

**The bahasa Melayu version of cornell musculoskeletal discomfort questionnaire (CMDQ): reliability and validity study in Malaysia**

**ABSTRACT**

**BACKGROUND:** The Cornell Musculoskeletal Discomfort Questionnaire (CMDQ) was developed to assess the level of musculoskeletal discomfort among office workers related to their ergonomic situation. **OBJECTIVE:** The primary objective of this initial study is to analyze the validity and dependability of the Malay translation of the Cornell Musculoskeletal Discomfort Questionnaire. **METHODS:** The questionnaire was self-administered two times, with an interval of two weeks in order to evaluate the accuracy of the original findings with a retest. The study involved 115 participants. **RESULTS:** The range of Cronbach Alpha coefficient showed a considerable consistency of the items for each sub-scale (Cronbach's  $\alpha > 0.95$ ). The range of Kappa coefficients was between (ICC=0.690–0.949,  $p < 0.001$ ), (ICC=0.801–0.979,  $p < 0.001$ ) and (ICC=0.778–0.944,  $p < 0.001$ ) for frequency, severity and interference scales. **CONCLUSIONS:** This research, introduced the Malay-language version of the CMDQ (CMDQ-M) as the first formal validation of the CMDQ, and confirmed a high reliability and validity for the evaluation of musculoskeletal discomfort among the study population.

**Keyword:** Office ergonomics; Musculoskeletal disorders; Physical conditioning; Anatomy