**Cross cultural adaptation of shoulder pain and disability index from**

**English into Urdu language: A study of linguistic validity**

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**ABSTRACT**

This Qualitative linguistic validity study based on international guidelines for cross cultural translations of assessment tools, was conducted to adapt Shoulder Pain and Disability Index (SPADI) into Urdu from English and to test the Urdu version of Shoulder Pain and Disability Index, at the University of Health Sciences, Lahore College for Women University and Nawaz Sharif Social Security Hospital, Lahore from 1st July 2016 to 30th December 2016.

In this study 2 independent translators, translated the Original Shoulder pain and disability index into Urdu language and gave the written reports which explained the challenging phrases with all the additional remarks. A third paraphraser compared all the given remarks and formed a final Urdu version which was then translated backwards into English. An expert committee comprised of health professionals and the translators (forward and back translators) reviewed all translations and approved the final Urdu version Shoulder pain and disability index. It was then used in 30 patients to test consistency of its measurements.

The internal consistency of the Urdu version calculated through α coefficient of Cronbach is 0.87 for the pain while for the disability scale it is 0.88 and for the total of both it is 0.85. Intraclass correlation coefficient of the Urdu Shoulder pain and disability index for pain is 0.85 while for the disability it is 0.86 and for the total of both it is 0.73.

**Conclusion:** The Urdu Shoulder pain and disability index can be used as a reliable tool for the assessment of shoulder pain and disability in Local Urdu speaking population.

**Keywords:** Cross cultural adaptation, Shoulder Pain, Disability evaluation, Activities of daily living, Language, Physiotherapy, Severity index

**How to Cite This:**

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