

Fear of Mental Activity Scale (FMA)

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Note: This is a forward-backward English translation of the Dutch validated FMA version and has not been validated separately. This translation is sourced from: Wijenberg, M. L., Hicks, A. J., Downing, M. G., Van Heugten, C. M., Stapert, S. Z., & Ponsford, J. L. (2020). Relevance of the fear-avoidance model for chronic disability after traumatic brain injury. *Journal of Neurotrauma*, 37(24), 2639-2646.

The FMA, adapted from the Tampa Scale for Kinesiophobia (TSK), has been validated for use in mild traumatic brain injury/concussion populations to assess avoidance of mental activity due to persistent post-concussion complaints after injury. The study by King et al., (2024) used the 17-item version of the FMA, and it was found that the four reverse scored items should be excluded, similarly to other studies investigating the long version of the TSK. Therefore, the FMA excludes these items and is a 13-item questionnaire. Scoring instructions are found below and are based on the validation study by King, et al., (2024). Reference scores can be found in the paper (King, et al., 2024), but caution is advised when interpreting the scores due to skewness in the distribution and floor effects.

King, S., Stapert, S. Z., Wijenberg, M. L. M., Winkens, I., Verbunt, J. A., Rijkeboer, M. M., van der Naalt, J., & van Heugten, C. M. (2024). Psychometric properties of two instruments assessing catastrophizing and fear-avoidance behavior in mild traumatic brain injury. *Neuropsychology*, 38(5), 403–415. <https://doi.org/10.1037/neu0000954>

* See King et al, 2024 for psychometric data of the total score

Scoring Instructions

The items are scored from 1 (strongly disagree) to 4 (strongly agree).

Total score: A total score can be obtained by summing all the items of the questionnaire together. The total score should be interpreted with caution*.

Subscale scores: There are 2 subscales to calculate.

Activity avoidance: Sum items 1, 2, 7, 8, 10, 11, 12, and 13

Somatic focus: Sum items 3, 4, 5, 6, and 9

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