

Kategorie: Rehabilitation

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Psychometric properties of the Questionnaire for Assessing Motor Functional Status (FFB-Mot) in Cancer and Non-Cancer Subjects

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Background: Self-report questionnaires assessing physical activity are often used in oncology. While they provide relevant information on patient activity levels, they are not specific enough for measuring endpoints of dedicated exercise interventions. Objective motor tests such as the 6-minute walk test (6MWT) are commonly used to define training goals and assess training effects. Despite their validity and reliability, they are resource-intensive and require face to face contact, which makes them difficult to use for online interventions. Therefore, self-assessment of motor function could represent a suitable alternative. This study aims to examine the agreement between self-reported functional abilities and objective motor performance in the domains of strength, endurance, flexibility, and coordination.

Methods: This cross-sectional validation study included individuals ≥ 18 years with and without cancer. All participants completed the “Motor Function Questionnaire” (FFB-Mot)¹, comprising 24 items across four dimensions, each rated on a 5-point scale (score per domain: 5–30). Objective measures included e. g. handgrip strength, sit-to-stand tests, 6MWT, spirometry, sit-and-reach test, single-leg stance, and ruler drop test. Analyses include descriptive statistics, Cronbach’s Alpha (internal consistency), Known-Group-Comparisons, and Receiver Operating Characteristics analyses to evaluate agreement between subjective and objective measures.

Result: Thirty-five participants were included (20 women; age 63 ± 12 years, range: 40–84), 21 of whom had cancer. FFB-Mot scores ranged between 10–30 (strength), 8–30 (endurance), 11–30 (flexibility), and 7–29 (coordination). Objective performance also showed wide variation (e.g., 6MWT distance: 380–880 m; 30s sit-to-stand: 8–26 reps). Psychometric analyses are ongoing and will be presented.

Discussion: Findings support its use as an easy to use tool for assessing functional capacity and monitoring training outcomes in oncology.

Indication of source

¹Bös et al. Diagnostica 2002;48(2), 101-1112