

## The Modified Somatic Perception Questionnaire (MSPQ)

Overview: The Modified Somatic Perception Questionnaire (MSPQ) is a 13 item self-report scale for patients with chronic pain or disabilities. It can help identify somatic complaints that may be associated with psychological responses such as anxiety or depression. The authors are from Prestwich Hospital in Manchester England.

Somatic perceptions:

- (1) feeling hot all over
- (2) sweating all over
- (3) dizziness
- (4) blurring of vision
- (5) feeling faint
- (6) nausea
- (7) pain or ache in stomach
- (8) stomach churning
- (9) mouth becoming dry
- (10) muscles in neck aching
- (11) legs feeling weak
- (12) muscles twitching and jumping
- (13) tense feeling across forehead

Response for Each Somatic Perception	Points
not at all	0
a little slightly	1
a great deal quite a bit	2
extremely could not have been worse	3

where:

- I would use a 5 point scale allowing for moderate intensity.

total score = SUM(points for all 13 items)

Interpretation:

- minimum score: 0

- maximum score: 39
- The higher the score the more marked the general somatic symptoms.
- The number of perceptions at each intensity level can help gauge the number of limiting symptoms.
- A person with significant somatic complaints would be a candidate for psychological interventions to aid coping.

Performance:

- The test is easy to administer and has high patient compliance.
- The authors compared the scale with the Zung Depression Inventory the first 3 clinical scales of the MMPI and electromyographic readings.

References:

Main CJ. The Modified Somatic Perception Questionnaire (MSPQ). J Psychosomatic Research. 1983; 27: 503-514.