BP-06

Factors related to 1-year outcome of health-related quality of life after neck-specific exercise programme for individuals with whiplash-associated disorders

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Background: Factors of importance for outcome of clinical relevant important changes in health related quality of life (HRQoL) are unknown after a neck exercise program for individuals with chronic whiplash associated disorders (WAD).

Research question: To investigate baseline and short-term outcome factors related to changes in HRQoL (EQ-5D-3L and EQ-VAS) at 3 and 15 months, respectively, after a neck-specific exercise programme delivered via physiotherapy visits twice/week for 3 months (NSE) or via 4 physiotherapy visits combined with an internet-based programme (NSEIT) for individuals with chronic WAD.

Design: A randomized controlled trial.

Methods: Secondary analyses of factors related to change in HRQoL in individuals with chronic WAD grade 2 and 3 after 3-month neck exercises (NSE/NSEIT).

Results: Psychosocial factors, pain, and disability, as well as objective measures, significantly explained ($R2 = 0.20$ to 0.27, $Q2 = 0.06$ to 0.12, $p < 0.05$ to < 0.001) the outcomes of most HRQoL models. Worse psychosocial variables at baseline were significant as predictors for clinical improvement in HRQoL at 15-month follow-up ($R2 = 0.25$, $Q2 = 0.13$, $p < 0.01$). Baseline factors negatively associated with clinical improvement were worse self-rated dizziness, high self-efficacy, and high neck-muscle endurance in extension at baseline.

Discussion: Worse psychological factors at baseline were the most important factors for a clinically relevant improvement in HRQoL, although the models were rather weak. Individuals with high psychosocial ratings and dizziness may need extra support.