

## **Roland Morris Disability Questionnaire (RMDQ)**

### **Introduction/background information**

The Roland-Morris Disability Questionnaire (RMDQ) is a measure of disability where greater levels of disability are reflected by higher numbers on a 24-point scale. The original version of the RMDQ was published in 1983<sup>1,2</sup>. A review of papers concerning the questionnaire was published in 2002<sup>3</sup>.

### **Translations**

The RMDQ is available in 28 different languages, some with different dialect versions. Different language versions can be found here <http://www.rmdq.org/Download.htm>.

### **Mode of use**

The RMDQ is a self-administered outcome measure. Patients are asked to read the list of 24 sentences and placing a tick against appropriate questions based on how they feel each sentence describes them today. If the sentence does not describe their symptoms today, patients are asked to leave the space next to the sentence blank. Patients are asked to tick next to the sentence if they are sure it describes them today. A copy of the original English language version of the RMDQ can be found here ([http://www.rmdq.org/downloads/English%20\(original\).doc](http://www.rmdq.org/downloads/English%20(original).doc)).

The Roland Morris Disability Questionnaire website states that “it is acceptable to add boxes to indicate where patients should tick each item. The questionnaire may be adapted for use on-line or by telephone”<sup>4</sup>.

### **Scoring and interpretation**

The RMDQ is scored by adding up the number of items the patient has ticked. Scores can vary between 0-24. Greater levels of disability are reflected by higher scores.

### **Validity and reliability**

A large number of papers have been published concerning the reliability and validity of the RMDQ. Papers have been published also concerning the psychometric properties of the questionnaire<sup>5,6,7,8</sup>.

### **References:**

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5. Schiphorst Preuper HR, Reneman MF, Boonstra AM, et al. Relationship between psychological factors and performance-based and self-reported disability in chronic low back pain. *European Spine Journal*. 2008;17(11):1448-56.
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8. Brouwer S, Kuijer W, Dijkstra PU, et al. Reliability and stability of the Roland Morris Disability Questionnaire: intra class correlation and limits of agreement. *Disability and Rehabilitation* 2004; 26(3): 162-5.