

Örebro Musculoskeletal Pain Questionnaire (ÖMPQ) – Modified¹

Name	Phone	Date

1. Please tick the box that reflects your current age

<18-26 yrs (2) 27-35 yrs (4) 36-44 yrs (6) 45-53yrs (8) 54+ yrs (10)

2. How many days of work have you missed because of this injury? Tick one

0 days (2) 1-2 days (4) 3-7 days (6) 8-14 days (8) 15-30+ days (10)

3. How long have you had your current pain problem? Tick one

0-1 weeks (1) 4-5 weeks (4) 3-6 months (7) 9-12 months (9)
 1-2 weeks (2) 6-8 weeks (5) 6-9 months (8) over 1 year (10)
 3-4 weeks (3) 9-11 weeks (6)

4. Is your work heavy or monotonous? Circle the best alternative

0 1 2 3 4 5 6 7 8 9 10
 Not at all Extremely

5. How would you rate the pain that you have had during the past week? Circle one

0 1 2 3 4 5 6 7 8 9 10
 No pain Pain as bad as it could be

6. How tense or anxious have you felt in the past week? Circle one

0 1 2 3 4 5 6 7 8 9 10
 Absolutely calm and relaxed As tense and anxious as I've ever felt

7. How much have you been bothered by feeling depressed in the past week? Circle one

0 1 2 3 4 5 6 7 8 9 10
 Not at all Extremely

8. In your view, how large is the risk that your current pain may become persistent? Circle one

0 1 2 3 4 5 6 7 8 9 10
 No risk Very large risk

Here are some of the things that other people have told us about their pain. For each statement, circle one number from 0 to 10 to say how much physical activities, such as bending and lifting, affect your pain.

¹ Modified by Pearce et al from **Linton & Hallden 1998**

Modified ÖMPQ - Explanatory Notes

The MODIFIED Örebro Musculoskeletal Pain Questionnaire (ÖMPQ) is a screening tool that we use to determine our early intervention strategy for injured workers.

We complete it 48 hours after a workplace injury.

Administering the questionnaire

The ÖMPQ is designed to be a self-administered tool completed by the worker in a quiet environment without assistance from any other person. Items may be read aloud to assist. However, the question should not be rephrased. All questions should be answered ensure a valid score.

An explanation is provided by the person administering the questionnaire:
“Information from this questionnaire helps us understand your problem better, and it especially helps us to make decisions about the support you need. It is important that you read each question carefully and answer it as best you can. There are no right or wrong answers. Please answer every question. If you have difficulty, select the answer that best describes your situation”. Where uncertainty or a request for more information is expressed, encouragement is provided to *“answer as best you can”*.

Scoring instructions

For questions 1, 2, 3 and 12 the score is the number bracketed after the ticked box.

For questions 4-11 the score is the number that has been ticked or circled.

For question 13 the score is 10 minus the number that has been circled.

Write the score in the box beside each item. Add up the scores for questions 1 to 13 – this is the total modified ÖMPQ score.

Score of 85 or greater = High Risk

- Independent Rehabilitation Provider within 2 weeks
- Independent psychological assessment and treatment within 2 weeks
- Independent Medical Consultation within 2 – 4 weeks
- Independent Physiotherapy Assessment after 6 weeks.
- File review by xxx if not returned to work within 4 weeks.

Score between 70 and 84 = Medium Risk

- Psychologist assessment and treatment within 2 weeks of injury plus “usual care”.
- Independent Medical Consultation within 1 month

Score of 69 or less = Low risk

- “Usual care”