

National Council for **N C O R** Osteopathic Research

Measure Your Medical Outcome Profile (MYMOP)

Introduction/background information

The Measure Your Medical Outcome Profile (MYMOP) questionnaire is an individualised or patient-generated outcome measure¹. It can be used for patients who present with symptoms whether they are physical, emotional, or social. It is problem-specific, and includes general wellbeing also. MYMOP was first published in 1996, and its second iteration, MYMOP2, was published in 2000 after a second validation study^{2,3,4}.

Translations

MYMOP has been translated into Chinese, and evaluated for validity and responsiveness⁵.

Mode of use

It is brief and simple to administer. MYMOP is a patient-generated questionnaire so it is most important that the patient decides what to measure, as well as measuring it themselves. A copy of the initial form is generally completed within the initial consultation; it asks the patient to say which is the most important symptom to them⁶. Listing a second symptom is optional but is to be encouraged. A follow-up form is provided for a patient's subsequent visits⁷. Full information concerning the instructions for the correct administration of the questionnaire is available on the MYMOP website⁸. The questionnaire is available free of charge, but it is requested that its use in audit, research, or evaluation is registered with the MYMOP site⁹. A list of frequently asked questions (FAQs) is available also on the MYMOP website¹⁰.

Scoring and interpretation

Detailed instructions for use and scoring of the MYMOP are available from the MYMOP website⁸.

Validity and reliability

MYMOP underwent a validation study in 1999, and it has been validated as a Chinese translation⁵. It has been used in a range of settings including chiropractic management of low back pain¹¹.

Further development

A range of sister projects have been developed based on the MYMOP questionnaire. These include:

- Measure Yourself Concerns and Wellbeing (MYCAW)¹²
- Medication Change Questionnaire (MCQ)^{13,14}
- Psychological Outcome Profile (PSYCHOLOPS)¹⁵

References:

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<http://www.bris.ac.uk/primaryhealthcare/docs/resources/Downloads/mcqcompleteuserspack.pdf> (Accessed 24-05-2013)
15. Psychological Outcome Profile (PSYCHOLOPS) <http://www.psychlops.org/> . (Accessed 24-05-2013)