

Expectations regarding return to work or duration of sick leave:

Personal factor for workers with a *Musculoskeletal Disorder (MSD)* or *Common Mental Disorder (CMD)*

Interpretation:

Positive expectations regarding return to work or duration of absence have a positive impact on these aspects for workers with a MSD or CMD.

Proposed measurement tool (★★★):

“Perceived prognosis of work return» subscale (6 items) of the Obstacles to Return-To-Work questionnaire.

Intended Workers:

This tool was developed to assess workers with a MSD only.

Caution:

This factor can only be evaluated by accredited professionals. Venturing into the evaluation of this factor is therefore prohibited. If you suspect that this factor may be involved, you must rely on the professionals in question. Self-administration or the administration of a questionnaire by an unqualified person may lead to undesirable consequences such as the calculation of erroneous scores and the misinterpretation of results that may result.

However, the elements (items or portion of interview) constituting this tool can provide additional information to other return to work actors or stakeholders, such as the actors from the organization (employer, human resources, supervisor, union representative, etc.). This allows for a better understanding of what the factor implies, which in turn can help to target some more specific elements or needs that would require (1) a possible intervention (using an accredited professional) or (2) adjustments of the organization, especially in terms of prevention.

Obstacles to Return-To-Work Questionnaire – Subscale “Perceived Prognosis of Work Return”

This questionnaire has been prepared to collect information about your return to work expectations. For each statement, please circle a number from 0 to 6, referring to the scale below each question, indicating what best represents your condition.

1. How much chance do you think there is that you could return-to-work/increase your work time?

0 No chance	1	2	3	4	5	6 Very big change
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2. How do you think it's going to be to return-to-work/increase your work time?

0 Not at all difficult	1	2	3	4	5	6 Very difficult
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3. How convinced are you that you will recover?

0 Not at all convinced	1	2	3	4	5	6 Completely convinced
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4. How much chance is there that you will be able to return-to-work/increase your work time within 6 months?

0 No chance	1	2	3	4	5	6 Very big chance
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5. How do you feel when you think about your possibilities for returning to work/increasing your work time?

0 Not at all optimistic	1	2	3	4	5	6 Very optimistic
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6. How do you feel when you think about your possibilities to manage without medical assistance in the future?

0 Not at all optimistic	1	2	3	4	5	6 Very optimistic
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→ Total score (sum of the 6 items) : / 36 (possible range: 0-36)

Scoring instructions

The summation of the score of the 6 items gives the final score, which can vary between 0 and 36 points.

Interpretation of scores

Not available.