Effectiveness of an intervention programme on arm, shoulder and neck symptoms in computer workers

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Work-related arm, shoulder and neck symptoms have been known for centuries and are still highly prevalent, especially among computer workers. The costs of these symptoms, both from a health and economic perspective, are high. In an attempt to reduce these costs organizations are implementing various interventions aimed at the prevention of arm, shoulder and neck symptoms. One frequently used intervention is the RSI Quick-Scan intervention programme for computer workers. In this dissertation, the reliability, consistency and validity of the RSI QuickScan questionnaire and the (cost-) effectiveness of the RSI QuickScan intervention programme are investigated. The dissertation is concluded with a general discussion of the main findings, methodological considerations and recommendations for occupational health practitioners and future research.