

Overactivity in Persistent Pain Assessment (OPPA)- Scoring Guide



PAIN
ROADMAP

Question key

Question 3 = Frequency

Question 4 = Severity of Pain Exacerbation

Question 5 = Impact on Occupational Performance

Question 6 = Recovery Time

Question 7 = Maladaptive Coping

Scoring

1. Check the response for question 2 first. For a 'no' response, the respondent receives a score of 0 for Frequency, Impact on Occupational Performance, Recovery Time and Maladaptive Coping. Severity of Pain Exacerbation is scored by dividing the numerical response from Question 1 (average pain intensity) by 2.

2. Respondants who recorded a 'yes' response for question 2 are scored as follows:

- The response statements for questions pertaining to Frequency, Impact on Occupational Performance and Recovery Time are scored as per guide below:

Statement one = Score of 1

Statement two = Score of 2

Statement three = Score of 3

Statement four = Score of 4

Statement five = Score of 5

If more than one statement is selected the average of all scores is used.

- Severity of Pain Exacerbation is scored by dividing the numerical response for Question 4 by 2
- Maladaptive Coping is scored by summing the scores from all response statements selected. The score given to each response statement is presented below. If no response statement is selected, the respondent receives a score of 0 for Maladaptive Coping.

Take more of my prescribed pain medication = Score of 2

Use other drugs to cope with my pain including alcohol = Score of 2

Present to the emergency department = Score of 1

3. The total score for the OPQA is the sum of the final scores for Frequency, Severity of Pain Exacerbation, Impact on Occupational Performance, Recovery Time and Maladaptive Coping.



THE AUSTRALIAN
E•HEALTH
RESEARCH CENTRE



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Metro North
Hospital and Health Service



Queensland
Government