



OQ MEASURES
The Measure of Mental Health Vital Signs™

Updated September 2018

Purpose

- The OQ® 45.2 provides a quick but comprehensive snapshot of the client's current functioning across a wide variety of disorders.
- Intake scores (total, subscales, critical items, individual items) can help identify areas of immediate clinical concern and aid in treatment planning.
- The OQ® 45.2 is sensitive to change over short periods of time, making it useful for evaluating client progress at any point during treatment.
- Information gleaned from the OQ® 45.2 may be helpful in treatment/discharge planning.

Administration

- Clients **ages 18 and older** complete the OQ® 45.2.
- Encourage respondents to **answer every question** as accurately as possible.
- Respondents should indicate how true each statement is during the **past 7 days**.
- The OQ® 45.2 can be administered by non-clinical staff but should be interpreted by a trained clinician.
- The OQ® 45.2 can be administered at every significant clinical event but no more than once a week.

OQ® 45.2 Quick Guide

Outcome Questionnaire® 45.2

Information taken from the OQ® 45.2 Manual (2013) and OQ® Clinician Manual

Interpretation

Total Score

- Total scores (≥ 64) reflect increased distress related to experiencing a high number of symptoms, interpersonal difficulties, and decreased satisfaction and quality of life. Level of distress is described as follows:
 - High is anything above 105
 - Moderately High is between 83 and 105
 - Moderate is between 64 and 82
 - Low is anything below 64

Symptom Distress (SD)

- Scores (≥ 37) indicate subjective discomfort related to intrapsychic symptoms of depression, stress, and anxiety. Research shows that the majority of patients in outpatient mental health treatment have diagnoses that have a depression or anxiety component. The OQ®-45.2 is heavily loaded with items related to these symptoms.

Interpersonal Relations (IR)

- Scores (≥ 16) reflect problems in interpersonal relations. Research on life satisfaction and quality of life suggests that people consider relationships essential to happiness. Research on people seeking therapy has shown that the most frequent problems addressed in therapy are interpersonal in nature. Therefore, items that attempt to measure friction, conflict, inadequacy, and withdrawal in friendships, family, and partnerships are included.

Social Role (SR)

- Scores (≥ 13) indicate dissatisfaction, conflict, distress, and inadequacy in performance of tasks related to employment, school, family roles and leisure life. (Note: employment is used here in the broadest sense encompassing daily activities, housework, volunteering, hobbies, etc.).

Included in the above subscales are five "critical items" that alert the clinician to the presence of suicidal thoughts, workplace conflict, and substance abuse.

Scoring

Subscale	Score Range	Clinical Cutoff
Total Score	0 to 180	≥ 64
Symptom Distress (SD)	0 to 100	≥ 37
Interpersonal Relations (IR)	0 to 44	≥ 16
Social Role (SR)	0 to 36	≥ 13

OQ[®] 45.2 Quick Guide

Invalid Administration

(Missing Items)

- The OQ[®] 45.2 is invalid if **5 or more** items are missing.
- Items that are left blank may be reviewed at the beginning of the session. If the client provides a response, clinicians can update the questionnaire.
- Once there are 4 or fewer missing items, the score is valid.

Total Score is only calculated if 41 or more items are completed.

Critical Items

Follow up on items answered Sometimes, Frequently, or Almost Always

- 8** Suicidal thoughts
- 11** Alcohol, drugs to get going
- 26** Criticized for substance use
- 32** Substance use affects daily functioning
- 44** Workplace Conflict

Reliable Change Index (RCI)

The Change Metric is the Baseline Score – Follow Up Score

- Small fluctuations in scores can be due to chance or mood fluctuations.
- A difference of **14 or more points** between the Baseline and follow up on the OQ[®] 45.2 reflects a reliable change.
- An RCI that is -14 or lower (i.e., -14, -15, etc.) means the client is doing reliably worse.
- An RCI that is 14 or higher (i.e., 14, 15, etc.) means the client is doing reliably better.
- The RCIs for each of the subscales are as follows: Symptom Distress 10, Interpersonal Relations 8, Social role 7.
- For more information on how the RCI is calculated, please reference the Administration and Scoring Manual.