

Positive return to work (RTW) self-efficacy:

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

Interpretation:

A high RTW self-efficacy has a positive impact on return to work and can reduce the duration of absence of workers with a MSD.

Proposed measurement tool (★★★):

"Coping with pain" subscale (4 items) of the Return-to-work self-efficacy scale (Brouwer et al., 2011).

Intended Workers:

This tool was developed to assess workers with a MSD only.

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.

“Coping with pain” subscale of the Return-to-work self-efficacy scale (RTWSE scale)

This questionnaire has been prepared to collect information about your return to work self-efficacy. Circle the number that most closely matches your situation.

	Not confident at all	Not confident	Slightly confident	Moderately confident	Totally confident
1. Will be able to remain once back at work.	1	2	3	4	5
2. Can continue working despite pain.	1	2	3	4	5
3. Can avoid re-injury.	1	2	3	4	5
4. Can manage pain effectively while you work.	1	2	3	4	5

→ Final score (sum of the 4 items):...../ 20 (possible range: 4-20)

Scoring instructions

The summation of the score of the 4 items gives the final score, which can vary between 4 and 20 points.

Interpretation of scores

Higher scores on this subscale mean greater RTW self-efficacy, which has a positive impact on RTW.