

# ASSESSING THE QUALITY OF A QUESTIONNAIRE ON MUSCULOSKELETAL DISORDERS (MSDs) AND BODILY PAINS AMONG HYBRID WORKERS IN ONTARIO

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## 1. INTRODUCTION

- **Hybrid work models:** Employees work both in the office and from home which can lead to different workstation setups in ergonomics
- Workers can be physically impacted by the variance in ergonomics within their workplace settings, leading to musculoskeletal disorders (MSDs)
- Studies show that areas such as the arms, neck, and shoulders are often **negatively** affected by repeated motions and being in static positions for prolonged times
- Ontarian university students will provide feedback on the effectiveness and clarity of the questionnaire

## 2. OBJECTIVES

- To compare bodily pains and MSDs amongst hybrid workers in Ontario based on ergonomics and to identify any gaps in knowledge for remediation
- Ontarian university students assess the quality of the questionnaire for the comparison of bodily pains and MSDs amongst hybrid workers in Ontario based on ergonomics



## 3. METHODS

- Ontarian university students will be electronically sent the questionnaire to provide their feedback via Google Forms
- Conducting **Thematic analysis** on **Qualitative data** derived from collected feedback
- **Thematic analysis 6 steps:** 1. Familiarization, 2. Coding, 3. Generating themes, 4. Reviewing themes, 5. Defining and naming themes, and 6. Conducting data analysis



### Sample feedback question:

Do you think the survey adequately addresses the topic of musculoskeletal disorders (MSDs) and bodily pains among hybrid workers? If not, what additional aspects should be included? (Please write at least 1 sentence)

ALL PROVIDED FEEDBACK WILL BE CONFIDENTIAL AND ANONYMOUS



## 4. LIMITATIONS

- This research primarily targets hybrid workers, making it less relevant to non-hybrid work environments
- Students outside of Ontario will not be providing their feedback, this can affect the generalisability
- Gathered conclusions should be cautiously applied to non-hybrid environments due to potential differences in bodily pains and MSDs

## REFERENCES BELOW:



## 5. ANTICIPATED RESULTS

- Students may like the clarity of the questions and make minor suggestions
- Students may appreciate the length of the survey seeing that it is fairly short
- Students may suggest for additional & relevant questions to be added to the survey which may be missing
- Students will provide valuable feedback on the quality and clarity of the questionnaire



## 6. DISCUSSION

- Utilizing qualitative feedback from Ontarian university students will help improve the quality of the questionnaire
- Conducting further research where current gaps exist, allows to potentially implement additional health and safety measures which were not currently utilized. Thus, reducing the previously identified health risks in hybrid work settings
- Going forward, the gathered feedback will help to identify and adjust any confusing or irrelevant areas of the questionnaire to ensure it is more relevant and suitable for participants

