

## **Validation of the TSD-OC: a new disability assessment tool for morbidly obese patients**

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Obesity is not only characterized by significant clinical implications as co-morbidity and somatic fragility, but it is also a serious factor negatively affecting the levels of independence, the psychological well-being and the overall quality of life, at all ages.

The aim of the study was to validate a new subjective obesity-specific assessment test (TSD-OC) proposed in 2009 by the Italian Society for Obesity (SIO) to measure disability in obese subjects

Methods: A multicentric study coordinated by the SIO and involving 16 Centres in Italy was performed. The TSD-OC is composed by 7 sections (pain; stiffness; activities of daily living and indoor mobility; housework; outdoor activities; occupational activities; social life) and a total of 36 items. The patient is requested to subjectively assess disability for each item by means of a *visual analogue scale* (VAS). TSD-OC was validated against different functional (6-minute walking test, grip strength, articular range of motion) and quality of life parameters (SF-36).

Results: 449 obese subjects were recruited (51.1±14 years old). A statistical significant correlation was found between TSD-OC and SF-36 scores, the distance walked in 6 minutes, the articular range of motion and grip-strength.

Conclusion: the results of this study demonstrate the validity of the TSD-OC as a test to measure the level of disability in obese subjects. This assessment may represent an important instrument to establish the rehabilitation needs in patients with obesity-related disability, to plan appropriate rehabilitation programmes and to evaluate their effectiveness.

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