Establishing a Welsh language version the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)
Spencer, Llinos; Cooledge, Beryl; Prys, Delyth; Hammond Rowley, Sara

Published: 25/10/2018

Publisher's PDF, also known as Version of record

Dyfyniad o'r fersiwn a gyhoeddwyd / Citation for published version (APA):

Hawliau Cyffredinol / General rights
Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

• Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
• You may not further distribute the material or use it for any profit-making activity or commercial gain
• You may freely distribute the URL identifying the publication in the public portal

Take down policy
If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.
Establishing a Welsh language version of the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

Dr Llinos Haf Spencer, Beryl Cooledge, Delyth Prys, Bangor University
Dr Sara Hammond-Rowley, Betsi Cadwaladr University Health Board

Introduction
Despite the growing need for language and cultural awareness in health research, there is a paucity of measures available in Welsh to enhance the reliability and validity of instruments as outcome measures for trials and research studies conducted in the bilingual context of Wales. LLAIS is embedded in the NWORTH Trials Unit and funded by Health and Care Research Wales to identify, prioritize and develop Welsh translations and linguistic validations of health measures for the research infrastructure across Wales; and explore ways of establishing the psychometric validation data to examine their response amongst different populations.

Aims and objectives of WEMWBS validation
To prioritise and establish a Welsh language version of the WEMWBS wellbeing measure through:
- Undertaking the translation and linguistic validation of a Welsh version of the WEMWBS measure to benefit the clinical as well as research context
- Making the Welsh version of the WEMWBS measure available on the interactive web resource, MI-CYM http://micym.org/llais/static/index.html, to aid accessibility for clinicians and researchers.

Methods
A lengthy 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)

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 WEMWBS 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:

**The Welsh version**

It's important to have Welsh questionnaires for young Welsh people like us

**The source version**

‘Men’s buywysig cael hadiadau Cymraeg ar gyfer pobl ifanc Cymraeg fel ni’

Quote from Young Person

**The final version**

‘Mae’n bwysig cael mesurau iechyd a llawesi Cymraeg ar gyfer y boblogaeth leol yma yng Nghymru.'

Quote from Clinician

Conclusion
Since October 2018, the WEMWBS has been available for practitioners and researchers to use in Wales. This wellbeing tool will be of benefit in facilitating young people to express their wellbeing in Welsh. The LLAIS linguistic validation work makes significant contribution towards establishing robust systems to ensure conduct and delivery of clinical trials 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 micym.org website and around 40 of these have been linguistically validated by LLAIS, NWORTH Trials Unit.

References

If you have any queries, please contact:
Beryl Cooledge
LLAIS Director
Email: B.cooledge@bangor.ac.uk

Dr Llinos Haf Spencer
LLAIS Research Officer
Email: L.spencer@bangor.ac.uk

Uned Dreiafan NWORTH Trials Unit, Y Wern
Saffier Normal Site, Prifysgol Bangor University
Bangor, Gwynedd, LL57 2PZ
Tel: 01248 383153
Email: L.spencer@bangor.ac.uk