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| **Background:**The MSK-HQ is a short questionnaire that allows people with musculoskeletal conditions (such as arthritis or back pain) to report the impact from their symptoms and their quality of life in a standardized way. See <http://www.arthritisresearchuk.org/policy-and-public-affairs/policy-priorities-and-projects/musculosketal-health-services/musculoskeletal-health-questionnaire.aspx> for comprehensive details. |
| **General Translation Guidelines:** 1) Use consistent terminology throughout where terms repeat. Pay close attention to the response options, which are repeated in a variety of manners. Additional instructions regarding response options are provided below.2) The MSK-HQ Flesch reading ease test score is 65.9, meaning that it is easily understood by 13–15-year-old students. Although the measure is completed by adults (>18 years), the translation should replicate the register of the source.3) Please ensure that the tone and style of the translation is appropriate for this document type in your target language. 4) For numbers, follow the English form, i.e. if the number is spelled out, “one”, spell it out also. If it is written as a number “12”, then use the number. |
| **List of Concept Elaborations** |
| **ID** | **English (United States)** | **Concept Elaboration** | **Translation Tips** | **Acceptable Alternatives** | **Unacceptable Alternatives** |
| 1 f008295e-afa8-4d0c-9899-eb9ca0d482b7 | **ARTHRITIS RESEARCH UK MUSCULOSKELETAL HEALTH QUESTIONNAIRE (MSK-HQ)** | The title of the measure. | Do not alter the acronym. |  |  |
| 2 d0d524f0-c679-43ec-8943-097dea1e1668 | This questionnaire is about your **joint, back, neck, bone and muscle symptoms** such as aches, pains and/or stiffness. |  | Some languages do not have commonly used separate terms for ‘aches’ and ‘pains’. ‘Aches’ typically infer pains that are dull and continuous, as opposed to sharp and acute. | ‘soreness’ is an acceptable alternative for ‘aches’.The omission of the source term ‘aches’ is also acceptable if the target language does not have a commonly used or understood equivalent. |  |
| 3 8d92b360-e324-47e5-a265-e22849e74f92 | Please focus on the particular health problem(s) for which you sought treatment from this service. | This is an instruction to the respondent. In this item’s context, ‘service’ refers to the healthcare setting administering the questionnaire. |  |  |  |
| 4 4ac6ba89-fe0f-40d4-996c-65563a4616e7 | *For each question* ***tick*** *()* ***one******box*** *to indicate which statement best describes you* ***over the last 2 weeks****.* | This is an instruction to the respondent. The recall period the respondent is instructed to consider is ‘***over the last 2 weeks****.’* |  |  |  |
| 6 2cd84305-eb06-4e97-a8ac-9ea2ae8a3582 | **1. Pain/stiffness** during the **day** How severe was your usual joint or muscle pain and/or stiffness overall during the **day** in the last 2 weeks? | The intent of this item is to determine the severity of the respondent’s pain and/or stiffness of his/her joints and muscles during the day over the recall period of the last 2 weeks. |  |  |  |
| 7 5da9e8ea-8b16-4c11-9df6-60e1bf6a3c32 | Not at all | These are the response options for this item and the following item. | Please ensure the response options are translated consistently, and that the semantic distance between each is equidistant to the source. |  |  |
| 8 4993547b-9905-47bb-be5d-aea4558c5185 | Slightly |  |  |  |  |
| 9 14353b6a-dbe0-4ac0-996d-cf5120262864 | Moderately |  |  |  |  |
| 10 5418f6a9-f580-4101-837f-3b8c70bb6a95 | Fairly severe |  |  |  |  |
| 11 d6406592-173c-405d-b3e5-829ce34922e8 | Very severe |  |  |  |  |
| 18 ddbed70c-c036-4c7c-a4c8-ff02abdf0496 | **2. Pain/stiffness** during the **night**How severe was your usual joint or muscle pain and/or stiffness overall during the **night** in the last 2 weeks? | The intent of this item is to determine the severity of the respondent’s pain and/or stiffness of his/her joints and muscles during the night over the recall period of the last 2 weeks. |  |  |  |
| 19 06478cc5-f610-4c96-b261-6520d2e7dbff | Not at all |  |  |  |  |
| 20 7a6fbc3f-bb4a-4dd1-bfb2-e5ff93c9db6d | Slightly |  |  |  |  |
| 21 0d2ebff4-4695-4a53-bb08-04e123c4bf67 | Moderately |  |  |  |  |
| 22 b560572e-aaf7-4bed-9bb6-eb0332f7eaa2 | Fairly severe |  |  |  |  |
| 23 3ffd2c47-6ef5-48cd-8f12-4d3a8cfd667e | Very severe |  |  |  |  |
| 30 5050bfcd-865a-4bb2-bc9a-ffd83b6a4143 | **3. Walking**How much have your symptoms interfered with your ability to walk in the last 2 weeks? | The intent of this item is to determine the extent to which the respondent’s symptoms have interfered with his/her ability to walk during the recall period of the last 2 weeks. |  | If the gerund verbal form is not natural in the target language, the infinitive form ‘**Walk’** is acceptable if it communicates the intent of the source. |  |
| 31 446550ea-4c61-497d-b171-5c36d1e3c491 | Not at all |  | Please note that these response options include 3 of the same response options and 2 new response options. Please continue to translate the same response options consistently and only change the translation for the new ones. This instruction applies to the remainder of the measure’s response options. If the target language’s grammar causes the response options to differ sightly e.g. due to gender distinctions, this is acceptable. |  |  |
| 32 ac330ee6-3dda-48e1-8efe-1ed42071c6d1 | Slightly |  |  |  |  |
| 33 6dcc4c39-f3f7-407e-8f11-af1c5221014c | Moderately |  |  |  |  |
| 34 ded17998-412d-48ca-807a-5f946bb1b184 | Severely |  |  |  |  |
| 35 ebc4aa13-d5e7-47f3-94f1-e8cffd12b725 | Unable to walk |  | Remember, it is the respondent’s inability to walk i.e. ‘I am unable to walk’. |  |  |
| 42 d0739fb1-a05c-43d1-9337-b7eb961aca22 | **4. Washing/Dressing**How much have your symptoms interfered with your ability to wash or dress yourself in the last 2 weeks? |  |  | If the gerund verbal form is not natural in the target language, the infinitive forms ‘**Wash/** **Dress’** are acceptable if they communicate the intent of the source. |  |
| 43 b56b9acb-6a7b-4b49-8b09-ae68d269eb7f | Not at all |  |  |  |  |
| 44 af70c515-ad11-40b5-aa62-3c79dba7e6fa | Slightly |  |  |  |  |
| 45 fd777807-0a05-42b4-9d5c-8ac50b2827f1 | Moderately |  |  |  |  |
| 46 32a91089-a0c1-45fa-beda-817abe0aba77 | Severely |  |  |  |  |
| 47 34ed5453-2573-4d09-a983-125778867c09 | Unable to wash or dress myself |  |  |  |  |
| 54 c0fd0f2b-e22b-42f4-9dbe-5ccd23cdc5bd | **5. Physical activity levels**How much has it been a problem for you to do physical activities (e.g. going for a walk or jogging) to the level you want because of your joint or muscle symptoms in the last 2 weeks? |  | The source says ‘your joint or muscle symptoms’. Please do not translate ‘symptoms’ as ‘pain’. | If jogging is not culturally applicable in the target locale, ‘exercise’ is an acceptable alternative. |  |
| 55 fad66c88-a1da-446e-9695-5437329be370 | Not at all |  |  |  |  |
| 56 f387c207-3fab-47dd-9c79-7ffa5330bc6c | Slightly |  |  |  |  |
| 57 fa23592b-8f19-4a8e-94a1-0c02c499272b | Moderately |  |  |  |  |
| 58 079b3eac-8dea-4d4e-9584-d07d2b6366d8 | Very much |  |  |  |  |
| 59 749c56ca-d96b-4594-85e2-46884237ab13 | Unable to do physical activities |  | Remember, it is the respondent’s inability to do physical activities i.e. ‘I am unable to do physical activities. |  |  |
| 66 590b6130-14fa-444f-8470-b79a79e0aed3 | **6. Work/daily routine**How much have your joint or muscle symptoms interfered with your work or daily routine in the last 2 weeks (including work & jobs around the house)? |  |  | ‘chores’ is an acceptable alternative for ‘jobs’. |  |
| 67 214a9f9a-bd7e-4d1b-b249-e2c550635f55 | Not at all |  |  |  |  |
| 68 facf7f28-bf49-435d-91a4-ec54dac1b374 | Slightly |  |  |  |  |
| 69 ced8ee1d-25e6-42f6-860c-8d4b31fef933 | Moderately |  |  |  |  |
| 70 e4b6158a-2ff3-4666-af09-ff2c20ce2e5a | Severely |  |  |  |  |
| 71 ce2020c6-6828-4baf-899f-48def61a9226 | Extremely |  |  |  |  |
| 78 33ae2856-1d87-4060-8762-0868bd3d9f6d | **7. Social activities and hobbies**How much have your joint or muscle symptoms interfered with your social activities and hobbies in the last 2 weeks? |  |  |  |  |
| 79 b015ad8d-d78c-4e42-a2e6-d9b5f202d15a | Not at all |  |  |  |  |
| 80 c18e58ce-c9d0-4321-a59e-9fdfacfb671d | Slightly |  |  |  |  |
| 81 4698f34d-1fce-45a2-ab62-240a9c3651f9 | Moderately |  |  |  |  |
| 82 937f5e87-434a-4757-bfd3-51292cb641be | Severely |  |  |  |  |
| 83 d3d0012f-f7a1-400f-bbee-f5c4abf0618e | Extremely |  |  |  |  |
| 89 4a09061c-55cc-484e-b524-aeb6a08d4dd4 | Please turn the page and continue |  |  |  |  |
| 91 73663044-6565-4ef2-80fb-a31b9fc1e2d3 | **8. Needing help**How often have you needed help from others (including family, friends or carers) because of your joint or muscle symptoms in the last 2 weeks? |  |  | If the gerund verbal form is not natural in the target language, an acceptable alternative is ‘**The need for help’**. |  |
| 92 a4b8fdfd-bfcc-44fc-81fe-650bd7657f52 | Not at all |  |  |  |  |
| 93 04338f6a-87ea-4781-a700-610f4ecd290a | Rarely |  |  |  |  |
| 94 0105832c-7006-424a-afba-5f76ece096e4 | Sometimes |  |  |  |  |
| 95 0b9a5286-1afa-4e71-a509-174bfed14f35 | Frequently |  |  |  |  |
| 96 d9eb62b5-85a3-4c2e-83fb-6f49e414bf94 | All the time |  |  |  |  |
| 103 390656e4-481a-4a2a-917a-910542bb6096 | **9. Sleep**How often have you had trouble with either falling asleep or staying asleep because of your joint or muscle symptoms in the last 2 weeks? |  | Please ensure the translations of ‘falling asleep’ and staying asleep’ convey the distinct intents they reflect. |  |  |
| 104 b9d579ce-81c9-487b-80bf-29b6eed002b8 | Not at all |  |  |  |  |
| 105 4120425a-2a6b-46d9-b758-137cc313c57b | Rarely |  |  |  |  |
| 106 c2625df4-d3f0-4aa8-b78d-847d8a084f7f | Sometimes |  |  |  |  |
| 107 84c28a3b-9890-4a33-9733-438713dec9e9 | Frequently |  |  |  |  |
| 108 8aee3dbf-03de-4676-877c-6b9f75b02101 | Every night |  |  |  |  |
| 115 8a6662f5-9437-4d85-9b23-9020b0ec6490 | **10. Fatigue or low energy**How much fatigue or low energy have you felt in the last 2 weeks? |  | The translation of ‘**Fatigue’** should convey both physical and emotional weariness brought on by the respondent’s symptoms. |  | ‘Tired’ is not an acceptable alternative for fatigue. |
| 116 671c341d-65b8-4ee6-8ab7-3f59b87dc997 | Not at all |  |  |  |  |
| 117 2b9ef15e-f859-4d89-a24c-5a8d635a0e3f | Slight |  |  |  |  |
| 118 715cd808-7c7a-4f51-9185-abb495edc4ad | Moderate |  |  |  |  |
| 119 54ddbcba-6c30-4c58-8e5d-c6c4d5a3c34f | Severe |  |  |  |  |
| 120 46dac984-b503-45e9-9787-9a1bd42b5f48 | Extreme |  |  |  |  |
| 127 5de5921c-f7c1-424c-a18f-1f1858120729 | **11. Emotional well-being**How much have you felt anxious or low in your mood because of your joint or muscle symptoms in the last 2 weeks? |  | The translation of ‘low in your mood’ should convey an sense of sadness/worry. |  | ‘depressed’ is not an acceptable alternative for ‘low in your mood’ as it could imply a more severe symptom than intended by the source. |
| 128 723bb72c-d8b0-47aa-947d-1d7d1e5932e7 | Not at all |  |  |  |  |
| 129 dc421ab9-c3b4-44aa-8707-6a65a13ac421 | Slightly |  |  |  |  |
| 130 37909653-e180-4595-9062-2cc1cc4af05d | Moderately |  |  |  |  |
| 131 4067b3f0-5818-4e40-aea8-078af797d38f | Severely |  |  |  |  |
| 132 344d8990-71de-4d62-b0c2-b174af59f573 | Extremely |  |  |  |  |
| 139 c30a3adb-27b3-4ede-86cb-0a28ef1c5fd4 | **12. Understanding of your condition and any current treatment**Thinking about your joint or muscle symptoms, how well do you feel you understand your condition and any current treatment (including your diagnosis and medication)? |  |  | If the gerund verbal form is not natural in the target language, an acceptable alternative is ‘The understanding of your condition and any current treatment’. |  |
| 140 e6a3ab8a-2977-463b-9da7-656a917514f5 | Completely |  | Please note the semantic reversal of response option for this and the following item. Continue to translate identical terms consistently. |  |  |
| 141 e53d0816-4b92-47b8-8d7a-de0dd2e4e300 | Very well |  |  |  |  |
| 142 cb04aa5f-7380-4127-98e9-c3325f556fe4 | Moderately |  |  |  |  |
| 143 eb95e5e7-0fd4-40bd-a676-1a54bebfe347 | Slightly |  |  |  |  |
| 144 3d49c851-8c3b-49f4-bc5e-e03e247a70dc | Not at all |  |  |  |  |
| 151 fe6f441d-4211-43b3-8ecd-ccab8cb268a9 | **13. Confidence in being able to manage your symptoms**How confident have you felt in being able to manage your joint or muscle symptoms by yourself in the last 2 weeks (e.g. medication, changing lifestyle)? |  |  | If the abbreviation ‘e.g.’ is not commonly recognized in the target language, ‘for example’ is an acceptable alternative. |  |
| 152 c05a3eb3-b340-49a8-8776-d26f0d514d70 | Extremely |  |  |  |  |
| 153 8503217d-f1ff-41c4-8fcc-b350b49f6cfe | Very |  |  |  |  |
| 154 54ffc1a1-80b4-4534-aab3-03573a0a8e69 | Moderately |  |  |  |  |
| 155 1902a41f-51d8-46bc-8cd0-bf1f791ebbea | Slightly |  |  |  |  |
| 156 9326cd9d-be55-4145-b7b2-1b907a78261a | Not at all |  |  |  |  |
| 163 3ea97582-6877-4078-8ef8-6fb04759cd4d | **14. Overall impact**How much have your joint or muscle symptoms bothered you overall in the last 2 weeks? |  |  | ‘disturbed’ and ‘troubled’ are acceptable alternatives for ‘bothered’ |  |
| 164 ac47c561-fa21-4f91-9ab8-6f69a13ed734 | Not at all |  |  |  |  |
| 165 cdddc5d7-055c-4f2a-ad76-6a378bce76ae | Slightly |  |  |  |  |
| 166 dc832b78-68cf-456a-9eef-08c95b6bfea5 | Moderately |  |  |  |  |
| 167 2824aaa5-30df-4ab4-aa45-2c318157135a | Very much |  |  |  |  |
| 168 c64c33b5-c587-44ed-bf4e-3be5f86d90d0 | Extremely |  |  |  |  |
| 174 c031ff62-6a7a-44a4-a836-282d2e2af186 | **Physical activity levels**In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your heart rate? | The intent of this item is to assess how many days the respondent exercised for 30 minutes or more in a manner that raised his/her heart rate during the recall period of the past week. |  |  |  |
| 175 35fb0232-b374-49e2-8169-29d3798e2885 | *This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.* |  | The translation should make it clear to the respondent that the physical activities considered should not include housework or any activities related to his/her job. |  |  |
| 176 ac452bfc-514f-4770-bac9-feadca9c5a39 | None |  |  |  |  |
| 177 1ca2b60c-6250-4ccb-ad65-1b90df55857d | 1 day |  |  |  |  |
| 178 b38f07d6-7c5a-422f-9ece-c56f37078282 | 2 days |  |  |  |  |
| 179 b5882bb9-19fb-463b-8bbb-29131d3cf3c3 | 3 days |  |  |  |  |
| 180 a1dc47ea-4e2c-4d46-9c3b-d5669de091e9 | 4 days |  |  |  |  |
| 181 3705e263-7589-4363-ab9a-2a035b26a239 | 5 days |  |  |  |  |
| 182 370a42cc-1912-49bb-bc2c-6c9ccb7662b8 | 6 days |  |  |  |  |
| 183 1a6bea8f-cb56-4ac4-87ae-03746d83fab1 | 7 days |  |  |  |  |
| 184 75bdf51b-fce3-480a-9a0c-a00ffe1ee798 | Thank you for completing this questionnaire. |  |  |  |  |
| 185 acbf932d-75e3-45da-bb0c-4f1927c320eb | The MSK-HQ total score is the sum of items 1-14, using the response values provided. |  | ‘response values’ = the numbers assigned to the response options. |  |  |
| 186 5f233414-10e0-49df-98d9-0a085bde20f4 | **MSK-HQ – Questionnaire for joint, back, neck and muscle symptoms** |  |  |  |  |
| 187 53441077-e300-4673-9ca2-4d9e8b0c16e4 | Any and all copyrights © for the MSK-HQ vests in Keele University (May 2014). |  |  |  |  |
| 188 fd010b02-dc9d-45d7-bbd6-b3ccf48e481a | The authors acknowledge the kind support of Arthritis Research UK in the development of the MSK-HQ. |  |  |  |  |
| 189 5812cce3-83de-4ad7-9f2c-c285d08eb158 | Hill et al. 2016. |  |  |  |  |
| 190 c6e74e6e-7790-4a5a-9aed-46c46a24955e | **MSK-HQ – Questionnaire for joint, back, neck, bone and muscle symptoms** |  |  |  |  |
| 191 3a3ad982-845e-4867-a675-af9494ecc2b4 | Any and all copyrights © for the MSK-HQ vests in Keele University 2014. |  |  |  |  |
| 192 e14f8c6e-42e6-4ebc-8666-3cd956fb6f3e | The authors acknowledge the kind support of Arthritis Research UK in the development of the MSK-HQ.**2** |  |  |  |  |