

Fear of work activities:

Personal factor for workers with a *Musculoskeletal Disorder (MSD)*

Interpretation:

Fear of work activities has a negative impact on return to work and can prolong the duration of absence of workers with a MSD.

Proposed measurement tool (★):

Two items from the Fear-Avoidance Beliefs Questionnaire (FABQ) (Turner et al., 2006, 2008). Minor modifications were made ("back" was replaced by "injury" in the second item) to be applied to all MSDs.

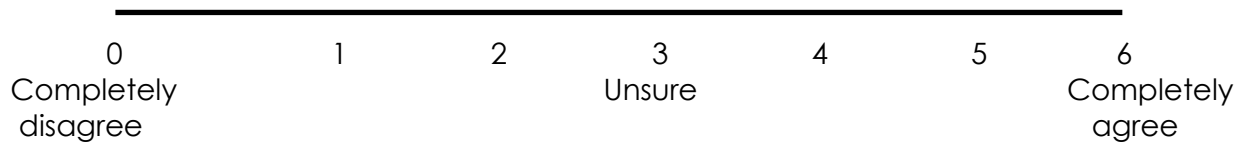
Caution:

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.

Two items from the Fear-Avoidance Beliefs Questionnaire (FABQ)

Here are two things which other patients have told us about their pain. For each of them please indicate any number from 0 to 6 to say how much physical activities would affect your pain.



The following statements are about how your normal work affects or would affect your pain. Please write down the number (based on the scale above) that corresponds to your situation.

- _____ My work makes or would make my pain worse
- _____ My work might harm my injury

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

Scoring instructions

Average scores for the 2 items, giving an average score ranging from 0 to 6.

Interpretation of scores

Higher scores on this subscale mean greater fear of work activities, which has a negative impact on return to work.