australia, and can speak and read English.

What we do with the data and results and how we protect your privacy

Any information that may identify you will be kept completely confidential. All information collected from you will be stored on a password protected file or locked filing cabinet and only you, my two supervisors and I (the primary researcher) will have access to this information.

Information from the questionnaire will be used in preparing my research dissertation. This dissertation may also be used for future purposes as part of a journal article and/or presenting findings at a conference or an osteopathic educational institute.

Consent Form

Please contact us if you have any questions about this research project.

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This study has been approved by the Unitec Research Ethics Committee from (11/08/2014) to (11/08/2015). If you have any complaints or reservations about the ethical conduct of this research, you may contact the Committee through the UREC Secretary (Ph: 09 815 4321 ext.7254). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

CONSENT FORM

I have read and I understand the Participant Information Sheet provided on the previous page.

I have had the opportunity to ask questions and have them answered.

I understand that I don't have to be part of this if I don't want to and I may withdraw from participating in the research at anytime up until I submit my second and final survey.

I understand that the information I give is confidential and will not be used in a way that identifies me.

I understand that all the information I give will be stored securely on a computer and/or a locked filing cabinet for a minimum period of five years and the only persons with access to this information is me, the primary researcher and the project supervisors.

I understand that I can see the finished research document by contacting Wendy Rushworth at wendyrushworth@gmail.com

This study has been approved by the Unitec Research Ethics Committee from (11/08/2014) to (11/08/2015). If you have any complaints or reservations about the ethical conduct of this research, you may contact the Committee through the UREC Secretary (Ph: 09 815 4321 ext.7254). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

1. I have had time to consider everything and I give my consent to be a part of this project.

Yes

No

Today's date:

2. Are you a registered osteopath in New Zealand or Australia?

Yes

No

Demographic Information

The following questions ask information about your training, yourself and your experience of low back pain. Please answer ALL of the questions by marking the relevant option that best describes your situation, view or experience.

3. Gender

Female

Male

4. In which year were you born?

5. What is your highest qualification in ANY field?

Diploma

Bachelors Degree

Honours Degree

Masters Degree

PhD or Doctoral Degree

Other (please specify)

6. How many years have you been practicing as a fully qualified osteopath?

7. In a typical week how many hours would you work as an osteopath?

8. Have you undertaken any further training regarding low back pain i.e. an organised course, after qualifying?

Yes

No

If yes please specify what and when

9. How would you describe your practice style?

Please select a single response per technique that best represents your style

	Most of my patients	75% of my patients	50% of my patients	25% of my patients	Hardly any of my patients	Do not use this technique
High velocity low amplitude (HVLA)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dry needling/acupuncture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Functional technique	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle energy technique (MET)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Osteopathy in the cranial field (OCF)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soft tissue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fascial unwinding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Articulation/joint mobilisation (without cavitation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visceral	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balanced ligamentous tension (BLT)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strain-counterstrain and/or Positional release	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other technique	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other technique (please specify)

10. Have you ever experienced low back pain yourself? (If 'No' skip to questionnaire 1)

Yes

No

11. Please indicate the time frame in which you experienced your low back pain

Now

In the past 6 months

In the past 12 months

Beyond 12 months ago

Always

12. What did you do when you were experiencing low back pain? Please tick the appropriate answer

Had pain medication

Kept active

Had time off work (how long?)

Sought some form of treatment (what treatment and for how long?)

Questionnaire 1

Please be aware that the following questionnaires all gather similar information (beliefs about low back pain) therefore they *will* seem a little repetitive.

Note: When the questionnaires mention 'pain' or 'back pain' please think of this as 'LOW BACK PAIN'.

13. These questions refer to back pain. We do not mean back pain related to present fractures, infections, cauda equina syndrome or tumours. Please indicate how much you agree with the following statements.

	Completely disagree	Disagree	Neutral	Agree	Completely agree
Sick leave is a good treatment for back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pain intensity is directly related to the degree of injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pain reduction is a prerequisite for returning to normal work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a patient complains of pain during an exercise, I worry that it might cause an injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I advise my patient with back pain to continue with their daily activities even if it hurts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental stress can cause back pain even if there is no organic damage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always provide my patients with clear instructions about activities, e.g. what they should and should not do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patients with monotonous or heavy jobs should not work when they have pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a movement increases the pain, I advise my patients to avoid it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychosocial factors can cause back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Treatment can be successful even if the pain persists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back pain suggests that something is seriously wrong with the back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always provide advice and instructions about pain management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can predict the patients who will develop chronic pain problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questionnaire 2

14. We are interested in your views of lower back pain as a practitioner. Please indicate the level you agree or disagree with the statements by ticking the boxes accordingly.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
I am worried that a patient with lower back pain will be injured when doing exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a patient with lower back pain were to try to overcome it, the pain will get worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The lower back pain indicates that there is something dangerously wrong with the patient's body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The lower back pain would probably be relieved if the patient were to do exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People aren't taking the medical condition of a person with back pain seriously enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lower back pain will put a patient at risk for the rest of their life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lower back pain means that the patient has injured their body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Just because something aggravates the pain does not mean it is dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone with lower back pain has a higher chance to accidentally injure themselves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The safest way to prevent lower back pain from getting worse is avoiding unnecessary movements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The back pain would be less if there wasn't something dangerously wrong with the patient's body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Despite the pain, the patient would be better off if they were physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The pain indicates when one has to stop with physical exercises in order to avoid injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's really not safe for someone with lower back pain to be physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone with lower back pain can't do all the things normal people do because it's too easy to get injured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If something is causing the patient a lot of pain, it is not dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A patient should not have to exercise if they are in pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questionnaire 3

Please rate each statement.

15. These questions are about your own back

	False	Possibly False	Unsure	Possibly True	True
Your back is one of the strongest parts of your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your back is well designed for the way you use it in daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending your back is good for it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting is bad for your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting without bending the knees is not safe for your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is easy to injure your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. These questions are about looking after your own back

	False	Possibly False	Unsure	Possibly True	True
It is important to have strong muscles to support your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good posture is important to protect your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you overuse your back, it will wear out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If an activity or movement causes back pain, you should avoid it in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You could injure your back if you are not careful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You can injure your back and only become aware of the injury sometime later	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. These questions are about back pain in general

	False	Possibly False	Unsure	Possibly True	True
Back pain means that you have injured your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A twinge in your back can be the first sign of a serious injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts and feelings can influence the intensity of back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress in your life (financial, work, relationship) can make back pain worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you have back pain, you can do things which increase your pain without harming the back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having back pain makes it difficult to enjoy life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is worse to have pain in your back than your arms or legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is hard to understand what back pain is like if you have never had it yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. These questions are about what you should do if you have back pain

	False	Possibly False	Unsure	Possibly True	True
If your back hurts, you should take it easy until the pain goes away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you ignore back pain, you may cause damage to your back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to see a health professional when you have back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To effectively treat back pain you need to know exactly what is wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you have back pain you should avoid exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you have back pain the risks of vigorous exercise outweigh the benefits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>

19. These questions are about recovering from back pain

	False	Possibly False	Unsure	Possibly True	True
Most back pain settles quickly, at least enough to get on with normal activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying about your back can delay recovery from back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focussing on things other than your back helps you to recover from back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expecting your back pain to get better helps you to recover from back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once you have had back pain there is always a weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is a high chance that an episode of back pain will not resolve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once you have a back problem, there is not a lot you can do about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you very much for completing this survey

You will receive the second, shorter (minus the demographic questions) and final survey in two weeks.

The first twenty people to complete the second survey will be sent a \$20 petrol voucher.

Thanks again.

21. If you would like to receive the second survey electronically please provide your email address in the box below