Supplementary File S1

o Never

Almost never Sometimes

Data sheet of the participants

Part 1: Personal in	formation			
ID: CHIPAIN_		Student weight:		
Gender:		Student size:		
o Boy		BMI:		
o Girl		Backpack weight:		
Birth date:		Disorders associated with the spine:		
School year:				
Part 2: Related to t	the use of the backpack to school?			
TransportaWalk	ation			
2. If you walk, how	w long does it take to get from h	nome 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?				
YesNo				
4. How do you normally carry the backpack?				
On both shOn one shoIn my hand	oulder d			
5. Do you feel tire	d carrying your backpack?			

○ 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) ○ Sometimes (2-3 days/week) ○ Cecasionally (1day/week) ○ Cecasionally (1day/week) ○ Cecasionally (1day/week) ○ Rarely (<1 day/week) ○ Cecasionally (1day/week) ○ Rarely (<1 day/week) ○ Rarely (<1 day/week)	0	Frequently		
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Sometimes (2-3 days/week)Occasionally (1day/week)	0	Frequently (4-5 days/week or more)		
Occasionally (1day/week)				
	0			

13. How long has it been hurting?

0	<1 month	
0	1-3 months	
0	3-6 months	
0	6 or more	
14. Ho	w long does the back pain last?	
0	Less than 2 hours	
0	between 2 and 12 hours	
0	more than 12 hour	

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

- o Yes
- o No

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

- o Yes
- o No

17. The pain gets worse if:

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