

# Suitable coping strategies:

## Health-related factor for workers with a *Musculoskeletal Disorder (MSD)*

---

### Interpretation:

---

The use of suitable coping strategies has a positive impact on return to work and can reduce the duration of absence of workers with a MSD.

### Proposed measurement tool (★):

---

Subscale "increased behavioral activities" (2 items) of the Brief Coping Strategy Questionnaire (CSQ-14) (Jensen et al., 2003). These are **behavioral** coping strategies.

### 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.

## Subscale "increased behavioral activities" of the Brief Coping Strategy Questionnaire (CSQ-14)

**Instructions:** Individuals who experience pain have developed a number of ways to cope, or deal with, their pain. They include saying things to themselves when they experience pain or engaging in different activities. Below are things that people have reported doing when they feel pain. For each activity, please indicate, using the scale below, how much you engage in that activity when you feel pain, where a **0 indicates you never do that** when you are experiencing pain, a **3 indicates you sometimes do that** when you are experiencing pain, and a **6 indicates you always do that** when you are experiencing pain. Remember, you can use any point along the scale.

0                      1                      2                      3                      4                      5                      6  
Never                      Sometimes                      Always  
do                      do that                      do that

| When I feel pain...                                                   | Never<br>do              |                          |                          | Sometimes<br>do that     |                          |                          | Always<br>do that        |
|-----------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                                       | 0                        | 1                        | 2                        | 3                        | 4                        | 5                        | 6                        |
| 1. I do something active, like household chores or projects.          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I do something I enjoy, such as watching TV or listening to music. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

→ Final score (mean of 2 items): ..... / 6 (possible range: 0 – 6)

## Scoring instructions

To calculate the mean score of the questionnaire, sum the scores to the statements, then divide by 2 to get the mean. The final score can then vary between 0 and 6.

## Interpretation of scores

Higher scores on this subscale means more pain coping in terms of increased behavioral activities, which positively impacts return to work (or decrease sickness absence duration).