

**Cross-cultural adaptation and validation of the Arabic version of the knee outcome survey-activities for daily living scale****Fawzi F Bouzubar**

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**Introduction & Objective:** The activities of daily living scale of the knee outcome survey are a knee-specific, patient-reported scale that has been shown to be reliable, valid and responsive to change. The objective of this study was to cross-culturally adapt the knee outcome survey-activities of daily living scale into Arabic and to assess its psychometric properties (internal consistency, reliability, validity and responsiveness) in patients with knee disorders.

**Method:** The cross-cultural adaptation process for the knee outcome survey-activities of daily living scale into Arabic was performed consistent with the published guidelines. The psychometric properties of this Arabic version were then evaluated. Participants completed this version three times: At baseline, two to four days later and four weeks later. Correlations between the Arabic version of Knee outcome survey-activities of daily living scale and the Arabic version of the short form-36 health survey get up and go and ascending/descending stairs tests were evaluated.

**Results:** Linguistic and cultural issues were addressed. The Arabic version of the knee outcome survey-activities of daily living scale demonstrated excellent internal consistency (Cronbach's  $\alpha=0.97$ ) and excellent test-retest reliability (intraclass correlation coefficient=0.97). Construct validity of the Arabic version of the knee outcome survey-activities of daily living scale with the Arabic version of short form-36 health survey subscales ranged from  $r=0.28$  to  $0.53$ , ( $p<0.001$ ). Criterion validity with the get up and go and ascending/descending stairs tests ranged from  $r=-0.47$  to  $-0.60$  ( $p<0.01$ ). This Arabic version was able to detect changes four weeks later (effect size=1.12 and minimum clinically important difference=14 points).

**Conclusion:** The Arabic version of the Knee outcome survey-activities of daily living scale is a reliable, valid and responsive measure for assessing knee-related symptoms and functional limitations. This Arabic version can be used in clinical practice and for research purposes to assess symptoms and functional limitations in Arabic-speaking patients with knee disorders.

**Biography**

Fawzi F Bouzubar has completed his PhD in Rehabilitation Sciences with Specialty in Musculoskeletal and Rheumatology from University of Pittsburgh, USA. He is currently working as an Assistant professor at Kuwait University, Faculty of Allied Health Sciences, Kuwait.

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