

Supplementary File S1

Data sheet of the participants

Part 1: Personal information

ID: CHIPAIN_

Student weight:

Gender:

Student size:

- ☐ Boy
- ☐ Girl

BMI:

Birth date:

Backpack weight:

Disorders associated with the spine:

School year:

Part 2: Related to the use of the backpack

1. How do you go to school?

- ☐ Transportation
- ☐ Walk

2. If you walk, how long does it take to get from home to school?

- ☐ <5 min
- ☐ 5-10 min
- ☐ 11-15 min
- ☐ 16-20 min
- ☐ 21-30 min
- ☐ >30 min

3. Do you carry your own backpack?

- ☐ Yes
- ☐ No

4. How do you normally carry the backpack?

- ☐ On both shoulders
- ☐ On one shoulder
- ☐ In my hand

5. Do you feel tired carrying your backpack?

- ☐ Never
- ☐ Almost never
- ☐ Sometimes

- ☐ Frequently
- ☐ Always

6. Do you think your backpack is too heavy for you?

- ☐ Yes
- ☐ No

7. When you arrive at school, do you leave the material that you bring in your backpack in the spaces dedicated to it?

- ☐ Yes
- ☐ No

8. Do your parents experience back pain?

- ☐ Yes
- ☐ No

9. How many hours do you spend watching TV or playing video games during the day?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ >5

10. What physical activities do you do?

- ☐ Physical education classes
- ☐ Other sports:

11. How many hours do you dedicate to extracurricular sports activities on a weekly basis?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ >5

If your back hurts and you have not had any injuries that cause this pain, please answer the following questions:

12. How often does your back hurt?

- ☐ Frequently (4-5 days/week or more)
- ☐ Sometimes (2-3 days/week)
- ☐ Occasionally (1day/week)
- ☐ Rarely (<1 day/week)

13. How long has it been hurting?

- ☐ <1 month
- ☐ 1-3 months
- ☐ 3-6 months
- ☐ 6 or more

14. How long does the back pain last?

- ☐ Less than 2 hours
- ☐ between 2 and 12 hours
- ☐ more than 12 hour

15. Have you missed school, other classes or sports because of pain?

- ☐ Yes
- ☐ No

16. Have you been to the doctor for this pain?

- ☐ Yes
- ☐ No

17. The pain gets worse if:

- ☐ You carry your backpack
- ☐ You lift the backpack
- ☐ You run
- ☐ It does not get wors