



# Establishing a Welsh language version of the Generalised Anxiety Disorder-7 questionnaire (GAD-7)

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## Introduction

In recent years, there has been a growing focus on the mental health and wellbeing of young people in Wales (National Assembly for Wales, 2018). Despite the growing need for language and cultural awareness in health research, there is a lack of health measures available in Welsh to enhance the reliability and validity of studies conducted in the bilingual context of Wales, and this is especially true for measures to be completed by young people. LLAIS, embedded in the NWORD Trials Unit and funded by Health and Care Research Wales, has recently been involved in the linguistic validation of three health and wellbeing measures for the ADTRAC project (ADTRAC, 2018).

## Aims and objectives of the GAD-7 validation

To prioritise and establish a Welsh language version of the GAD-7 wellbeing measure through:

- Undertaking the translation and linguistic validation of a Welsh language version of the GAD-7 measure to benefit the clinical as well as research context.
- Making the Welsh version of the GAD-7 measure available on the interactive web resource, MI-CYM [www.micym.org](http://www.micym.org), to aid accessibility for clinicians, researchers and other service providers.

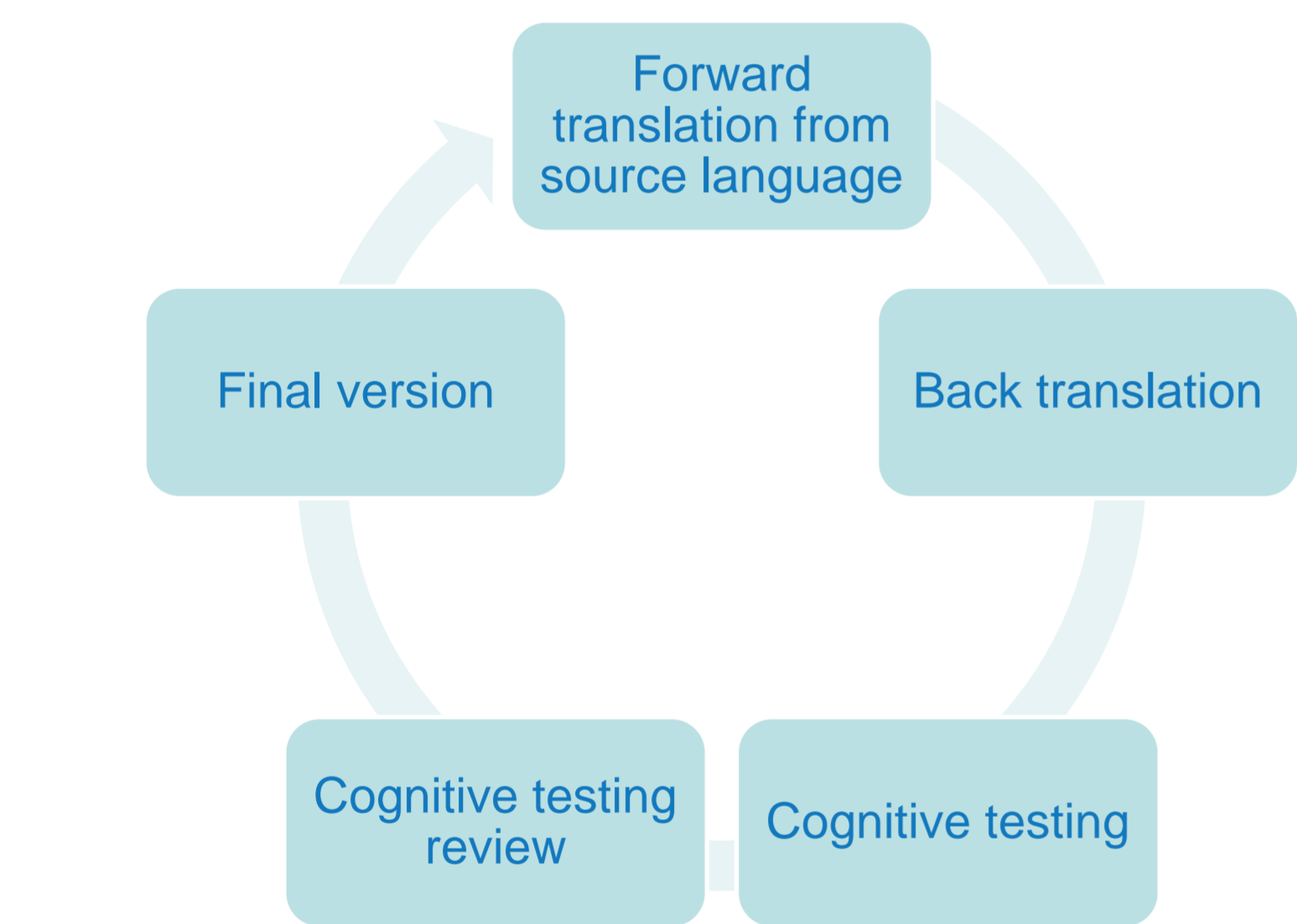
## Methods

A comprehensive step-by-step process with quality control steps and cognitive testing was undertaken to ensure that both conceptual and semantic equivalence are achieved. The steps were as follows. (See <http://micym.org/llais/static/translations.html>)

*"Anxiety affects many young people like us"  
"Mae pryder a gorbryder yn effeithio ar lawer o bobl ifanc fel ni"*  
Quote from Young Person



LLAIS/ADTRAC Focus Group at Galeri Caernarfon 26/06/2018



## Findings

As well as professional translators, a language terminologist, and healthcare professionals, twelve young people from North Wales gave their opinion on a version of the Welsh language GAD-7 in focus group sessions or in face to face interviews to ensure clarity of the questions. Changes were made to the wording based on these discussions and final comments from the language terminologist. Example changes:

Generalised Anxiety Disorder -7 (GAD-7)	Welsh version to be tested	Comments from Young people	Comments from the terminologist	The final Welsh version
Over the last 2 weeks, how often have you been bothered by any of the following problems?	Yn ystod y 2 wythnos diwethaf, pa mor aml mae'r problemau yma wedi dy boeni?	Suggested that 'di' (you) was added to the end of the sentence	It is acceptable to include the 'di' (you).	Yn ystod y 2 wythnos diwethaf, pa mor aml mae'r problemau yma wedi dy boeni di?
Not being able to stop or control worrying	Ddim yn gallu stopio poeni na'i reoli	Suggested that the sentence ended too soon, and that the word 'poeni' (worrying) should be added to the end of the sentence.	It is acceptable to add 'poeni' (worrying) to clarify the question.	Ddim yn gallu stopio poeni na rheoli'r poeni.
Being so restless that it is hard to sit still	Bod mor aflonydd fel ei bod yn anodd eistedd yn llonydd	Suggested that 'yn' should be replaced with 'hi'n'.	It is acceptable to replace 'yn' with 'hi'n' to make the flow of the sentence better.	Bod mor aflonydd fel ei bod hi'n anodd eistedd yn llonydd.
How difficult have these problems made it for you	Pa mor anodd y mae'r problemau yma wedi gwneud pethau i ti?	Suggested that the 'y' was unnecessary.	It is acceptable to remove the 'y' (the) as it is not needed here. The flow of the sentence is fine without it.	Pa mor anodd mae'r problemau yma wedi gwneud pethau i ti?

See the link to the Welsh measure on the [www.micym.org](http://www.micym.org) website



*"Anxiety and depression affect many young people in Wales"  
"Mae pryder ac iselder ysbryd yn effeithio ar lawer o bobl ifanc yng Nghymru"*  
Quote from Clinician

## Conclusion

Since October 2018, the GAD-7 for young people has been available for service providers and researchers to use in Wales. This health measure will be of benefit in facilitating young people to express their mental health state in Welsh. The LLAIS linguistic validation work makes significant contribution towards establishing robust systems to ensure conduct and delivery of research of the highest quality that meet regulatory and governance requirements whilst advancing methodological approaches of international significance. To date, 44 outcome measures are listed on the [www.micym.org](http://www.micym.org) website and around 40 of these have been linguistically validated by LLAIS, NWORD Trials Unit.

The Welsh version of the GAD-7 for young people can be found on the [www.micym.org](http://www.micym.org) website. It is free to download and use.

## References

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