

Measure Yourself Medical Outcome Profile (MYMOP)

This questionnaire is based on the revised Measure Yourself Medical Outcome Profile (MYMOP), which is the MYMOP2. This version includes a section on medication.

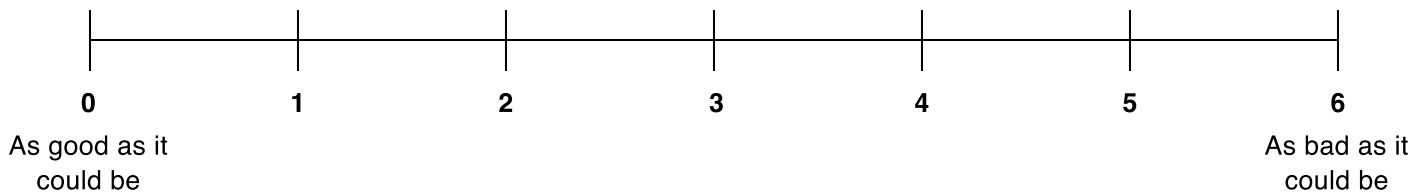
Full name: _____ Date of birth: _____

Address and postcode: _____

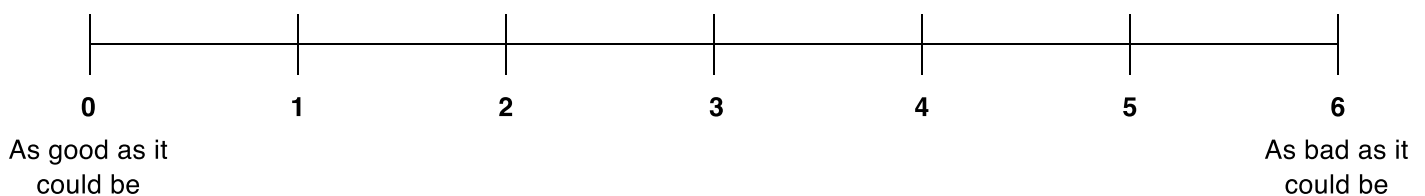
Today's date: _____ Practitioner seen: _____

Choose one or two symptoms (physical or mental) which bother you the most. Write them below. Now consider how bad each symptom is, over the last week, and score it by picking your chosen number.

Symptom 1:

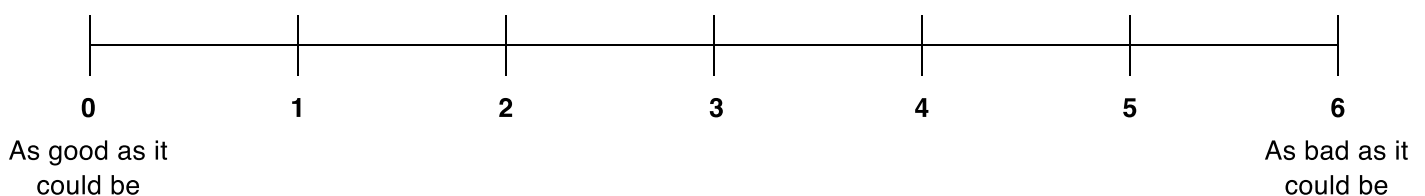


Symptom 2:



Now choose one activity (physical, social, or mental) that is important to you, and that your problem makes difficult or prevents you doing. Score how bad it has been in the las week.

Activity:



Lastly how would you rate your general feeling of wellbeing during the last week?

Rate your general feeling of wellbeing:						
0	1	2	3	4	5	6
As good as it could be						As bad as it could be

How long have you had Symptom 1, either all the time or on and off?

Select one:				
0 – 4 weeks	4 – 12 weeks	3 mos. – 1 year	1 – 5 years	over 5 years

Are you taking any medication **for this problem**?

Select one:	
Yes	No

If the answer above is yes:

1. Please write in name of medication, and how much a day / week:			
2. Is cutting down this medication:			
Not important	A bit important	Very important	Not applicable

If the answer is no:

Is avoiding medication for this problem:			
Not important	A bit important	Very important	Not applicable

Scoring and interpretation

Each of the four items is rated on a seven-point scale, where 0 is 'as good as it could be' and 6 is 'as bad as it could be'. Hence, a decrease in the MYMOP2 score represents an improvement in health outcomes. The mean of the four-item scores is calculated and is referred to as the MYMOP2 "profile score."

Reference

Polus, B. I., Kimpton, A. J., & Walsh, M. J. (2011). Use of the measure your medical outcome profile (MYMOP2) and W-BQ12 (Well-Being) outcomes measures to evaluate chiropractic treatment: an observational study. *Chiropractic & Manual Therapies*, 19(1), 7. <https://doi.org/10.1186/2045-709x-19-7>