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# Establishing a Welsh language version 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 NWORD 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.

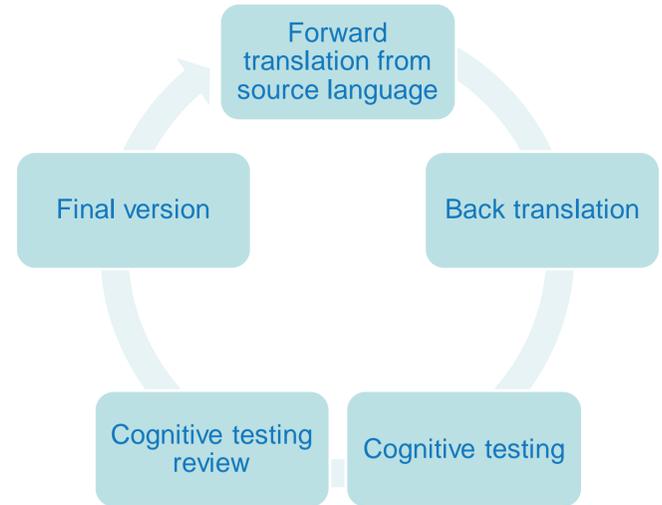
## Aims and objectives of WEMWBS validation

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>)



## 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 Warwick-Edinburgh Mental Well-being Scale (WEMWBS)	Welsh version to be tested	Comments from Young people	Comments from the terminologist	The final Welsh version
I've been feeling relaxed	Rwyf wedi bod yn teimlo fel fy mod wedi ymlacio	G4 – o dan straen (under strain) G5 – medru ymlacio (can relax) G6 – Rwyf wedi gallu ymlacio (I have been able to relax)	Acceptable to include the word 'gallu' as the young people felt that there was something missing.	Rwyf wedi bod yn teimlo mod i wedi gallu ymlacio
I've been feeling good about myself	Rwyf wedi bod yn teimlo'n dda amdanaf fy hun	G1 - am fi fy hun (about me myself) G3 – amdanaf fi fy hun (about me myself) G4 – amdan fy hun (about myself)	As the young people favoured including 'fi' (me), it is acceptable to include 'i'.	Rwyf wedi bod yn teimlo'n dda amdanaf i fy hun
I've been feeling loved	Rwyf wedi bod yn teimlo fy mod yn cael fy ngharu	G4 – Rwyf wedi bod yn teimlo bod rhywun yn fy ngharu. (But 'someone' (rhywun) is not in the English version).	The language register of the statement was changed in keeping with the changes above.	Rwyf wedi bod yn teimlo mod i'n cael fy ngharu
RARELY	ANAML	G6 – Yn anaml (rarely)	Is an acceptable change.	YN ANAML
OFTEN	AML	G6 – Yn aml (often)	Is an acceptable change.	YN AML



*"It's important to have Welsh questionnaires for young Welsh people like us"*  
*"Mae'n bwysig cael holiaduron Cymraeg ar gyfer pobl ifanc Cymraeg fel ni"*  
Quote from Young Person

LLAIS/ADTRAC Focus Group at Galeri Caernarfon 26/06/018

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



*"It is necessary to have Welsh health and wellbeing measures for the local population here in Wales. Welsh is the first language of most young people who use our service"*  
*"Mae'n angenrheidiol cael mesurau iechyd a llesiant Cymraeg ar gyfer y boblogaeth leol yma yng Nghymru. Cymraeg ydi iaith gyntaf y rhan fwyaf o'r pobl ifanc sy'n defnyddio ein gwasanaeth"*  
Quote from Clinician

The Welsh version of the WEMWBS can be found on the WEMWBS website:  
<https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>

## References

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## 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](http://micym.org) website and around 40 of these have been linguistically validated by LLAIS, NWORD Trials Unit.