





















Appendix 1. Questionnaire to learn more about postural habits and related joint and muscle pain among school-age students.

Item No	Questions	A	B	C	D
1.	What kind of body posture do you often use throughout the day?	Sitting 	Lying down 	Standing 	-
Please answer this question and select the appropriate image if you selected the sitting position in the previous question.					
2.	What kind of sitting position do you often use throughout the day?	Sitting on the ground 	Sitting at a desk and in a chair 	Sitting on a sofa or couch 	-
Please answer this question and select the appropriate image if you selected the sitting at a desk position in the previous question.					
3.	What kind of body posture do you often use throughout the day when sitting at a desk?	Leaning forward 	Leaning Backwards 	Curved 	Correctly 
Please answer this question and select the appropriate image if you selected the lying down position in the first question.					
4.	What kind of lying down position do you often use throughout the day?	Lying on your back (Supine) 	Lying on stomach (Prone) 	Side lying 	-
5.	What kind of surface do you often use to lay on throughout the day?	Lying on the floor 	Lying on a sofa or couch 	Lying on the bed 	
6.	Have you had any joint or muscle pain in the recent week?	Not at all	Very Little	Relatively High	Very Much
If you mentioned experiencing joint or muscle pain in the previous question, kindly respond to this one.					

7.	According to the pictures, which part of your body suffered from the most joint or muscle pain?	Upper back pain 	Shoulder pain 	Neck Pain 	Low back pain 
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