

The recently developed OPPA is a short self-report overactivity assessment with preliminary psychometric evidence for clinical and research applications in pain

THE DEVELOPMENT AND PSYCHOMETRIC EVALUATION OF A MULTIFACETED SELF-REPORT OVERACTIVITY ASSESSMENT IN CHRONIC PAIN

Andrews NE, Chien CW, Ireland D, and Varnfield M

Objectives

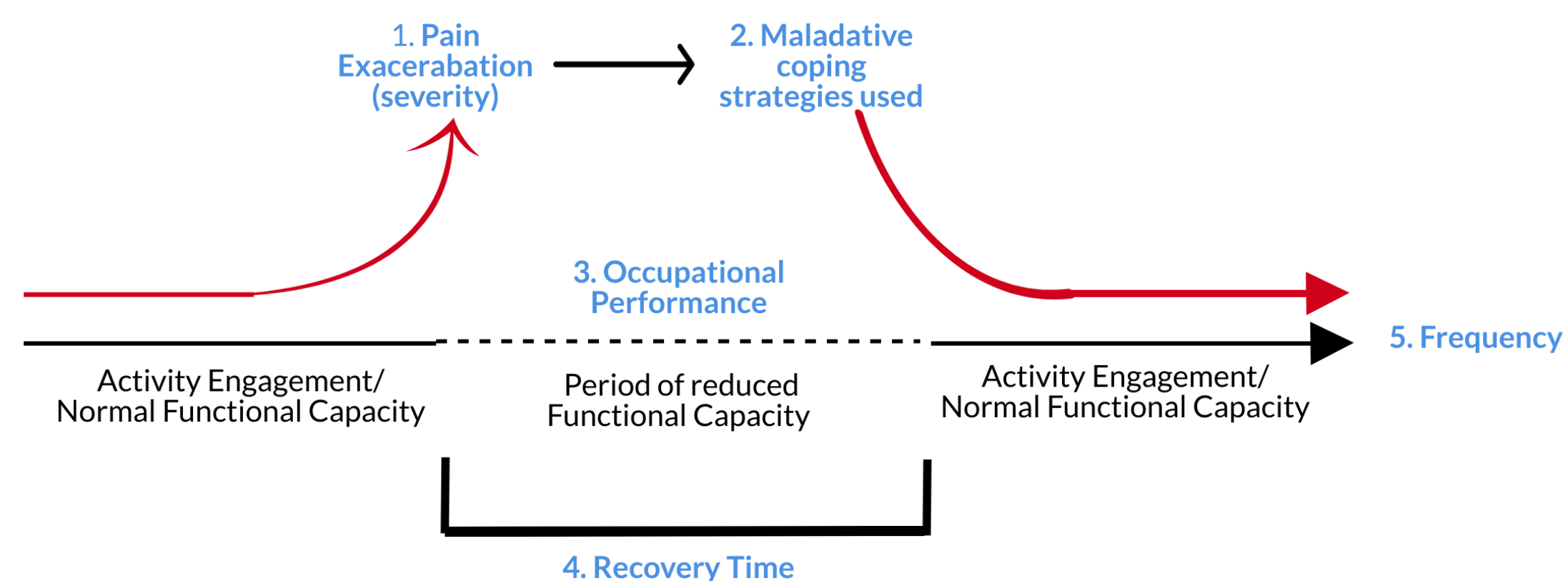
To develop a more comprehensive self-report overactivity assessment tool for persistent pain (i.e. the Overactivity in Persistent Pain Assessment or OPPA) and examine its psychometric properties

Methodology

- 1) Deconstructed the overactivity concept using qualitative data, theory and clinical observations
- 2) Drafted the assessment tool based on this deconstruction
- 3) Initial feedback obtained from clinicians and individuals with persistent pain
- 4) Administered final version of OPPA to 333 individuals with pain
- 5) Subset of 202 completed a set of existing measures of pain-related pain outcomes and activity patterns
- 6) Subset of 131 provided with a second copy of OPPA to fill in one week following their initial assessment

Deconstruction of The Overactivity Concept

Our deconstruction revealed 5 overactivity severity features



Final Version of the OPPA

- 7 items quantifying the 5 overactivity severity features
- A score of each severity feature and a total overactivity severity score calculated

Summary of Psychometric Properties

- 1) A principal component analysis confirmed that the OPPA items were best represented by a single construct (i.e. overactivity severity)
- 2) The OPPA correlated with pain-related measures in an expected way that is supported by both theory and qualitative data
- 3) When compared to existing overactivity measures, the OPPA was the only measure to contribute significantly to the regression models predicting higher levels of pain severity, more pain interference and lower levels of activity participation
- 4) The OPPA exhibited good test-retest reliability (ICC=.83, 95% CI= .75 - .90, F(62,62)= 11.35, p<.001)
- 5) The OPPA reached an acceptable internal consistency ($\alpha = .78$)

Take Home Messages

The results of this study:

- 1) Reinforce the important role of overactivity in the maintenance of pain-related suffering and
- 2) Supports a corresponding assessment tool with preliminary psychometric evidence for clinical and research applications



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