## Appendix 1: Ethiopian school teacher shoulder/and neck pain [EST-SNP] Questionnaire

### English version Questionnaire

<table>
<thead>
<tr>
<th>Socio-demographic information:</th>
<th>Questionnaire unique ID:</th>
</tr>
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<tbody>
<tr>
<td>Data collector ID:</td>
<td>Response Code</td>
</tr>
<tr>
<td>101 Sex</td>
<td>D1</td>
</tr>
<tr>
<td>If female aye you pregnant?</td>
<td>1. Yes 2. No</td>
</tr>
<tr>
<td>102 Age</td>
<td>D2</td>
</tr>
<tr>
<td>103 Educational status</td>
<td>1. Certificate</td>
</tr>
<tr>
<td></td>
<td>2. Diploma</td>
</tr>
<tr>
<td></td>
<td>3. Degree</td>
</tr>
<tr>
<td></td>
<td>4. Master</td>
</tr>
<tr>
<td>104 Marital status</td>
<td>1. Single</td>
</tr>
<tr>
<td></td>
<td>2. Married</td>
</tr>
<tr>
<td></td>
<td>3. Divorced</td>
</tr>
<tr>
<td></td>
<td>4. Separated</td>
</tr>
<tr>
<td></td>
<td>5. Widowed</td>
</tr>
<tr>
<td>105 Handedness</td>
<td>1. right</td>
</tr>
<tr>
<td></td>
<td>2. Left</td>
</tr>
<tr>
<td>106 Monthly income</td>
<td>D6</td>
</tr>
<tr>
<td>107 Height</td>
<td>D7</td>
</tr>
<tr>
<td>108 Weight</td>
<td>D8</td>
</tr>
<tr>
<td>109 Body mass index</td>
<td>D9</td>
</tr>
<tr>
<td>110 School level</td>
<td>1. Elementary</td>
</tr>
<tr>
<td></td>
<td>2. High school</td>
</tr>
<tr>
<td>111 Working organization</td>
<td>1. Private</td>
</tr>
<tr>
<td></td>
<td>2. Governmental</td>
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### Behavioral factors

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Code</th>
</tr>
</thead>
</table>
| 201 How would you describe your smoking habit?                          | 1. Previous occasional smoker  
2. Previous daily smoker  
3. Non smoker  
4. Current occasional smoker  
5. Current occasional smoker                                           | B1   |
| 202 Do you consume alcohol?                                             | 1. Yes  
2. No                                                      | B2   |
| If yes how many bottles/ml in a week?                                   |                                             |      |
| 203 Do you do physical exercise                                         | 1. Yes  
2. No                                                      | B3   |
| If yes how many minuets in a week?                                      |                                             |      |

### Shoulder/neck Pain

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Code</th>
</tr>
</thead>
</table>
| 301 Have you ever had discomfort/pain around your shoulder/neck during last 12 month? | 1. Yes  
2. No                                                      | P1   |
| 302 If yes on which part of body you feel the pain?                     | 1. Both (shoulder/neck)  
2. Shoulder only  
3. Neck only                                                           | P2   |
| 303 What is the onset of your pain?                                     | 1. Gradual  
2. Sudden                                                   | P3   |
| 304 For how long do you feel this pain?                                 | 1. Less than 7 days  
2. 7 days -7 weeks                                              | P4   |
3. 8-12 weeks  
4. More than 12 weeks

| 305 | How severe is your pain? | _________________  
|     |                          | Mark on the 10cm line |

| 306 | Do you have absenteeism from your work due to pain? | 1. Yes  2. No |

| 307 | Does the pain go in to your arm or hand? | 1. Yes  2. No |

| 308 | Have you sought consultation with any doctor/Physiotherapists for your pain? | 1. Yes  2. No |

**Work related physical factors**

| 401 | Work experience | .............years |

| 402 | How many working hours of class do you have in a week? | ______ mint its |

| 403 | How many students you teach in one class? | 1. 25-30  
|     |                                          | 2. 30-40  
|     |                                          | 3. >40   |

| 404 | Have you ever experienced static head down posture more than 2- hours per day while correcting students work and other activities? | 1. Yes  2. No |

| 405 | Have you ever experienced elevated arm above your shoulder more than 2- hours per day while writing on blackboard? | 1. Yes  2. No |

| 406 | Have you ever experienced standing position more than 2- hours per day in a class? | 1. Yes  2. No |

<p>| 407 | Have you ever experienced sitting position more than | 1. Yes  2. No |</p>
<table>
<thead>
<tr>
<th>4- hours per day in a class?</th>
</tr>
</thead>
<tbody>
<tr>
<td>408 Do you have comfortable back support during sitting? 1. Yes 2. No W8</td>
</tr>
</tbody>
</table>

**Comorbidities**

<table>
<thead>
<tr>
<th>501 Do you have diagnosed diabetes mellitus? 1. Yes 2. No C1</th>
</tr>
</thead>
<tbody>
<tr>
<td>502 Do you have diagnosed hypertension? 1. Yes 2. No C2</td>
</tr>
<tr>
<td>503 Do you have diagnosed respiratory diseases (asthma)? 1. Yes 2. No C3</td>
</tr>
<tr>
<td>504 Have you ever had surgery around your shoulder/ neck area before 3- month? 1. Yes 2. No C4</td>
</tr>
<tr>
<td>505 Have you ever had trauma around your shoulder/ neck area before 3- month? 1. Yes 2. No C5</td>
</tr>
</tbody>
</table>

**Psychosocial factors**

<table>
<thead>
<tr>
<th>601. Psychological job demand</th>
<th>To a very large extent</th>
<th>To a large extent</th>
<th>Somewhat</th>
<th>To a small extent</th>
<th>To a very small extent</th>
</tr>
</thead>
<tbody>
<tr>
<td>602. Supervisor support</td>
<td>Always</td>
<td>Often</td>
<td>Sometimes</td>
<td>Seldom</td>
<td>Never/hardly ever)</td>
</tr>
<tr>
<td>603. Social support</td>
<td>Always</td>
<td>Often</td>
<td>Sometimes</td>
<td>Seldom</td>
<td>Never/hardly ever)</td>
</tr>
<tr>
<td>604. Co-worker support</td>
<td>Always</td>
<td>Often</td>
<td>Sometimes</td>
<td>Seldom</td>
<td>Never/hardly ever)</td>
</tr>
<tr>
<td>605. Job satisfaction</td>
<td>To a very large extent</td>
<td>To a large extent</td>
<td>Somewhat</td>
<td>To a small extent</td>
<td>To a very small extent</td>
</tr>
</tbody>
</table>

Thank you for your participation!!!

**Amharic version questionnaire**

አማርኛ የታስቾ][]ነ ከ<Tuple>
<table>
<thead>
<tr>
<th>የሚሸጥ ከምርጫ እምዐገር</th>
<th>ያ/ፋ</th>
</tr>
</thead>
<tbody>
<tr>
<td>101 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
</tr>
<tr>
<td>102 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
</tr>
<tr>
<td>103 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
</tr>
<tr>
<td>104 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
</tr>
<tr>
<td>105 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
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<tr>
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<td>ያ/ፋ</td>
</tr>
<tr>
<td>107 የሚሸጥ ከምርጫ እምዐገር</td>
<td>ያ/ፋ</td>
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<tr>
<td>108 የሚሸጥ ከምርጫ እምዐገር</td>
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<td>-----</td>
<td>------------------</td>
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<td>የሆነ ከው እትቃ እንቅስቃሴ ትጠጣለሁ/ሽ</td>
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<th>የትክሻና/አንገት ትመራት መድረክ</th>
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<tr>
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<td>የቀኑ ው ስ</td>
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<th>የትክሻና/አንገት ትመራት መድረክ</th>
<th>የትክሻና/አንገት ትመራት መድረክ</th>
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<tbody>
<tr>
<td>303</td>
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<tr>
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<td>የቀኑ ው ስ</td>
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<tr>
<td>305</td>
<td>ይህ መስዕሉ ላይ መጦቆም ይቻላል</td>
<td>የቀኑ ው ስ</td>
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<tr>
<td>---</td>
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</tr>
<tr>
<td>306</td>
<td>ያስጠውን ይሆን ከወ የተጠቀለን ያሬ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
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<tr>
<td>307</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
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<tr>
<td>308</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
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### ከአንድ ቤት ይከፋል የተወሰረው ድረስ

<p>| | | | |</p>
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<tbody>
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<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>............... ይግባኝ</td>
<td>W1</td>
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<tr>
<td>402</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>______ ይችሉ</td>
<td>W2</td>
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<tr>
<td>403</td>
<td>ከወ ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. 25-30 2. 30-40 3. &gt;40</td>
<td>W3</td>
</tr>
<tr>
<td>404</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>W4</td>
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<td>405</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>W5</td>
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<td>1. አላዉቅም 2. እለማቅቀም</td>
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<td>1. አላዉቅም 2. እለማቅቀም</td>
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<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>W8</td>
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### ከአንድ ቤት ይከፋል የተወሰረው ድረስ

<p>| | | | |</p>
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</thead>
<tbody>
<tr>
<td>501</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>C1</td>
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<tr>
<td>502</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>C2</td>
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<tr>
<td>503</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>C3</td>
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<tr>
<td>504</td>
<td>ያስጠውን ይሆን ከወ የቀረበ ች╝</td>
<td>1. አላዉቅም 2. እለማቅቀም</td>
<td>C4</td>
</tr>
<tr>
<td>504</td>
<td>ከሆስት መሪ ይርጋ በጋኝ ይህ በወጥ ሰጥፋ ከጋ ይሸፈ</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 601. | ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |
|       | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |
|       | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |
|       | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |

| 602. | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ |

| 603. | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ |

| 604. | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ |

| 605. | ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ ይህ ሰት ጋ ሰጥፋ |

| 1. ሆ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |
| 2. ሆ ከጋ ይሸፈ ይህ ሰት ጋ ሰጥፋ |
| C5 |