

Modified questionnaire to measure adherence based on the Exercise Adherence Rating Scale (EARS).

Exercise adherence rating scale					
Questions	Please mark the box that applies to you (0 = strongly disagree, 4 = strongly agree).				
	0	1	2	3	4
1) I do my exercises as often as it was recommended.					
2) I adapt the way I do my exercises to myself.					
3) I do not get to do my exercises.					
4) Other commitments prevent me from doing my exercises.					
5) I feel safe doing my exercises.					
6) I do not have time to do my exercises.					
7) I am not sure how to do my exercises.					
8) I do some but not all of my exercises.					
9) I do not do my exercises when I am tired.					
10) I do fewer exercises than my therapist recommended.					
11) I adjust my exercises to fit my routine.					
12) I do my exercises because I enjoy them.					
13) My friends and family advise me to do my exercises.					
14) I stop doing my exercises when my pain is too much.					
15) I forget to do my exercises.					
16) I do my exercises to improve my pain.					
17) I continue to do my exercises when my pain is better.					
Total score					

The evaluation of the questionnaire has been explained in the book *"Back pain patients' adherence to sustainable physiotherapy - where are the opportunities?"* (page 30).