

Mental vitality:

Health-related factor for workers with a *Musculoskeletal Disorder (MSD)*

Interpretation:

Mental vitality has a positive impact on return to work and can reduce the duration of absence of workers with a MSD.

Proposed measurement tool (★★★):

"Vitality" subscale (4 items) of the RAND-36 questionnaire (Hays et al., 1993).

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.

“Vitality” subscale of the RAND-36 questionnaire

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks... - (Circle one number on each line)

	All of the Time	Most of the Time	A Good Bit of the Time	Some of the Time	A Little of the Time	None of the Time
1. Did you feel full of pep?	1	2	3	4	5	6
2. Did you have a lot of energy?	1	2	3	4	5	6
3. Did you feel worn out?	1	2	3	4	5	6
4. Did you feel tired?	1	2	3	4	5	6

Scoring instructions

Step1: Recoding of items 1 et 2

	All of the Time	Most of the Time	A Good Bit of the Time	Some of the Time	A Little of the Time	None of the Time
Originale scale ↓	1 ↓	2 ↓	3 ↓	4 ↓	5 ↓	6 ↓
Recoding	100	80	60	40	20	0

Step 2: Recoding of items 3 et 4

	All of the Time	Most of the Time	A Good Bit of the Time	Some of the Time	A Little of the Time	None of the Time
Originale scale ↓	1 ↓	2 ↓	3 ↓	4 ↓	5 ↓	6 ↓
Recoding	0	20	40	60	80	100

Step 3: Calculate the average of the 4 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

Higher mental vitality has a positive impact on return to work.