

Positive 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 outcomes for workers with a MSD or CMD.

Proposed measurement tool (★★★):

"Return-to-work intention" subscale (3 items) of the Return-to-work Beliefs Questionnaire (Hedlund et al., 2021).

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.

“Return-to-work intention” subscale of the Return-to-work Beliefs Questionnaire

This questionnaire has been prepared to gather information about your expectations regarding your return to work. Please circle the number that best reflects your current situation, between (1) Strongly disagree and (7) Strongly agree.

	Strongly disagree						Strongly agree
1. I expect to return to work within 3 months	1	2	3	4	5	6	7
2. I want to return to work within 3 months	1	2	3	4	5	6	7
3. I intend to return to work within 3 months	1	2	3	4	5	6	7

→ Final score (average of the 3 items): .. / 7 (possible range: 1-7)

Scoring instructions

The average of all items gives the final score. The final score can vary between 1 and 7

Interpretation of scores

A high score indicates positive expectations, which has a positive impact on return to work.