Appendix

**QUESTIONNAIRE**

**CLBP**

**Q Do you have low back pain which continues over three months?**

□ Yes □ No

**BODY**

**Age (years)**

**Q Your age and which group do you belong?**

□ 20-29 □ 30-39 □ 40-49 □ 50-59

**Gender**

**Q Your gender**

□ male □ female

**BMI**

**Q Your height (cm）and weight (kg)**

**Height** xxx cm **weight** xx.x kg

Based on the above answers, we calculated BMI and categorized the subjects into the following groups.

[BMI ＝ weight (kg) ÷ height (m)２]

□ <18.5 □ 18.5–24.9 □ ≥25.0

**Lifestyle (previous month)**

**Exercise**

**Q How often do you exercise?**

□ hardly □ frequently □N/A

**Bathing**

**Q Please select your bathing style?**

□ shower only □bath(<10 min) □ bath(≥10 min)

**Cigarettes (/day)**

**Cigarettes**

**Q How many cigarettes per day do you smoke?**

0  1 to 20 ≥20

**Sleep (hours)**

**Q How long do you sleep (hours)?**

□ <6 □ 6 to 7 □ 7 to 8 □ ≥8

**RT (℃)**

**Q Please choose present room temperature.**

□ <18°C □ ≥18°C

**Emotion (previous week)**

**Happiness**

**Q Do you feel happy?**

□ never □ sometimes □ frequently

**Anger**

**Q Do you feel angry?**

□ never □ sometimes □ frequently

**Outshout (at person/objects or at others)**

**Q Did you have a chance to outshout? (at person)**

□ never □ sometimes □ frequently

***HIE***

**Q Do you have *HIE*？ If you have, please choose your *HIE* as mild or severe.**

□ never □ mild (sense of chilly) □ severe (chilly and uncomfortable feelings)

**Diet (previous month)**

**Red meat**

**Q How often did you consume red meat?**

□ hardly□ frequently□N/A

**White meat**

**Q How often did you consume white meat?**

□ hardly□ frequently □N/A

**Cold food/drink**

**Q How often did you consume cold food/drink?**

□ hardly □ frequently□N/A

**Social**

**Occupation**

**Q Your occupation? Please choose from the following groups.**

□ manager (manager/specialist/other) □ full time □ part time/no job

**Residence**

**Q Where do you live?**

□ north area □ east area □ west area □ south area