



## Appendix

### Appendix 2: Questionnaire about pain in the cervical spine.

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#### QUESTIONNAIRE ABOUT PAIN IN THE CERVICAL SPINE.

The following questionnaire is anonymous and the data has scientific and health care interest. We are interested in its valuable opinions about the pain in cervical spine; it deals with aspects relating to pain in the body region they are reported. This information is very valuable because we will know the problem in question to a greater degree so that we can help better our patients or prevent a chronic process in others. We thank you in advance for agreeing to participate in this epidemiological research and work on it.

1. Age: \_\_\_\_\_ years old
2. Sex: Female\_\_\_\_ Male\_\_\_\_
3. Have you had any pain cervical spine crisis during your lifetime?  
Yes \_\_\_\_ No \_\_\_\_  
At what age did you have the first crisis? \_\_\_\_
4. How is your sleep?  
Restorative: \_\_\_\_ Enough \_\_\_\_ Little Sleep\_\_\_\_
5. In which posture do you sleep?  
Prostate: \_\_\_\_ Supine: \_\_\_\_ Side \_\_\_\_:  
Not stated: \_\_\_\_
6. What kind of pillow do you use?  
Soft: \_\_\_\_ Hard: \_\_\_\_ Firm: \_\_\_\_  
Thin: \_\_\_\_ Thick: \_\_\_\_  
Do not use pillow: \_\_\_\_
7. What kind of mattress do you use?  
Soft: \_\_\_\_ Hard: \_\_\_\_ Firm: \_\_\_\_
8. Are you considered a stressed person?  
\_\_\_\_ Yes \_\_\_\_ No \_\_\_\_ Do not know
9. How is stress manifested in you?  
Insomnia \_\_\_\_ Muscle Contracture \_\_\_\_ Irritability\_\_\_\_  
Nervousness \_\_\_\_ Restlessness \_\_\_\_ Body Pain\_\_\_\_  
Tiredness \_\_\_\_ Neck Discomfort \_\_\_\_ Do not know\_\_\_\_
10. What factors, in your opinion, will cause neck pain?

\_\_\_ Physical stress at work

\_\_\_ Mental or emotional overburden at work

\_\_\_ Physical overburden in domestic life

\_\_\_ Mental or emotional overburden in the family.

Other: (Describe)