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Establishing a Welsh language version of the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

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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 language 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)

1. Translation by professional translators: Into a source language, the WEMWBS in focus group sessions or in face to face interviews to ensure clarity of language WEMBS 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:
   - ‘I’ve been feeling relaxed’ -> ‘I’ve been feeling relaxed’

2. Back translation
3. Cognitive testing
4. Review
5. Final version

Findings
As well as professional translators, a language terminology, 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:

- ‘I’ve been feeling relaxed’ -> ‘I’ve been feeling relaxed’
- ‘I’ve been feeling good about myself’ -> ‘I’ve been feeling good about myself’
- ‘I’ve been feeling loved’ -> ‘I’ve been feeling loved’

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

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Please follow @micymraeg for up to date information on Welsh measures.

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