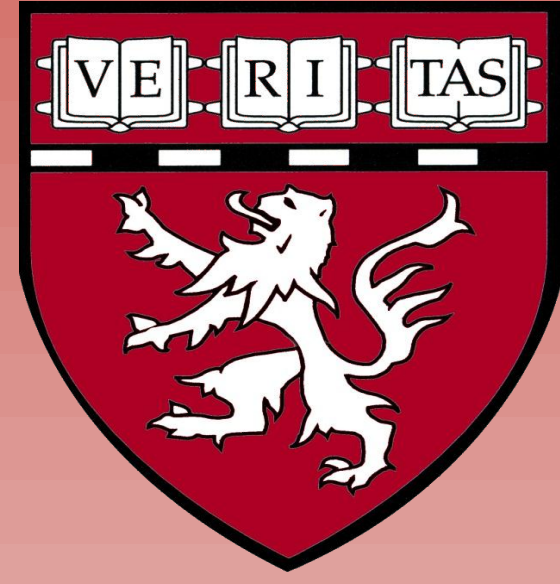


The Pain Self-Efficacy Questionnaire: Validation of an Abbreviated Two-item Questionnaire

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Introduction

- Self efficacy correlates strongly with disability in patients with hand and upper extremity illness
- Two items of the original 11 item PSEQ
 - “I can still accomplish most of my goals in life, despite the pain”
 - “I can live a normal lifestyle, despite the pain”
- **Aim:** Prospectively validate this shortened version of the Patient Self Efficacy Questionnaire (PSEQ).
- No difference in average score between original and two item questionnaire.

Methods

- 249 Patients (new and follow-up)
- **3 questionnaires were completed:**
 - Patient Self Efficacy Questionnaire (PSEQ)
 - Disability of the Arm Shoulder and Hand (QuickDASH)
 - Patient Health Questionnaire (PHQ-2)
- Follow-up electronic questionnaire after two weeks.
 - PSEQ-2 (2 item version of PSEQ)
- We calculated the correlation between short and long version of PSEQ.
- We investigated the predictors for a high QuickDASH score.

Results

- There is a large correlation ($r=0.90$; $p<0.001$) between the original PSEQ and the PSEQ-2 at enrollment.
- The internal consistency was comparable for the PSEQ and the PSEQ-2 ($\alpha=0.95$ compared to $\alpha=0.91$).
- There was a small but statistically significant difference between the average scores of the PSEQ and PSEQ-2 at follow up (4.4 vs. 4.8 $p<0.001$).
- For the shortened PSEQ a comparable correlation was found with the QuickDASH ($r=0.71$ vs. $r=0.61$).
- A final model with **PSEQ-2, diagnosis, Sex and work status** predicted 46% of the Quickdash respectively: 25%, 7.2%, 2.7% and 1.3%.
- Both PSEQ-2 and PSEQ were the most important predictor of the QuickDASH scores.
- A substantial test retest reliability was found for the PSEQ-2 (0.66).

Conclusion

- The PSEQ-2 can be used to quickly assess patients' pain self-efficacy in patients with upper extremity illness.
- PSEQ most important predictor of arm specific disability.