

# Establishing a Welsh language version of the Patient Health Questionnaire for Young People (PHQ-9 – Young People)

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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). LLAIS, embedded in the NWORDTH 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). These measures included the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS), the Generalised Anxiety and Depression Scale (GAD-7) and the Patient Health Questionnaire for Young People (PHQ-9 – Young People), which is a validated brief depression severity measure.

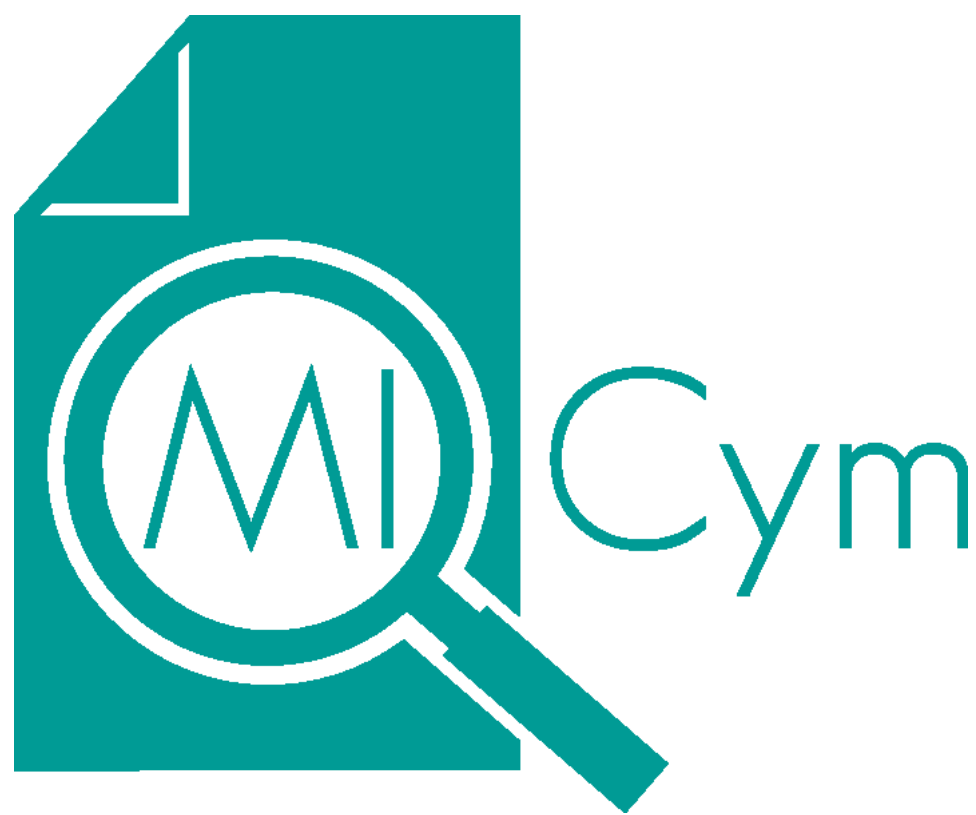
## Aims and objectives of the PHQ-9 - Young People linguistic validation into Welsh

To prioritise and establish a Welsh language version of the PHQ-9 – Young People depression measure through:

- Undertaking the translation and linguistic validation of a Welsh language version of the PHQ-9 - Young People measure to benefit the clinical as well as research context.
- Making the Welsh version of the PHQ-9 -Young People 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

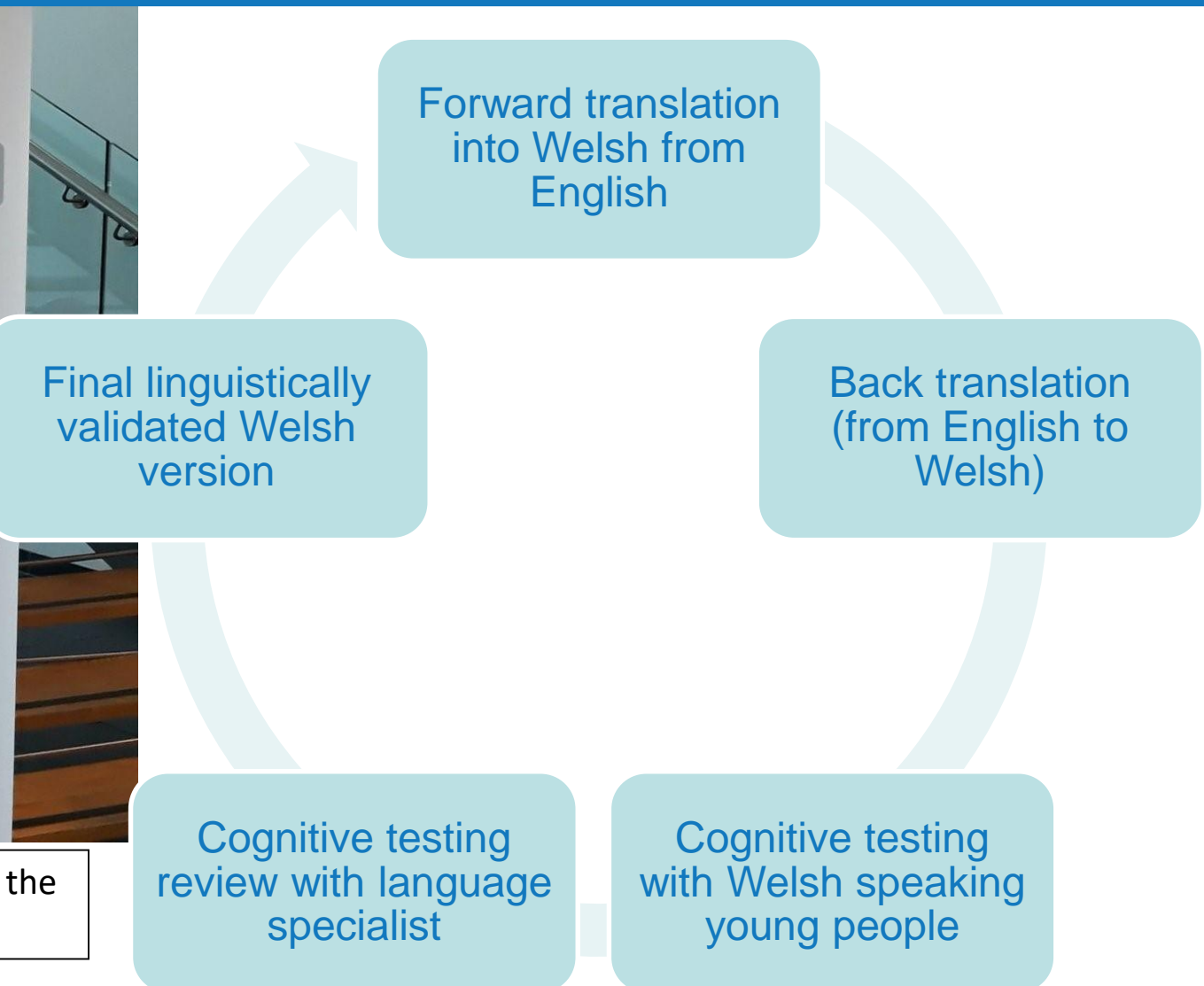
A comprehensive step-by-step process with quality control steps and cognitive testing was undertaken to ensure that both conceptual and semantic equivalence are achieved. The steps included forward and back translation as well as cognitive testing. (See <http://micym.org/llais/static/translations.html>)



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



Dr Llinos Haf Spencer, LLAIS (middle) at the launch of the newly linguistically validated Welsh measures for the ADTRAC project. Ieuenctid Gwynedd Youth conference, Tŷ Menai, Parc Menai, Bangor, 25/10/2018



## 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 PHQ-9 – Young People 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 specialist Delyth Prys, Canolfan Bedwyr, Bangor University. See examples below:

Patient Health Questionnaire-9 - Young people (PHQ-9 – Young People)	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?
Trouble falling or staying asleep or sleeping too much	Trafferth mynd i gysgu, deffro yng nghanol cwsig neu cysgu gormod	Suggested that 'deffro ynghanol nos' (wake in the middle of the night) instead of 'deffro yng nghanol cwsig' (wake in the middle of sleep).	Suggested that 'ar ganol cysgu' (in the middle of sleep) would be easier to understand than 'yng nghanol cwsig' (in the middle of sleep). Cannot change the question to include the word 'night'.	Trafferth mynd i gysgu, deffro ar ganol cysgu neu cysgu gormod.
Feeling tired or having little energy	Teimlo'n flinedig neu heb fawr o egni	Suggested changing 'heb fawr o egni' (without much energy) to 'heb llawer o egni' (without a lot of energy)	The word 'llawer' (a lot) is fine instead of 'fawr' (much), but in it's mutated form 'lawer'.	Teimlo'n flinedig neu heb lawer o egni.
Poor appetite or over eating	Dim llawer o eisiau bwyd neu bwyta gormod.	Suggested that young people did know the term 'awydd bwyd' (appetite).	Awydd bwyd (appetite) is the correct term to use, and should be used as young people are familiar with it.	Dim llawer o awydd bwyd neu bwyta gormod.

## Conclusion

Since October 2018, the PHQ-9 - 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 standards 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, NWORDTH Trials Unit.

The Welsh version of the PHQ-9 – Young People can be found on the [www.micym.org](http://www.micym.org) website. It is free to download and use.

"The PHQ-9 is a very useful tool to measure depression"  
"Mae'r PHQ-9 yn ddefnyddiol iawn i fesur iselder"  
Quote from clinician

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If you have any queries, please contact:  
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