

Kinesiophobia Scale for the Upper Extremity

NCT06485934

Status	RECRUITING
Sponsor	Emre ^enocak
Enrollment	150 participants

Plain Language Summary

This study is developing and validating a new questionnaire to measure fear of movement (kinesiophobia) specifically in people who have conditions affecting the arm, shoulder, or hand — such as fractures, arthritis, or tendon injuries.

****You may be eligible if...****

- You score above 37 on the Tampa Scale of Kinesiophobia (a standard measure of fear of movement)
- You have a diagnosed traumatic, orthopedic, or rheumatologic condition in your upper limb
- You score above 24 on a brief cognitive test (Mini-Mental State Examination), indicating normal mental functioning

****You may NOT be eligible if...****

- You have a cancer diagnosis
- You are currently using psychiatric medications
- You are taking pain medications during the evaluation periods
- You have received physiotherapy in the past 6 months
- You have not completed a secondary level of education

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (3)

- Tampa Kinesiophobia Score ≥ 37 points
- Presence of traumatological, orthopedic and rheumatological pathology in the upper extremity
- Mini-Mental State Examination score ≥ 24 points

Exclusion (5)

- Malignancy,
- Psychiatric drug use,
- Use of painkillers during evaluation periods,
- Those who received physiotherapy before the study (last 6 months),
- Those whose education level is below secondary school level,

Locations (2 total)

Clinic of Ostanbul Hand-Microsurgery Rehabilitation, Istanbul, Turkey (Türkiye)
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<https://clinicaltrials.gov/study/NCT06485934>

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