

Good sleep quality:

Health-related factor for workers with a *Musculoskeletal Disorder (MSD) or Common Mental Disorder (CMD)*

Interpretation:

Quality sleep has a positive impact on return to work and can reduce the duration of absence of workers with a MSD or CMD.

Proposed measurement tool (★):

Item from the Comprehensive Psychopathological Rating Scale Self-Administered (CPRS-S-A) (Asberg et al., 1978)

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.

Item from the Comprehensive Psychopathological Rating Scale Self-Administered (CPRS-S-A)

Subjective experience of reduced duration or depth of sleep compared with my normal pattern when well.

Circle the number that most closely matches your situation:

0	Sleeps as usual
1	Slight difficulty dropping off to sleep or slightly reduced, light or fitful sleep
2	Sleep reduced or broken by at least 2 hours
3	Less than two- or three-hours' sleep

Scoring instructions

Not applicable

Interpretation of scores

A score lower than 2 (i.e. 0 or 1) means less sleep disturbances (more quality sleep), which positively impacts return to work.