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). LLAS, embedded in the NWORTH Trials Unit and funded by Health and Care Research Wales, has recently been involved in a 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, 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)

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 Pryse, Canolfan Bedwyr, Bangor University. See examples below:

Patient health questionnaire young people (PHQ-9 – Young people)

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Forward translation into Welsh</th>
<th>Back translation from Welsh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling sad or having little energy</td>
<td>Trageth y rhywun fel fy hun fel byd</td>
<td>Trageth y rhywun fel fy hun fel byd</td>
</tr>
<tr>
<td>Poor appetite or over eating</td>
<td>Dim nawr a oes-si lew (yn dal i lethrau)</td>
<td>Dim nawr a oes-si lew (yn dal i lethrau)</td>
</tr>
<tr>
<td>Suggest that young people did know the 'I wasn't/awful' (apartness)</td>
<td>Yn ddaeth, oedd arian iawniad yno rhwng y ddechrau a'r canol</td>
<td>Yn ddaeth, oedd arian iawniad yno rhwng y ddechrau a'r canol</td>
</tr>
</tbody>
</table>

The PHQ-9 is a very useful tool to measure depression.”

Beryl Cooledge – LLAIS Director

“...it is free to download and use.”

www.micym.org website

The Welsh version of the PHQ-9 – Young People can be found on the www.micym.org website.

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 LLAS 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 website and around 40 of these have been linguistically validated by LLAS, NWORTH Trials Unit.

If you have any queries, please contact:

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