

Positive recovery expectations:

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

Interpretation:

Positive recovery expectations positively influences return to work or sickness absence duration of workers with a MSD.

Proposed measurement tool (★):

Two independent questions, chosen by the user, depending on what is predicted, namely “probability of recovery” (Hagen et al., 2005) or “recovery progress” (Cole et al., 2002).

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 Hagen et al. (2005)

Q1. Measuring the probability of recovery:

To what extent do I believe my pain will persist?

(1) To a small extent	☐
(2) To some extent	☐
(3) To a large extent	☐

Question from Cole et al. (2002)

Q2. Measuring recovery progress):

Overall, is your injury better than you expected it to be at this point?

(5) Much better	☐
(4) Somewhat better	☐
(3) As expected	☐
(2) Somewhat worse	☐
(1) Much worse	☐

Scoring instructions

Not applicable

Interpretation of scores

- Question 1: "To a small extent" indicates positive expectations of recovery, which has a positive impact on RTW. Intervention is recommended if scores are 2 or 3 (Hagen et coll., 2005)
- Question 2: A higher score (4 or 5) indicates positive expectations of recovery, which would potentially have a positive impact on RTW. Intervention is recommended if scores are below 4 (Cole et al., 2002).