

Orebro Musculoskeletal Pain Questionnaire (ÖMPQ)

The ÖMPQ is a screening questionnaire used to predict long term disability and failure to return to work due to personal and environmental factors. These factors can be altered and administering the ÖMPQ gives the treating healthcare professional the opportunity to address these with appropriate interventions.

Scoring instructions

- For question **3**, count the number of pain sites and multiply by 2
- For questions **4,5,6,7,8,9,11,12,13,16,17 and 18** the scores is the number that has been ticked or circled.
- For questions **10,14,15,19,20,21,22 and 23** the score is 10 minus the number that has been ticked or circled.
- Write the score in the boxes beside each item.
- Add up the scores for questions 3 to 23– this is the total ÖMPQ score

Interpreting the results

The ÖMPQ score is used as a predictor of risk of long term disability and failed return to work, with a higher score indicating higher risk. It should be noted that this score is a predictor only and there is the possibility of a false positive or negative.

- ≤ 105 = low risk
- 105-130 = moderate risk
- ≥ 130 = high risk