Outcome Questionnaire (OQ-45.2) Quick Guide

The OQ 45.2 is to be administered to clients 19 years and older. Administered during the first treatment session, every 3 months and last treatment session.

**Purpose**

- The OQ is sensitive to short-term changes, making it a good instrument for evaluating client progress at any point during treatment.
- Provides the clinician with a “snapshot” of the client’s current functioning across a wide variety of disorders.
- Assesses personal and socially relevant characteristics that contribute to one’s quality of life.
- The OQ contains risk assessment items for potential suicide, substance abuse and workplace violence.

**Administration**

The OQ is self-administered and requires no instructions beyond those printed on the answer sheet. Clients should be encouraged to answer every question as accurately as possible. The administrator should indicate to the client how true each statement is for him/her during the past week.

It should be mentioned that participants taking this test can be affected by the attitudes of those who are in charge of the administration. It is important for the test administrator to encourage the participant to fill out the scale in an honest and conscientious manner. Negative attitudes by clinicians or others who administer this test can severely impair its validity, as can personal reasons respondents may have for wanting to give a less-than-candid picture of themselves.

**Time**

Under usual circumstances, participants will complete the scale in about five minutes. Some especially careful individuals may require as much as 15 minutes, while others can complete the test in three to four minutes.

**Scoring**

- Please review answer sheet to ensure client has answered all items.
- Using the hand-scoring answer sheet, transfer the score for each item to the appropriate box in the far right-hand column.
- Add each column of numbers and write the total in the space provided at the bottom of the right-hand column. The three subtotals represent the three OQ subscale scores.
- Add all three subscale scores for the Total Score.
• **Missing Data:** Review the client’s OQ responses to ensure the client has answered each item. If a client leaves an item blank, total all answered items in the subscale, divide by the number answered, round to the nearest whole number, and insert this number for missing items.

• **Critical Items:** Clinician should review and follow-up with any critical items that were endorsed (e.g., Item 8: Suicide; Items 11, 26 & 32: Substance Abuse; Item 44: Violence)

<table>
<thead>
<tr>
<th>Subscale (Domain)</th>
<th>Clinical Cutpoint Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom Distress (SD)</td>
<td>36</td>
</tr>
<tr>
<td>Interpersonal Relations (IR)</td>
<td>15</td>
</tr>
<tr>
<td>Social Role (SR)</td>
<td>12</td>
</tr>
<tr>
<td>Total Score</td>
<td>63</td>
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</tbody>
</table>

**Total Score**

• Is calculated by adding the three subscales

• Scores ≥ 63 are significant and reflect increased distress related to experiencing a high number of symptoms, interpersonal difficulties, and decreased satisfaction and quality of life.

**Interpretation of Initial Scores**

To use the OQ clinically, the clinician should consider three elements: the participants’ answers to certain critical items, the total score (TOT) and the subscale scores.

**Item Evaluation**

The clinician should first consider client ratings on certain critical items. **Item 8** is a screening item for potential suicide that should be investigated further if the participant gives any rating higher than 0 (never). **Items 11, 26 and 32** refer to substance abuse items, and should be investigated further if ratings other than 0 (never) are given. **Item 44** screens for violence at work; any rating other than 0 (never) should be investigated for the possibility of current and/or future work conflicts that lead to violent acts against fellow employees.