

Perceived health improvement:

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

Interpretation:

A perceived health improvement has a positive impact on return to work and can reduce the duration of absence of workers with a MSD.

Proposed measurement tool (★):

Question from the RAND-36 questionnaire (Hays et al., 1995).

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.

Question from RAND-36

Compared to one year ago, how would you rate your health in general now?

Much better now than one year ago.	☐
Somewhat better now than one year ago.	☐
About the same.	☐
Somewhat worse than one year ago.	☐
Much worse than one year ago.	☐

Scoring instructions

- Much better now than one year ago = 100
- Somewhat better now than one year ago = 75
- About the same = 50
- Somewhat worse than one year ago = 25
- Much worse than one year ago = 0

Interpretation of scores

A higher score represents a better perception of health improvement, which has a positive impact on the return to work.