

Tampa Scale for Kinesiophobia: Temporomandibular Disorders

Jaw problems can cause many difficulties in different ways. From the list below, please indicate which jaw problems are giving you trouble (circle yes or no; multiple "yes" responses are possible):

- jaw pain yes no
- noises in my jaw when I move my mouth (e.g., clicking or crunching) yes no
- lower jaw is stuck or locked such that it cannot be opened or closed any further yes no
- other jaw problem – please describe:

For each of the statements below, please indicate how much you agree or disagree. Please use the following scale:

1
strongly disagree
2
somewhat disagree
3
somewhat agree
4
strongly agree

1.	I am afraid that I might injure myself if I move my jaw.	1	2	3	4
2.	If I ignored my jaw symptoms, they would get worse.	1	2	3	4
3.	My jaw is telling me that something is seriously wrong with it.	1	2	3	4
4.	My jaw symptoms would probably be better if I moved my jaw more.	1	2	3	4
5.	Other people do not take my jaw symptoms seriously enough.	1	2	3	4
6.	My jaw symptoms have put my health at risk for the rest of my life.	1	2	3	4
7.	My jaw symptoms mean that I have injured my jaw.	1	2	3	4
8.	Just because something aggravates my jaw symptoms does not mean that it is harmful.	1	2	3	4
9.	I am afraid that I might accidentally injure my jaw.	1	2	3	4
10.	The safest way to prevent my symptoms from getting worse is to be careful and not to move my jaw any more than necessary.	1	2	3	4
11.	I would not have this many jaw symptoms if there was not something potentially harmful going on.	1	2	3	4
12.	Although I have jaw symptoms I would be better off if I kept using my mouth normally.	1	2	3	4
13.	My jaw symptoms let me know when to stop moving my jaw so that I do not injure myself.	1	2	3	4
14.	It is really not safe for someone with a jaw condition like mine to use the mouth a lot.	1	2	3	4
15.	I cannot do everything other people can do, because it is too easy for me to injure my jaw.	1	2	3	4
16.	Even if doing something aggravates my jaw symptoms, I do not think that it is harmful.	1	2	3	4
17.	No one should have to move the jaw when he/she has a jaw problem.	1	2	3	4
18.	I am afraid to open my mouth wide because then I may not be able to close it again.	1	2	3	4