

# Cross-Cultural Adaptation of Short Form Survey (SF-36), Euro Qualitative (EQ-5) And Physical Activity Rating In Older Adults Population

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## ABSTRACT

### Background:

Measuring of quality of life and physical activity levels in older adults is essential considering that the quality of life and QoL and physical activity levels among this population tend to decline over time. Therefore, a valid and reliable instrument to facilitate the measurement is required

### Purpose:

This study aimed to cross-culturally adapt instruments measuring the quality of life (SF 36 and EQ 5) and physical activity rating instruments (PAR 7d) to provide valid and reliable instruments for the use in the Indonesian context.

### Method:

The instruments were cross-culturally adapted through (i) back to back translation processes which included forward and backward translation and synthesis, (ii) readability test (n = 25), (iii) content validation test ) by a panel of experts (n = 5), and (iv) psychometric tests. The psychometric test included internal consistency and reliability testing in the older adult population (n = 161) and test and retest tests (n = 112) on the SF36 and EQ5D instruments. The PAR7D instrument is not an item-based questionnaire thus it only underwent the test and retest reliability assessment.

### Results:

The Indonesian translation version showed good readability and content validity. The Cronbach alpha assessment on the eight domains of SF36 ( physical function, physical role, pain, general health, role emotion, mental health vitality and social function) resulted in  $\alpha > 0.69$  (range = 0.69-0.90) while intraclass correlation value ranged from 0.72 to 0.91. The Cronbach alpha value for the EQ5D instrument was 0.7 while the Cohen kappa. The intraclass correlation on PAR7D instruments ranged from 0.75 to 0.83

### Conclusion:

The content validity and reliability test indicate good validity and reliability. Therefore, the instruments are recommended for use in the older adult population in Indonesia.

Kata Kunci: *SF 36, EQ-5, PAR 7d, older adults, validity, reliability.*