

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 (★):

Question on sleep disturbance from the ÖMPSQ questionnaire (Örebro Musculoskeletal Pain Screening Questionnaire) (Linton et al., 2011)

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 on sleep disturbance from the ÖMPSQ questionnaire (Örebro Musculoskeletal Pain Screening Questionnaire)

Please circle the one number that best describes your situation.

I can sleep at night.

0	1	2	3	4	5	6	7	8	9	10
Can't do it because of pain problem										Can do it without pain being a problem

Scoring instructions

Not applicable.

Interpretation of scores

A higher score on this questionnaire means better quality sleep, which has a positive impact on the return to work