

The bahasa Melayu version of cornell musculoskeletal discomfort questionnaire (CMDQ): reliability and validity study in Malaysia

ABSTRACT

BACKGROUND: The Cornell Musculoskeletal Discomfort Questionnaire (CMDQ) was developed to assess the level of musculoskeletal discomfort among office workers related to their ergonomic situation. **OBJECTIVE:** The primary objective of this initial study is to analyze the validity and dependability of the Malay translation of the Cornell Musculoskeletal Discomfort Questionnaire. **METHODS:** The questionnaire was self-administered two times, with an interval of two weeks in order to evaluate the accuracy of the original findings with a retest. The study involved 115 participants. **RESULTS:** The range of Cronbach Alpha coefficient showed a considerable consistency of the items for each sub-scale (Cronbach's $\alpha > 0.95$). The range of Kappa coefficients was between (ICC=0.690–0.949, $p < 0.001$), (ICC=0.801–0.979, $p < 0.001$) and (ICC=0.778–0.944, $p < 0.001$) for frequency, severity and interference scales. **CONCLUSIONS:** This research, introduced the Malay-language version of the CMDQ (CMDQ-M) as the first formal validation of the CMDQ, and confirmed a high reliability and validity for the evaluation of musculoskeletal discomfort among the study population.

Keyword: Office ergonomics; Musculoskeletal disorders; Physical conditioning; Anatomy