

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 (★):

Single question (Truchon et al., 2012).

Intended Workers:

This tool was developed to assess workers with a MSD or CMD.

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 Truchon et al. (2012)

1. When do you think you are likely to return to work?

Within 1 month	Within 2 months	Within 3 months	Within 4 months	Within 5 months	Within 6 months	Within 7 months	Within 8 months	Within 9 months	Within 10 months	Within 11 months	Within 12 months or more
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Scoring instructions

Each additional month is worth 1 point (1 month = 1 point, 2 months = 2 points... 12 months and more = 12 points).

Interpretation of scores

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