

Translation and Cultural Adaptation of the EQ-5D-Y-5L Into Arabic for Use in Egypt



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1 INTRODUCTION

- Quality of life is a valuable outcome in health research.
- Many tools have been developed to assess children and adolescents' health-related quality of life HRQOL, as there is a rising need for this in medical practice and research settings.
- The EQ-5D-Y-5L (Youth version) was developed by the EuroQol Group in English.
- The cultural variation between world populations requires instrument translations and adaptations into various languages to allow for its use and to be able to compare the data from different countries.

2 OBJECTIVES

- The aim of this study is to translate and cross-culturally adapt the EQ-5D-Y-5L into Arabic (Egypt) according to the translation guidelines of the EuroQol's Version Management Committee (VMC).

3 METHODOLOGY

The translation process involved four steps:

1) Forward translations of the English version of the EQ-5D-Y-5L questionnaire into Arabic independently by two experienced translators who are native Arabic speakers and fluent in English.

2) Back translation of the Arabic consensus version produced in step one into English by two independent translators, both native English speakers and fluent in Arabic.

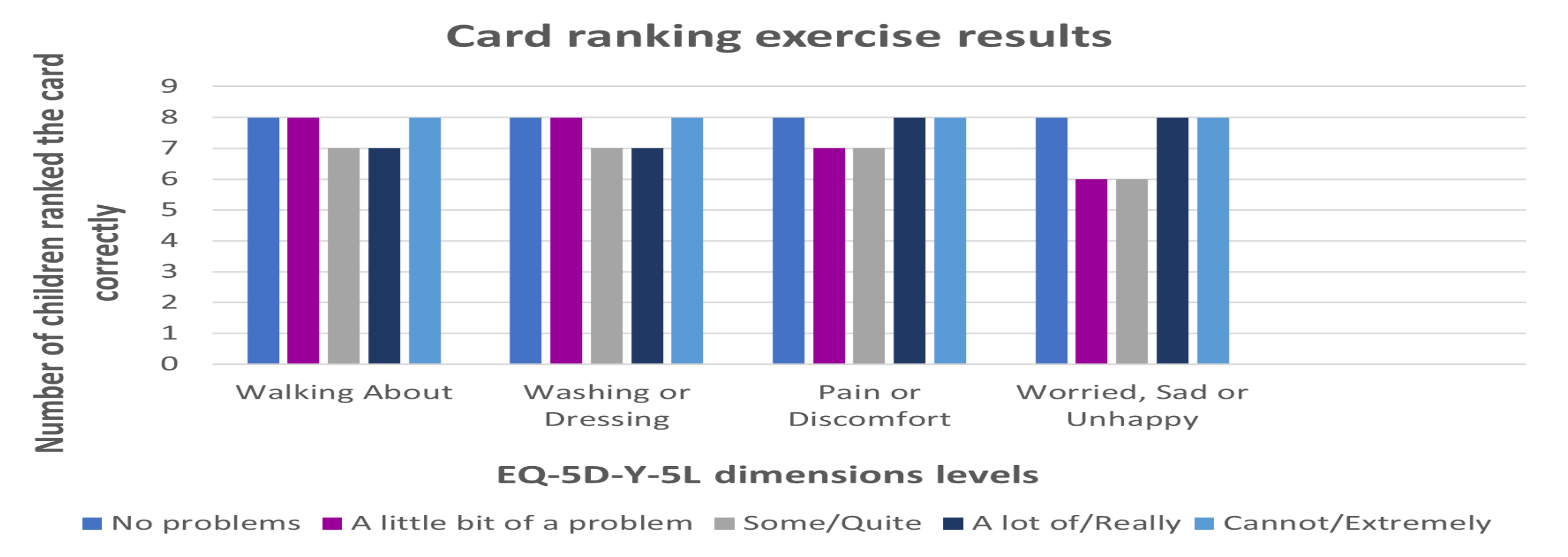
3) Cognitive debriefing interviews involved:

- Card ranking exercise which involved arranging sets of cards that included the translated severity qualifiers onto five empty boxes in a column to represent their relative severity between two points, "the biggest problem" and "the smallest problem" for the child.
- Children self-completing the translated questionnaire.
- Detailed debriefing of the questionnaire sentences with the children.

4) Proofreading of the questionnaire by an Arabic language expert for grammatical, spelling, or layout errors.

4 RESULTS

- The total respondents in this study were 11 Egyptian children (6 girls and 5 boys) aged 8 to 15 years with a mean age of 10.6 years, and there were 6 healthy and 5 sick children.



Summary of cognitive debriefing interviews

Characteristics	N
Total number of interviews	11
Number of interviews involved all 3 steps: card ranking exercise, children self-completion, and detailed debriefing of the questionnaire	8
Number of interviews involved only children self-completion and detailed debriefing of the questionnaire	3
Responses of children about the EQ-5D-Y-5L	
Clear	11
Easy to understand and answer	11
Not too long	10
Number of respondents needed help to confirm their understanding	5
The meantime needed to complete the questionnaire (min)	5.2
The meantime needed to complete cognitive debriefing interview (min)	38

- Some children thought of psychological examples for 'having pain or discomfort' instead of physical pain, thus the Arabic translation for pain was changed.
- Three additional interviews were conducted to assess the new translation that clearly refers to physical pain and some modifications in the instructions.
- All children were able to give examples that confirmed their understanding of the hierarchical order of levels.

5 CONCLUSION

- Arabic translation of the EQ-5D-Y-5L by following the EuroQol translation guidelines and cultural adaptation with Egyptian children produced an acceptable Arabic version that can be used in Egypt and possibly other Arabic speaking countries.

6 REFERENCES

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