

ŠKÁLA HODNOCENÍ NEZPŮSOBILOSTI PŘI BOLESTECH V KŘÍŽI

Czech version of the Roland-Morris disability questionnaire, MAPI 2004
Translation method summarised at the end of the questionnaire

Když Vás bolí v kříži, může být pro Vás obtížné dělat něco z toho, co běžně děláte.

Tento seznam obsahuje věty, které lidé použili, aby popsali, jak jim je, když je bolí v kříži. Při jejich čtení můžete zjistit, že některé platí, protože popisují, jak se *právě dnes cítíte*. Při čtení seznamu uvažujte jen o tom, jak se cítíte *dnes*. Pokud čtete větu, která vystihuje *Vaše dnešní pocity*, zakřížkujte příslušné okénko. Pokud je věta nevystihuje, nechejte okénko prázdné a přejděte na další. **Pamatujte, že máte zakřížkovat jen tu větu, o níž jste si jisti, že vystihuje *Vaše dnešní pocity*.**

1. Většinu dne zůstávám kvůli bolesti v kříži doma.
2. Často měním polohu, abych našel/a tu, v níž se mému kříži nejvíce uleví.
3. Kvůli bolesti v kříži chodím pomaleji než obvykle.
4. Kvůli bolesti v kříži nevykonávám obvyklé domácí práce.
5. Kvůli bolesti v kříži se do schodů přidržuji zábradlí.
6. Kvůli bolesti v kříži polehávám častěji než obvykle, abych si odpočinul/a.
7. Kvůli bolesti v kříži se musím něčeho přidržet, abych se zvedl/a z křesla.
8. Kvůli bolestem v kříži se snažím, aby za mě věci udělali jiní.
9. Kvůli bolestem v kříži se oblékám pomaleji než obvykle.
10. Kvůli bolestem v kříži vydržím stát jen kratší dobu.
11. Kvůli bolesti v kříži se snažím neohýbat se ani si neklekat.
12. Je pro mne obtížné vstát kvůli bolesti v kříži ze židle.
13. V kříži mne bolí téměř stále.
14. Kvůli bolesti v kříži je pro mne těžké se obrátit v posteli.
15. Kvůli bolesti v kříži nemám chuť k jídlu.
16. Kvůli bolesti v kříži mi dělá potíže si natáhnout ponožky (punčochy).
17. Kvůli bolesti v kříži ujdu jen krátkou vzdálenost.
18. Kvůli bolesti v kříži spím méně než obvykle.
19. Kvůli bolesti v kříži se oblékám s pomocí někoho druhého.
20. Kvůli bolesti v kříži většinu dne prosedím.
21. Kvůli bolesti v kříži se doma vyhýbám těžké práci.
22. Kvůli bolesti v kříži jsem vůči ostatním podrážděnější a mám horší náladu než obvykle.
23. Kvůli bolestem v kříži jdu do schodů pomaleji než obvykle.
24. Kvůli bolestem v kříži proležím většinu dne v posteli.

Summary of translation method used by MAPI Research Institute, 27 rue de la Villette, 69003 Lyon, France.

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The aim of a linguistic validation process is to obtain a translation of an original instrument in a target language that is both conceptually equivalent to the original and easily understood by the people to whom the translated questionnaire is administered.

This is achieved using an internationally accepted translation methodology recommended by Mapi Research Institute which is outlined below. This describes the general approach taken by Mapi to translations. For local reasons, the translation process may differ in minor respects for some languages. This translation of the RMDQ was carried out in collaboration with Professor Martin Roland, Director of the National Primary Care Research and Development Centre, at the University of Manchester.

1.1. Standard linguistic validation process

The standard linguistic validation process recommended by Mapi Research Institute comprises the following steps:

Conceptual analysis of the original instrument in collaboration with the developer to define the notions investigated through each item.

The developer is also involved throughout the linguistic validation process whenever further clarification is needed.

1.1.2. Recruitment and briefing of a consultant in each target country as project manager and supervisor of the translation process.

1.1.3. Forward translation step

a. Production of two independent forward translations of the original questionnaire by two professional translators, native speakers of the target language and fluent in the source language.

b. Production of a reconciled language version on the basis of the two forward translations and of a report in English explaining translation decisions.

c. Review of the report by Mapi Research Institute and discussion with the consultant.

1.1.4. Backward translation step

a. Production of a backward translation of the reconciled language version into the source language by one professional translator, native speaker of the source language and fluent in the target language.

b. Comparison of the backward translation and the original, analysis of the discrepancies encountered, resulting, if necessary, in changes in the reconciled translation in the target language, and subsequent production of a second language version.

c. Production of a report in English explaining translation decisions.

d. Review of the backward translation and report by Mapi Research Institute and discussion with the consultant.

1.1.5. Pilot testing

1.1.5.1. Clinician's review

a. Review of the second language version by a clinician appointed by the sponsor in the target country to get feedback from experts in the relevant medical field.

1.1.5.2. Cognitive Debriefing

a. Test of the second language version on a small sample of individuals representative of the target population and native target language speakers, in order to assess the clarity, appropriateness of wording and acceptability of the translated questionnaire.

b. Production of the third language version based on the results of the clinician's review and respondents' feedback, followed by a report in English explaining translation decisions made.

c. Review of the report by Mapi Research Institute and discussion with the consultant, resulting in the third language version.

1.1.6. International harmonisation

a.. When more than one language is involved, comparison of all translations with one another and with the original, during a meeting with translators representing each target language in order to ensure conceptual equivalence in all versions.

b. Discussion of suggestions made during international harmonization with the consultant, resulting in the fourth language version.

1.1.7. Proof-reading

a. Proof-reading of the fourth language version by the consultant and by one translator, native speaker of the target language.

b. Discussion of proof-reading results with the consultant, resulting in the final language version.

1.2. Adjusted linguistic validation process

For some languages that are close to one another (e.g. British English and American English), the complete standard linguistic validation process with forward and backward translation steps may not be appropriate. For such cases, an adjusted linguistic validation process has been established.

The forward and backward translation steps are replaced by an adaptation step, where the work is based on a version considered as the "mother language" version.

The subsequent steps are identical to those used in the standard linguistic validation process.

This adjusted process is as follows:

1.2.1. Conceptual analysis

See 1.1.1.

1.2.2. Recruitment and briefing of a consultant in each target country as project manager and supervisor of the translation process.

1.2.3. Adaptation step

a.. Review of the "mother language" version by the consultant to check its suitability for the linguistic and cultural context of the target country, leading to the establishment of a first country-specific version.

b.. Production of a report in English explaining the decisions made.

c.. Review of the report by Mapi Research Institute and discussion with the consultant.

1.2.4. Pilot testing

1.2.4.1. Clinician's review

See 1.1.5.1.

1.2.4.2. Cognitive Debriefing

See 1.1.5.2..

1.2.5. International harmonisation

See 1.1.6.

1.2.6. Proof-reading

See 1.1.7.