**Research on chronic musculoskeletal pain**

**Informed consent form**

This is a question about chronic pain.

Objectives of the study.

The objectives of this study were to identify the current proportion of holders by site and trends in the number of sites held by age group, and to identify trends by age group and site in coping behaviour when chronic pain is held, as basic data for freedom from chronic pain.

Personal data and data handling

　The data and personal information obtained will only be used for research purposes. When presenting research at conferences, in specialist journals, etc., the data will be anonymised. The data will be stored securely and will not be leaked to external parties.

Benefits and disadvantages of participating in the experiment.

As this study is based on a questionnaire-based survey, it does not involve any invasive procedures and does not involve any physical risks. However, there will be a time commitment of 5-15 minutes when answering the survey. It should be clearly stated that this time constraint is of the individual's own free will, so that no emotional or psychological burden is placed on the individual. If you wish to interrupt the investigation in the middle, you can do so at your discretion.

“I read the informed consent form and consent to participate in this study of my own free will.”

agree with

Disagree

experimenter　　Yasumasa Oka

duty holder　　Noriyuki Kida

**survey**

1, Please select your sex.

men

women

2, What is your age?

3, Have you ever experienced chronic pain, including at present, in any of the eight areas of the body listed below? Chronic pain is defined as persistent pain that lasts for more than three months (it does not matter if the pain does not occur every day. It is relevant if it appears at least twice a week). With regard to the degree and intensity of pain, it also includes mild pain such as 'feeling heavy'. It does not include acute trauma such as fractures, bruises or cuts. Pain caused by cancer is not included.

neck, shoulder, elbow, wrist/hand, lower back, hip joint, knee, and ankle/foot

Available

Not available

4, Please answer for the areas where you indicated that you have experienced chronic pain. Please tick all the behaviours you have experienced in the past that you have coped with when you had pain.

neck, shoulder, elbow, wrist/hand, lower back, hip joint, knee, and ankle/foot

visiting a hospital,

undergoing rehabilitation

receiving treatment from acupuncture/massage/osteopathy clinics

having a massage

self-management.