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A wide range of procedures is available to treat patients who require surgical intervention. An essential part of the patient experience, irrespective of the type of procedure, is postoperative recovery. Studies of recovery after surgery and anaesthesia have focused primarily on clinically oriented endpoints, e.g. length of hospital stay and the incidence of postoperative complications. However, changes in practice or supposed advances in care should also be evaluated with consideration to the patient’s perspective. The scientific literature is lacking in recovery studies that measure patient-reported outcomes as primarily endpoints. To appropriately treat and support patients in accordance with their personal experiences and needs, it is important to expand our knowledge of postoperative recovery. The impact of interventions on outcomes of interest to patients could be assessed through subjective evaluation of their experiences.

This thesis describes the development of a questionnaire for self-assessment of postoperative recovery. The author uses both qualitative and quantitative approaches, including a presentation of concept analysis, subjective experiences, and measures of validity and reliability.