

# Good social functioning:

## Health-related factor for workers with a *Common Mental Disorder (CMD)*

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### Interpretation:

A good social functioning has a positive impact on return to work and can reduce the duration of absence of workers with a CMD.

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### Proposed measurement tool (★★★):

« Social functioning » subscale (2 items) of the RAND-36 questionnaire (Hays et al., 1993).

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### 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.

## « Social functioning» subscale of the RAND-36 questionnaire

During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors or groups? (circle one number)

1. Not at all
2. Slightly
3. Moderately
4. Quite a bit
5. Extremely

During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)? (circle one number)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time

## Scoring instructions

### Step1: Recoding of item 1

|                      | Not at all    | Slightly      | Moderately    | Quite a bit   | Extremely     |
|----------------------|---------------|---------------|---------------|---------------|---------------|
| Originale scale<br>↓ | <b>1</b><br>↓ | <b>2</b><br>↓ | <b>3</b><br>↓ | <b>4</b><br>↓ | <b>5</b><br>↓ |
| Recoding             | <b>100</b>    | <b>75</b>     | <b>50</b>     | <b>25</b>     | <b>0</b>      |

### Step 2: Recoding of item 2

|                      | All of the Time | Most of the Time | Some of the Time | A Little of the Time | None of the Time |
|----------------------|-----------------|------------------|------------------|----------------------|------------------|
| Originale scale<br>↓ | <b>1</b><br>↓   | <b>2</b><br>↓    | <b>3</b><br>↓    | <b>4</b><br>↓        | <b>5</b><br>↓    |
| Recoding             | <b>0</b>        | <b>25</b>        | <b>50</b>        | <b>75</b>            | <b>100</b>       |

**Step 3:** Calculate the average of the 2 statements. The final score can therefore range from 0 to 100 points.

**Step 4** - Calculate the standardized T-score using this equation:

$$\text{T-score} = \text{Average score (Step 3)} \times 0.10 + 50$$

## Interpretation of scores

A high score indicates good social functioning, which has a positive impact on the return to work.