# Patient perspectives on using the PROMIS-29 profile in German outpatient physiotherapy (PROSPERGER)

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## BACKGROUND

Despite strong evidence supporting the usefulness of Patient-Reported Outcome Measures (PROMs) collected in clinical practice, a significant implementation gap persists in German physiotherapy. Among other reasons physiotherapists cite perceived patient resistance as a barrier to routine use. However, empirical data on the perspective of German patients is scarce.

## OBJECTIVE

The goal of the study is to capture patients' perspectives on the use of PROMs in a German physiotherapy clinic, enabling optimization of the implementation processes.

## METHODS

The statements regarding advantages and disadvantages of PROMs were derived from the literature, focus group discussions and patient input in a pilot phase. Data were analyzed to quantify agreement rates, defined as the combined proportion of the three highest response categories “somewhat agree”, “agree” and “strongly agree”. Relationships were examined using contingency tables with chi-square coefficients. The results were also confirmed using analysis of variance (ANOVA). Open-ended responses were analyzed using inductive qualitative content analysis. To ensure rigor, investigator triangulation was applied: three researchers independently coded the material, subsequently resolving all discrepancies in category definitions and boundaries through structured consensus meetings.

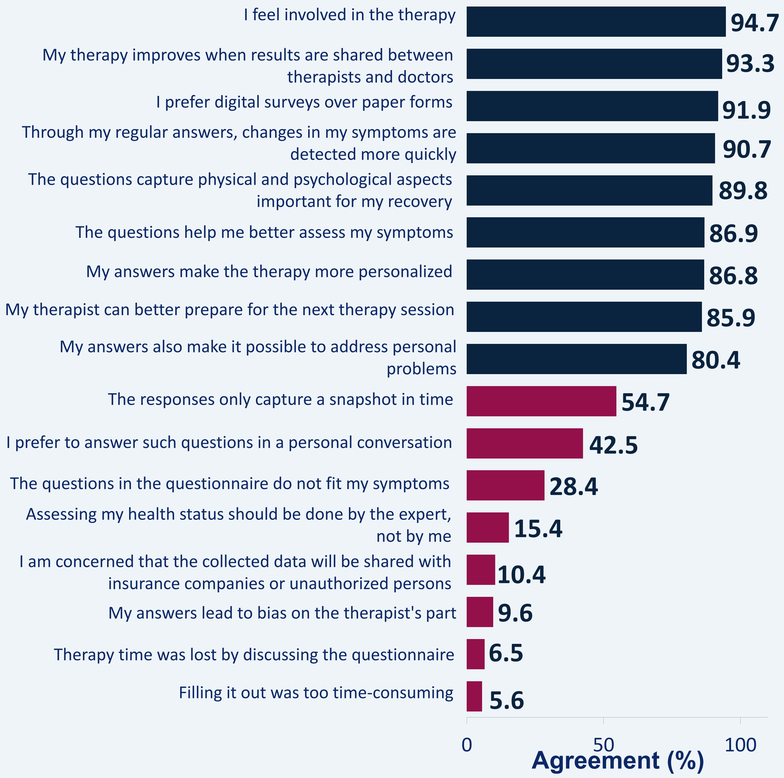



**I agree with this statement ...**

| strongly disagree | disagree | somewhat disagree | somewhat agree | agree | strongly agree |
|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## RESULTS

**267/712 = 37.5 % respondents** **57 % women**




- Female patients agreed significantly more often with statements regarding better preparation for the next session ($p = 0.04$) and individualization of therapy ($p = 0.05$). Other factors (such as age, chronicity or affected body region) showed no statistically significant association with the patient's perspective on PROM usage in clinical care.
- Qualitative content analysis of open-ended responses identified self-reflection and self-perception as additional benefits, while highlighting the generic nature of the questionnaire as a key limitation.

In your opinion, are there any other advantages / disadvantages? Is there anything else you would like to tell us?

“It makes it easier to be honest and bring up issues you might otherwise keep to yourself—things that could potentially be important for your therapy.”

“This questionnaire was very generic for my condition. As a young, active person who only has symptoms during sports/physical exertion.”

“The questions are only partially applicable to my situation, because my health status changes from day to day.”

“You feel taken seriously and appreciated.”

“You focus more on your own condition and have the chance to discover aspects that would otherwise remain hidden.”

## LIMITATIONS

Conducting the study in a single outpatient practice limits generalizability to other regions and healthcare settings. Potential non-response bias and social desirability bias can not be ruled out, as patients with higher health literacy or positive attitudes were likely more inclined to participate

## CONCLUSION

These results indicate an overall positive attitude of patients toward PROMs, with perceived benefits significantly outweighing concerns. Generic questionnaires require adequate explanation, and discussing responses with patients remains essential. By addressing common assumptions held by physical therapists, the study can serve as an additional motivator to implement PROMs in German-speaking regions and ultimately improve patient care.

## LITERATURE

## FUNDING

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## CONFLICT OF INTEREST

Georg Supp and Stefan Schneider are shareholders of the company mophys.

## CONTACT

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