

Review of: "Introduction to the Work Ability Index – A Guide for Rehabilitation Practitioners"

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Potential competing interests: No potential competing interests to declare.

This educational article explains in detail how the WAI works, the most used questionnaire to self-measure one's working capacity.

After a description and explanation of the items of the Work Ability Index, the author indicates some characteristics of the questionnaire. For example, the fact that the total score derives to a different extent from the individual items, depending on the response to each of them. This apparent incongruity derives from the composite character of the concept of work ability.

The author also raises the problem of the validity of the additive method in determining the final score of the WAI and recalls that the ordinal nature of the variables should not lead to the belief that the WAI score corresponds to units of working capacity.

The author recommends continuing the use of the WAI but using it as a guide to the rehabilitation process, personalizing the treatment according to individual needs rather than based on the score.

The article is useful for the purposes for which it was designed.

In the use of the WAI, there may be other problems, linked to its psychometric characteristics (according to many authors, it is possible to recognize the existence of two or more main components), to the different translations, and to the professional categories in which it is used. I recently conducted an analysis of the use of WAI in healthcare workers, in which the author may be interested.