

Fear-Avoidance Beliefs Questionnaire

Recent evidence suggests that fear-avoidance beliefs may be the most important risk factor for recurrence in disability. Studies have shown that fear avoidance beliefs are predictive of future disability and work status even after controlling pain factors of duration/intensity and the type of treatment received.

Waddel G, Newton M, et al. A Fear-Avoidance Beliefs Questionnaire (FABQ) and the role of fear avoidance beliefs in chronic low back pain and disability. *Pain* 1993,52:157-168

Physical Activity: Questions 2, 3, 4, 5

Work Activity: Questions 6, 7, 9, 10, 11, 12, 15

Questions 0-6 based on a patients answer and score by adding the total for the above noted questions.

FABQ Physical Activity Score of ≥ 14 responds better to a cognitive/behavioral approach and de-emphasize the traditional pain specific treatment goals

FABQ Work score that is >18 has a decrease likelihood of success from a joint manipulation/mobilization treatment approach.

FABQ Work score of 34 or greater increases the risk for prolonged disability and will most likely require a multi-disciplinary approach to treatment.