

Methods: A randomized controlled clinical trial will be carried out with 209 workers over the age of 18 who work in an institution using computers for between 4 and 8 hours a day. The physiotherapy intervention will consist of occupational physiotherapy, which will be carried out daily (Monday to Friday), lasting 15 minutes, at pre-scheduled times, in the workplace itself. Posture school will also be carried out by means of a powerpoint presentation for each participant at their workstation, in which, initially, an explanation will be given about the structures of the body, functionality and posture so that the worker can single-handedly protect their health, reduce discomfort and the risk of injury and increase productivity. Next, possible ergonomic corrections will be made to the workstation, such as adjusting the height of the video monitor and chair, organizing the work table and equipment. Each school will last 30 minutes. There will also be two lectures: the first on ergonomics and the second on self-care. These lectures will be held in an auditorium on a pre-scheduled day and time, and each will last one hour.

Results: It is hoped that after this study, following the biopsychosocial model and the ICF, which interrelate aspects linked to functionality (body structure and function, activity and participation) with contextual factors (personal and environmental), the effects of physiotherapeutic intervention will be observed. Data will be collected according to 5 domains, in which the following instruments have been chosen for each category: Domain 1: body functions and structures (Nordic Musculoskeletal Questionnaire (MNQ)); Domain 2: activities (Work Limitations Questionnaire (WLQ)); Domain 3: participation (Short Form Health Survey (SF-36)); Domain 4: context factors (personal and environmental) (Sociodemographic Questionnaire; International Physical Activity Questionnaire - SHORT VERSION - IPAQ and Couto Checklist for assessing ergonomic conditions in workstations and computerized environments (2014 version)) and Domain 5: World Health Organization Disability Assessment Schedule (WHODAS 2.0). **Implications:** The existence of a physiotherapeutic intervention protocol allows for the development of scientific knowledge that will provide physiotherapists with efficient choices of conduct, generating opportunities for better action for this population. In addition to promoting the value of physiotherapists in the job market.

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Keywords: Computers, Physical Therapy Specialty, Occupational Health

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CONSTRUCT VALIDITY ANALYSIS OF NEED FOR RECOVERY WITH 7 ITEMS (NFR-7)

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Background: The Need for Recovery scale (NFR) assesses early symptoms of work-related fatigue. It is based on the daily recovery process from short-term fatigue, considering rest opportunities during and after the workday. If recovery is insufficient, symptoms may persist and accumulate over time. Structural analysis have shown that the scale consists of seven items. However, the construct

validity of the seven-item NFR (NFR-7) has not yet been tested in Brazilian workers, only its 11-item version has been evaluated.

Objectives: To assess the construct validity of the NFR-7 in hospital workers.

Methods: This cross-sectional study involved the simultaneous application of the NFR-7 (scored from 0 to 100%) and the Borg CR-10 Scale via an online form to a convenience sample of healthcare workers. The sample consisted of 48 healthcare workers in both clinical and administrative roles at a university hospital. Participants were invited via institutional email, social media announcements, and internal hospital communication channels. The Spearman correlation test was used to assess the correlation between the two scales. A correlation of $=0.10$ was considered small, $=0.10$ and <0.50 moderate, and $=0.50$ high. The significance level of 0.05 was adopted. Statistical analysis was conducted using R software v4.2.0 (R Core Team, 2022) with the 'stats' package.

Results: The mean age of the sample was 40 ± 6.8 years, with a majority of participants being female (66%), white (73%), and married (60%). The mean NFR-7 score was $44 \pm 21\%$, and the mean Borg Scale score was 4.0 ± 2.4 . A high and significant correlation was found between NFR-7 and Borg Scale ($r = 0.62$; 95% CI: 0.41, 0.77; $p < 0.001$).

Conclusion: The NFR-7 demonstrated construct validity for use among healthcare workers.

Implications: The NFR-7 version is a valid tool for occupational health services and research in worker health. However, further studies with larger samples and additional evaluations of its measurement properties are needed.

Keywords: Need for recovery, Construct validity, Worker

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WORK ABILITY AMONG BRAZILIAN WORKERS DURING THE COVID-19 PANDEMIC: A 3-YEAR LONGITUDINAL STUDY

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Background: The Work Ability Index (WAI) is a worldwide instrument to assess the workers physical and mental capacity to perform work activities, considering the social, psychological and economic context. Work ability may have been affected by the COVID-19 pandemic, reducing workers' capacity and increasing work demands.

Monitoring the WAI allows the identification of possible changes in the workability and, consequently, the management of occupational health services to prevent absenteeism and early retirement.

Objectives: To describe the workability of Brazilian workers during the COVID-19 pandemic in a longitudinal study with 3 years of follow-up.

Methods: Longitudinal study of the IMPPAC cohort (Implications of the COVID-19 pandemic on psychosocial aspects and work ability among Brazilian workers). Data from the baseline (2020) and three annual assessments (2021, 2022 and 2023) were included. The sample was composed by 1211 workers in 2020, 633 workers in 2021, 494 workers in 2022 and 467 workers in 2023. Data collection took place from June 29th to September 29th of each year. A