

Development and Validation of an Overall Complaints Index for Pelvic Girdle Pain: The OCI-PGP

Drs. Cecile C.M. Röst*

Drs. B.A.M. Snoeker

Dr. B. Spek

University of Amsterdam, Evidence Based Practice in Healthcare

*Correspondence:

2019 Cecile Röst MSc, Rost Therapy, Rijnsburgerweg 95, 2334 BK Leiden, the Netherlands. Email:
info@rosttherapy.com Website: <https://www.rosttherapy.com>

Abstract

Background: Recent studies emphasize the social and emotional impact of pregnancy-related Pelvic Girdle Pain (PGP). However, there is no condition-specific PGP questionnaire that assesses social and emotional variables in affected women.

Objective: To develop and validate a multifactorial, easy-to-use, questionnaire, that is able to profile PGP-patients into main domains of PGP: limited function, activities and participation in addition to perceived emotional and social disturbances.

Study design: A clinimetrics study.

Methods: Following development and pre-testing of the Overall Complaints Index for Pelvic Girdle Pain (OCI-PGP), two online surveys assembled data from PGP-patients. Principal Component Analysis (PCA) was used for structural validation, identifying factors and item reduction. Internal consistency per factor, test-retest reliability, concurrent and predictive validity of subscales and total scale were assessed.

Results: In survey 1, 403 Dutch and Belgian women with PGP completed the developed OCI-PGP. Women were pregnant (N=132), < 1-year postpartum (N=81) or 1 - 20 years postpartum. A majority of the participants (N=306) took part in the re-test, survey 2, two weeks later. PCA reduced the questionnaire from 52 to 33 items. The questionnaire showed excellent face and content validity. PCA resulted in the factors pain localization, painful daily activities, participation problems, and social/emotional disturbances, explaining 54% of the variance. Internal consistency of the factors is .51, .91, .84 and .9 respectively. ICC of total scale was .91 (95% CI .88-.93). The OCI-PGP responded to changes. High correlations showed with Oswestry Disability Index ($r=.87$) and Short Form-8 items ($r=.79$). The OCI-PGP discriminated well in severeness of PGP, with AUC .9, sensitivity 87.2% and specificity 79.5%.

Limitations: Further criterion, intercultural and translation validations need to be carried out in future studies.

Conclusions: The OCI-PGP is a promising, easy-to-use, new instrument to evaluate different aspects of pregnancy-related PGP, including emotional and social disturbances. The Dutch OCI-PGP is reliable and valid for pregnant and non-pregnant women with PGP.

Key Words: pregnancy-related pelvic girdle pain, symphyseal pain, sacroiliac joints, postpartum pain, pelvic instability, pregnancy-related lumbo-pelvic pain, symphysis pubis dysfunction, overall complaints index, condition specific questionnaire