



CANADA RESEARCH CHAIR IN  
IMPLEMENTING INTEGRATED CARE  
FOR PEOPLE WITH COMPLEX NEEDS

# Addressing the complexity of biopsychosocial needs to improve equity: validation of PORTRAIT-10

**Catherine Hudon MD, PhD**

Family Medicine and Emergency Medicine Department  
Université de Sherbrooke

**ICIC, Portugal**

May, 2025

# Team

Catherine Hudon, Université de Sherbrooke

Maud-Christine Chouinard, Université de Montréal

M Gabrielle Pagé, Université de Montréal

Nicole Tremblay, patient partner

Manon Choinière, Université de Montréal

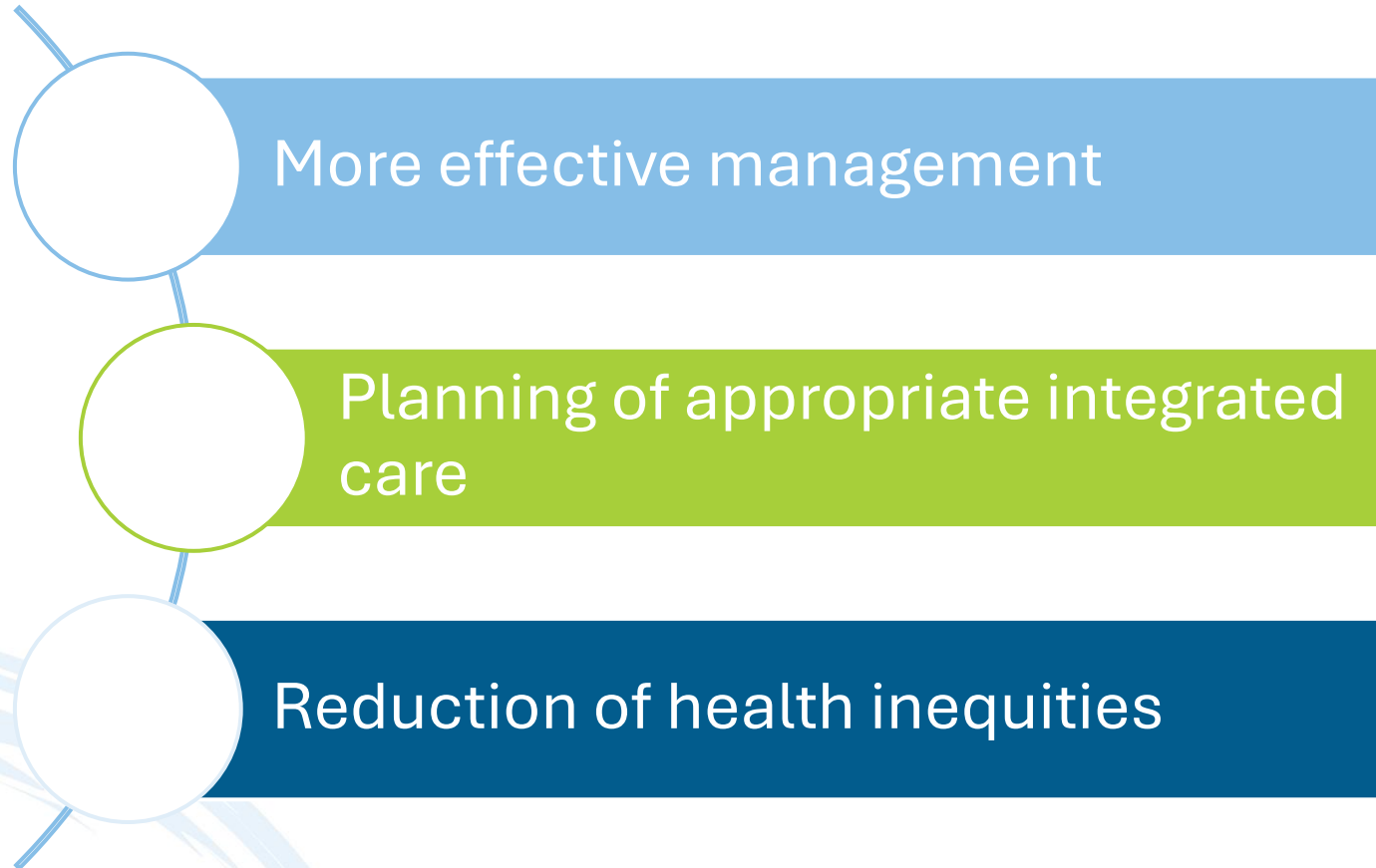


# Complex care needs



Kivimaki M, et al. Diabet Med. 2007;24:1043–8.

# Complex care needs assessment



# Validated questionnaires for complex needs



15-20 minutes to complete

van Reedt Dortland AKB, et al. Psychosomatic Medicine (2017), 79 (4), 485-492.



## PORTRAIT-10 Questionnaire

© Hudon C, Chouinard MC 2022. All rights reserved.  
Licensed under [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International](https://creativecommons.org/licenses/by-nc-nd/4.0/)



File number:

Last name, first name:

Date of birth:

Health insurance number:

**I will ask you 10 questions with a choice of answers. You can give me the answer that you feel best fits your experience. Please don't hesitate to tell me if you have any questions.**

**1) My health is:**

- (0) ☐ Excellent
- (1) ☐ Very good
- (2) ☐ Good
- (3) ☐ Fair
- (4) ☐ Poor

**2) Pain or discomfort:**

- (0) ☐ I have no pain or discomfort
- (1) ☐ Do not limit my activities
- (2) ☐ Limit my activities a bit
- (3) ☐ Limit some of my activities
- (4) ☐ Limit most of my activities

**3) I was prescribed medication to take every day:**

- (0) ☐ No medication
- (1) ☐ Between 1 and 4 different medications
- (3) ☐ Between 5 and 9 different medications
- (4) ☐ 10 or more different medications

**4) In the past 30 days, I have felt nervous, hopeless, agitated, depressed, exhausted or good for nothing:**

- (0) ☐ Never
- (1) ☐ Rarely
- (2) ☐ Sometimes
- (3) ☐ Most of the time
- (4) ☐ All the time

**5) I use alcohol or drugs more than I would like:**

- (0) ☐ Never
- (1) ☐ Rarely
- (2) ☐ Sometimes
- (3) ☐ Most of the time
- (4) ☐ All the time

Available at  
<https://soinsintegres.ca/en/home/>

- 6) **About my housing, I am:**
- (0) ☐ Very satisfied
  - (1) ☐ Satisfied
  - (2) ☐ Neither satisfied nor dissatisfied
  - (3) ☐ Unsatisfied
  - (4) ☐ Very dissatisfied

- 7) **When I need it, I get support from my friends or relatives:**
- (0) ☐ All the time
  - (1) ☐ Most of the time
  - (2) ☐ Sometimes
  - (3) ☐ Rarely
  - (4) ☐ Never

- 8) **To meet my needs and/or those of my family (food, housing and other basic needs), I consider my income:**
- (0) ☐ Very sufficient
  - (1) ☐ Sufficient
  - (2) ☐ Neither sufficient nor insufficient
  - (3) ☐ Insufficient
  - (4) ☐ Very inadequate

- 9) **My health needs are met:**
- (0) ☐ All of the time
  - (1) ☐ Most of the time
  - (2) ☐ Sometimes
  - (3) ☐ Rarely
  - (4) ☐ Never

*In other words, care and health services you receive meet your needs and enable you to carry out your daily activities (work, leisure, outings, housework...).*

- 10) **My interactions with the health care system and health care professionals make me feel that I have complicated health issues:**
- (0) ☐ Never
  - (1) ☐ Rarely
  - (2) ☐ Sometimes
  - (3) ☐ Most of the time
  - (4) ☐ All the time

**Overall score (sum of each question's rating):**    /    \* →    / 40

The hospital or primary care case manager is asked to use the results of the PORTRAIT-10 questionnaire to complete the initial assessment of the person and to note the aspects that appear to be the most complex for that person.

\* If the person refuses to answer one or more questions, subtract 4 points per unanswered question from the total to be reported. Make a rule of three if there are omitted question(s) to obtain the result /40.

Professional who completed PORTRAIT-10 with the person:  
Date:

Available at  
<https://soinsintegres.ca/en/home/>

# Aim

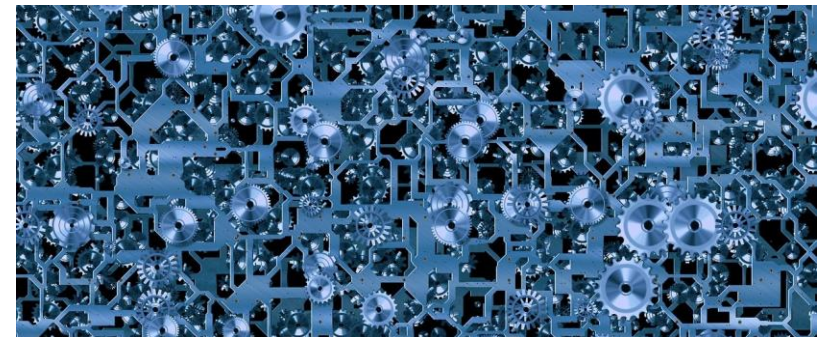
- To evaluate the psychometric properties of the PORTRAIT-10 in individuals living with chronic pain.





# Validation study

- Members of the Quebec Association of Chronic Pain (Canada)  
<https://aqdc.info/en/>
- Web link to the study procedures and informed consent form
- Individuals with chronic pain for a minimum of 3 months, aged 18 or over, access to the Internet, and spoke French
- Patient partners



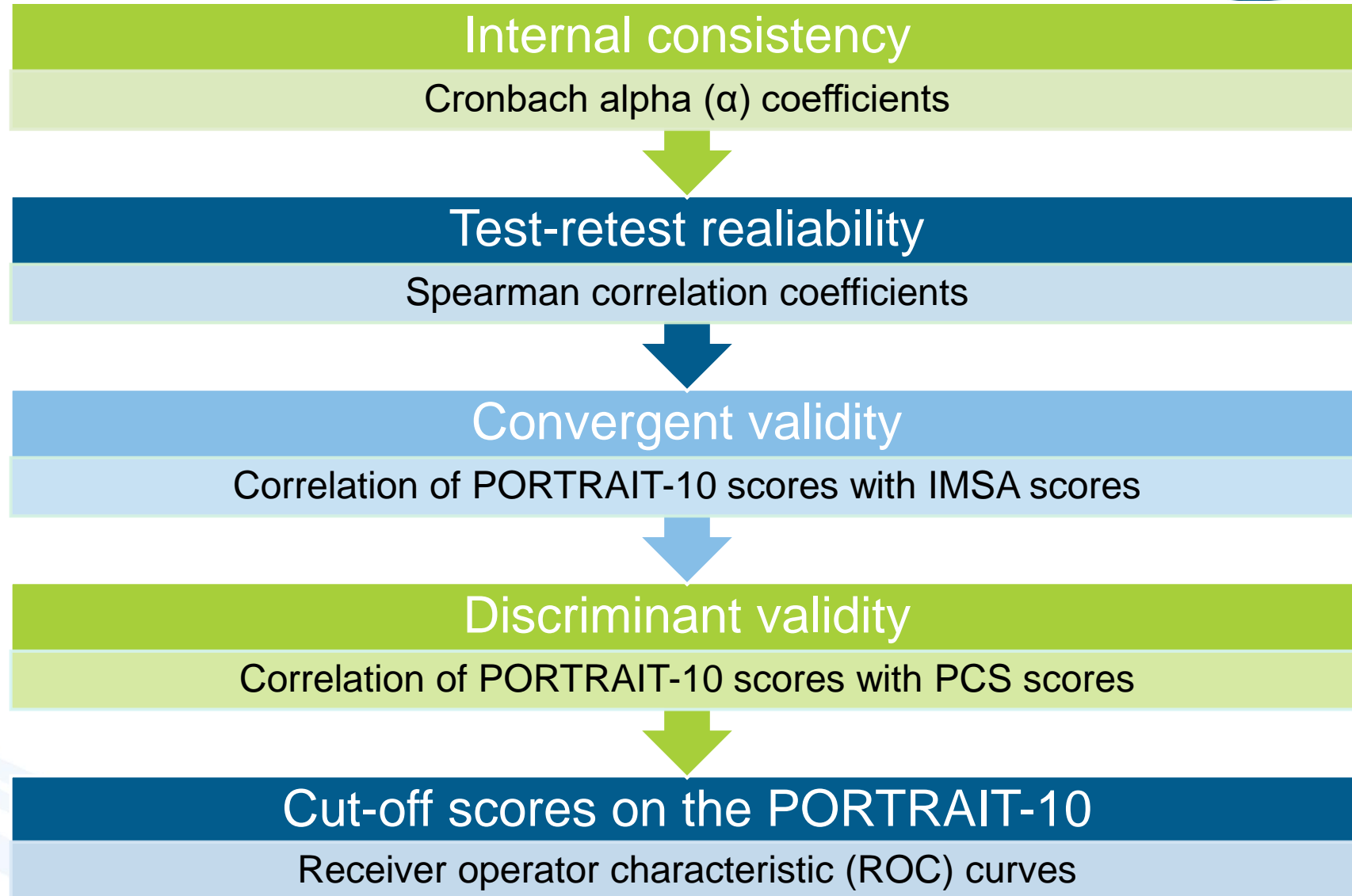
# Data collection

INTERMED-Self Assessment (IMSA)

PORTRAIT-10 (at 0 and 3 weeks)

Pain Catastrophizing Scale (PCS)

# Analysis



# Results

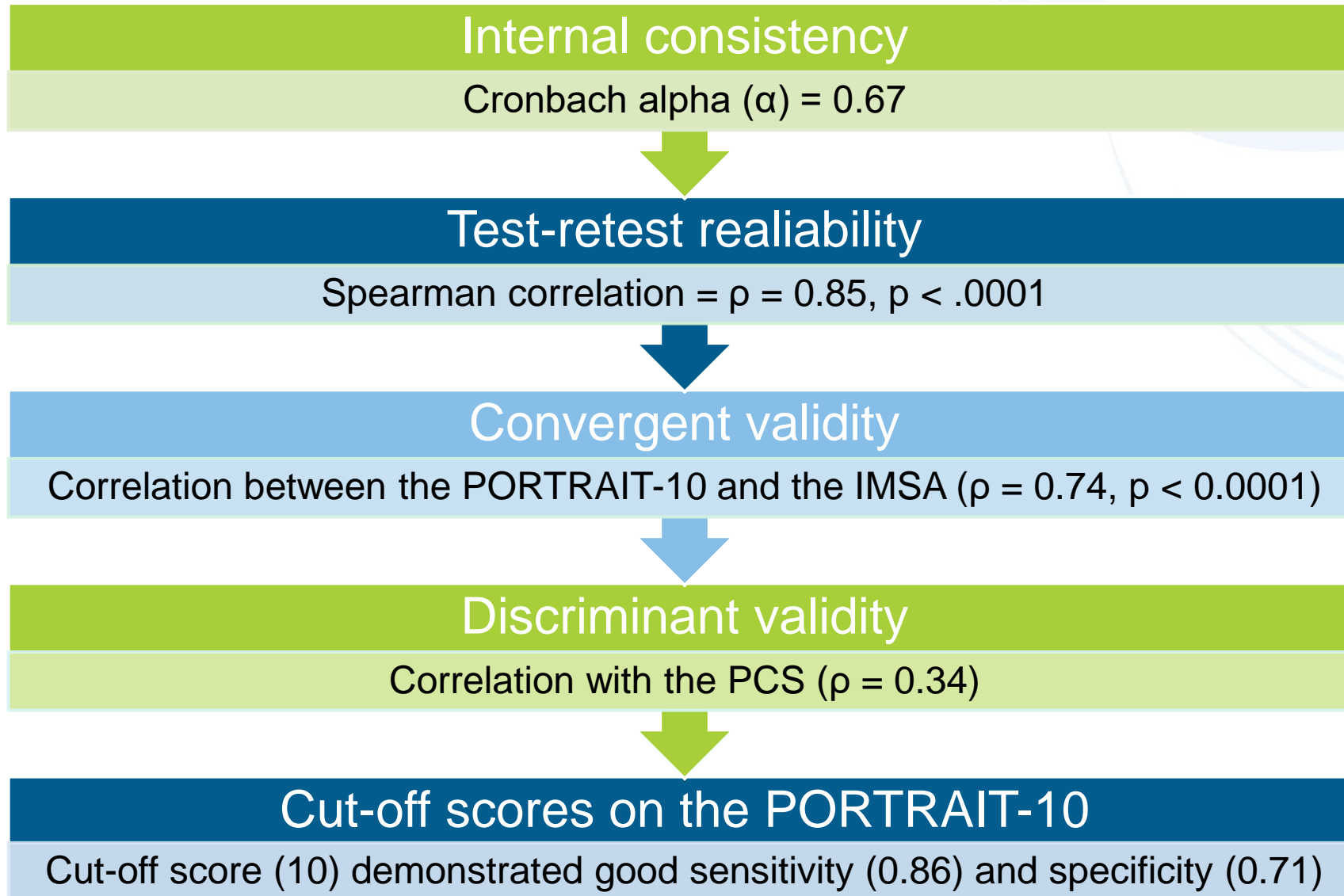
295 participants

88.3%  
identifying as  
female

Mean age 53.3  
 $\pm$  9.3 years

Pain duration  
from 2 to 65  
years (median:  
15 years)

# Results



## Strenghts



Valuable insights into the psychometric properties of a novel questionnaire

Good sample size

## Limitations



Specific population of people with chronic pain

Validity and reliability of only the French version of PORTRAIT-10



# Conclusion: PORTAIT-10

- Valuable tool for assessing the complexity of biopsychosocial needs
- Enables the identification of individuals with the most complex needs
- Facilitates the provision of appropriate integrated care, essential for reducing health inequities



## Follow us



<https://soinsintegres.ca>



<https://www.linkedin.com/company/soinsintegres>



<https://www.facebook.com/soinsintegres>

Thank you : )



CANADA RESEARCH CHAIR IN  
IMPLEMENTING INTEGRATED CARE  
FOR PEOPLE WITH COMPLEX NEEDS