



10 FREQUENTLY ASKED QUESTIONS

ABOUT THE ÖREBRO MUSCULOSKELETAL PAIN SCREENING QUESTIONNAIRE

1. Is this the same questionnaire as the Acute Low Back Pain/New Zealand questionnaire?

Although every effort has been made to standardize the name, this questionnaire has unfortunately been referred to by different names in the literature. The most common names are the Acute Low Back Pain Screening Questionnaire, The New Zealand Questionnaire, and the Linton Screening Questionnaire. These questionnaires are the same as the ÖMSPQ.

2. May I make copies of the questionnaire?

The questionnaire is copyrighted, but you may make copies for *research or clinical use* free of charge.

3. Who is entitled to administer and use the ÖMSPQ?

The questionnaire is designed for self-administration by the patient in conjunction with a visit to a health-care professional. It is important however, to know the details about the questionnaire and its use. To ensure good quality please consult the manual or the instructions included in the book: *Understanding Pain for Better Clinical Practice* (by S.J. Linton), Elsevier, 2005. The Manual can be ordered from the [Center for Health and Medical Psychology web site](http://www.oru.se/champ) (www.oru.se/champ).

4. How do I score the questions?

The questionnaire is easily scored by adding the points for each item to obtain a **total** score. You will find detailed information on scoring in the manual/*Understanding Pain for Better Clinical Practice*, Elsevier, 2005.

The scoring method has been built into the questionnaire, see boxes to the right!

- item 5 count the number of pain sites and multiply by 2
- items 6 & 7 score checked box from 1 to 10 with 1 being the first box, upper left (0 days/0-1 week) and 10 the last box, lower right. Thus 3-7 days missed work would be scored “3”.
- items 8-11,13-15,18-20 the score is the number that has been circled
- items 12,16-17,21-25 the score is 10 minus the number that has been circled
- write the score for each item in the shaded scoring box at the right (questions 5-25)
- add the points, and write the sum in the box provided.



5. Is there a computer version for administering and scoring?

No, there is no computerized version for the simple reason that clinicians *need to examine* how the patient has rated each item in order to get a good view of the patient's presenting problems.

6. How do I interpret the score?

The total score provides an estimate of the *risk that the patient will be off work because of the back pain during the coming year*. This is a continuum and the exact score where sick leave is imminent varies from patient to patient and setting to setting. In occupational and primary care settings cut-off scores of between 105 and 112 have been used. Scores over the cut-off indicate a relatively high risk and further assessment is warranted. Scores above 90 may indicate medium risk and practitioners may want to pay attention to these patients. More information is available in the manual or the book. The Manual can be ordered from the [Center for Health and Medical Psychology web site](http://www.oru.se/champ) (www.oru.se/champ).

7. How should the questionnaire be used to determine treatment?

The total score indicates the probability of work disability and suggests that appropriate treatment be initiated as quickly as possible. By analyzing the patient's response to individual items a sense of the most appropriate types of interventions may be ascertained. In the book *Understanding Pain for Better Clinical Practice* a more detailed guide is provided. You may also wish to consult the health advisory institutions in your country since many provide recommendations for early intervention.

8. May I use the questionnaire to evaluate treatment outcome?

The questionnaire was not designed to evaluate treatment outcome and therefore it is not known how well it works (e.g. sensitivity). Some clinics however, employ the ÖMSPQ periodically to monitor progress.

9. Is the ÖMSPQ available in my language?

The ÖMSPQ has been translated into a number of languages and these are available on our [web site](http://www.oru.se/champ) as a service (www.oru.se/champ). However, we *have not evaluated* these for clinical use.

10. What is the evidence that the ÖMSPQ works? Are there any references?

A number of studies have evaluated the ÖMSPQ to see how well it predicts work disability. Other studies have employed it to assess risk factors for research purposes. A reference list is provided on our [web site](http://www.oru.se/champ) (www.oru.se/champ). In addition, an overview and evaluation of screening procedures is provided in the reference below:

Waddell, G., Burton, A. K., & Main, C. J. (2003). *Screening to identify people at risk of long-term incapacity for work: A conceptual and scientific review*. London: Royal Society of Medicine Press.