

# Linguistic and cultural adaptation of the NutriQoL® questionnaire in France using ISPOR guidelines

Stéphane M. Schneider<sup>1</sup>, David Séguy<sup>2</sup>, Catherine Dive-Pouletty<sup>3</sup>, Sylvie Papin<sup>3</sup>, Livia Dainelli<sup>3</sup>, Miquel Layola<sup>3</sup>, Luis Lizán<sup>4,5</sup>

1. CHU Nice - Hôpital de l'Archet; 2. CHU Lille - Hôpital Claude Huriez; 3. Nestlé Health Science; 4. Outcomes<sup>10</sup>, Castellón de la plana, Spain; 5. Department of Medicine, Jaume I University, Castellón de la plana, Spain

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## INTRODUCTION

Home enteral nutrition (HEN) allows patients to remain in their social and family environment, thus reducing complications and costs associated to hospitalization, while increasing quality of life (QoL)<sup>1,2</sup>.

ESPEN guidelines<sup>1</sup> recommend measuring patients' quality of life (QoL) using a validated specific questionnaire. NutriQoL® was developed and validated in Spain<sup>3</sup> and includes 17 items that evaluate QoL in two dimensions: 1) physical performance and daily life activities, and 2) social aspects. Each item is divided into two parts. Part "A" includes questions related to the extent to which HEN affects certain daily life situations (never, sometimes, always) and part "B" examines how important these situations are for patients (not important at all, important, very important). The NutriQoL® questionnaire also includes a 0 to 100 visual analog scale to evaluate patients' overall health status<sup>3, 4,5</sup>.

QoL is becoming an important end-point in the clinical study. Therefore to conduct the linguistic and cultural adaptation of the NutriQoL® questionnaire to other languages is important.

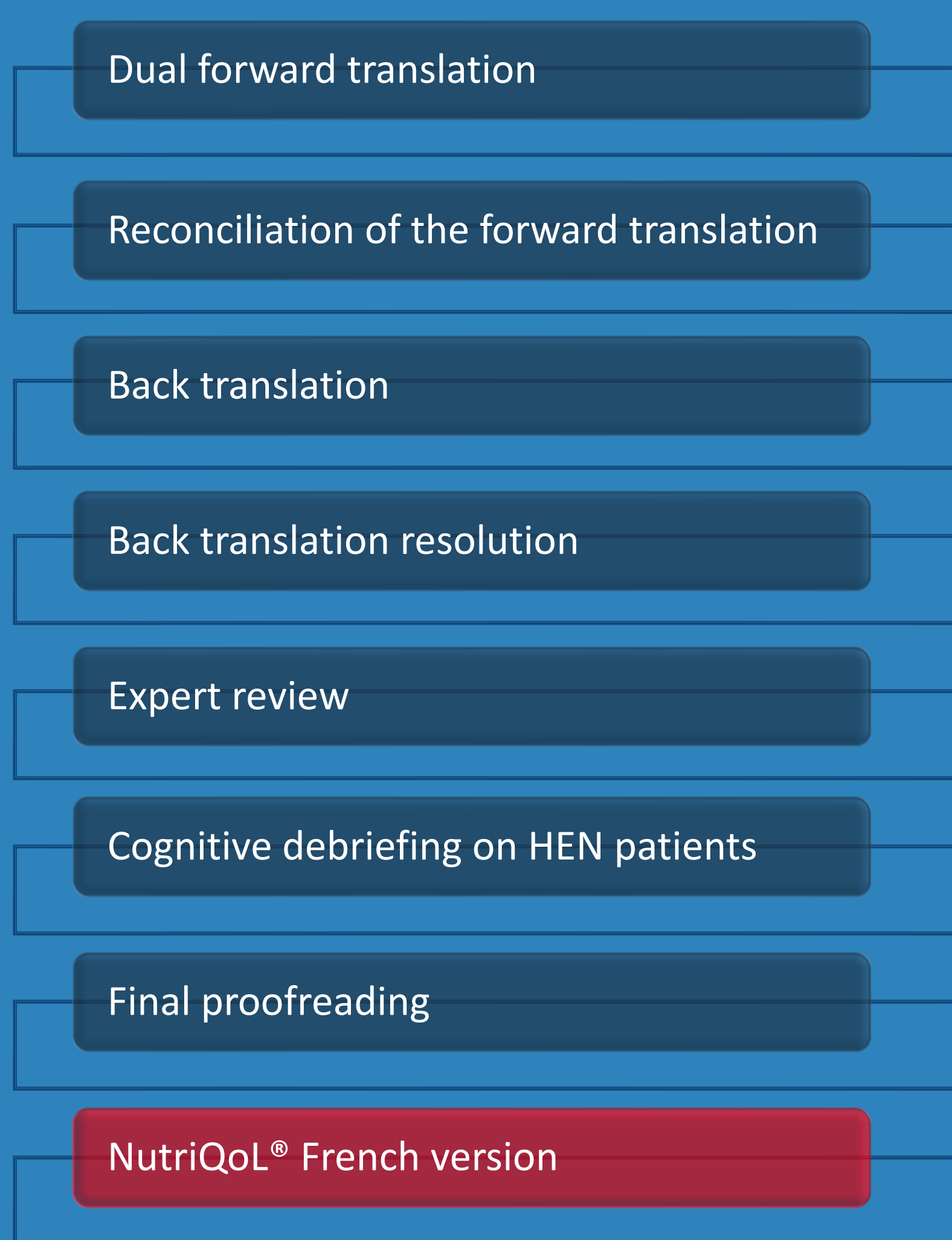
## AIM

This project aims to translate and culturally adapt the NutriQoL® questionnaire to French.

## METHODS

Following the International Society for Pharmacoeconomics and Outcomes Research (ISPOR) guidelines<sup>7</sup>, the translation and cultural adaptation of the original NutriQoL® involved (Figure 1):

Figure 1. Phases of the translation and cultural adaptation of the NutriQoL®



1) **Dual forward translation:** two native French-speaking linguistics conducted two initial independent forward translations.

2) **Reconciliation of the forward translation:** a third independent French-speaking linguist reconciled the forward translation comparing and merging both translations into a single one.

3) **Back translation:** an independent linguist translated the reconciled forward translation back into the original language.

4) **Back translation resolution:** the back translation was compared against the original one to detect any translation discrepancies between versions, ensuring equivalence.

5) **Expert review:** two French experts in medical nutrition led the expert review.

6) **Cognitive debriefing on HEN patients:** understandability, interpretation, and cultural relevance of the translation was checked. Each questionnaire item was discussed separately during the interview to determine if the wording makes any of the items difficult to answer or understand, or if the respondent had phrased the item in a different way.

7) **Final proofreading:** an independent linguist proofreader the final translation to make any necessary spelling and grammatical corrections.

## RESULTS

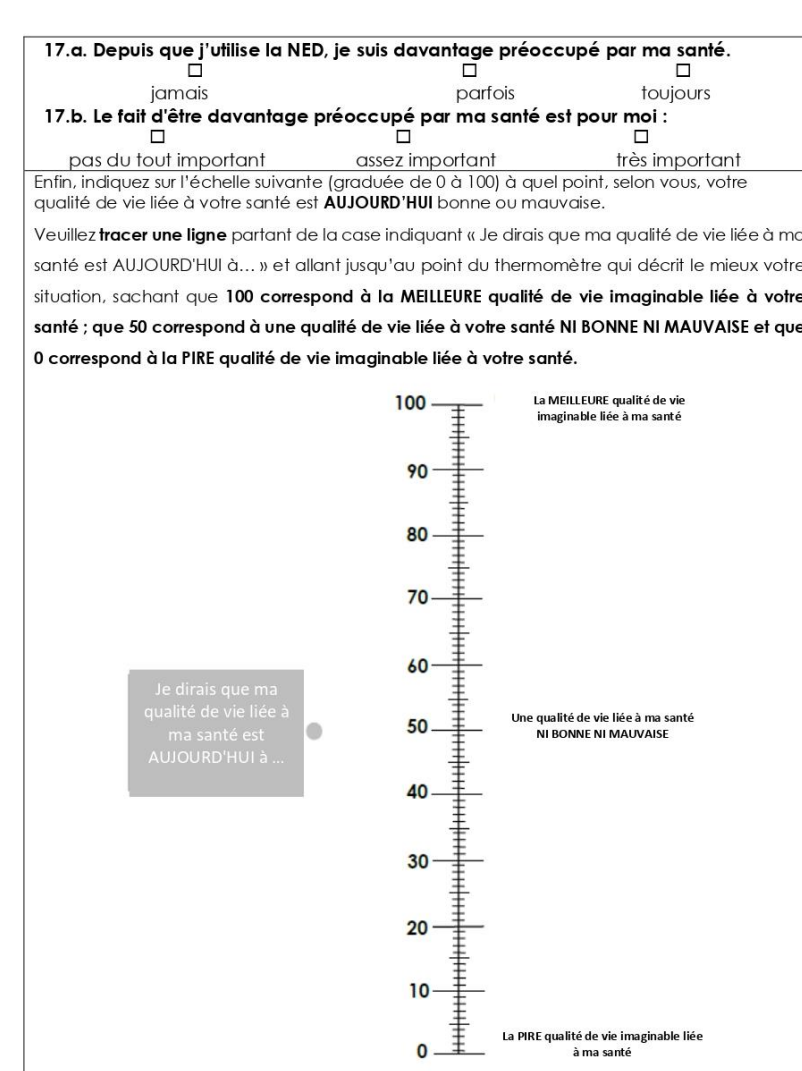
A total of 5 French patients requiring HEN participated in the cognitive debriefing (Table 1).

Results of the cognitive debriefing showed that the items of the translated questionnaire adequately conveyed the concepts of the original version and were easily understood, demonstrating linguistic equivalence and cultural appropriateness.

After cognitive debriefing only two minor changes needed to be performed (item 16.a and 16.b) and one typo to be corrected.

Table 1. Characteristics of cognitive debriefing participants

Gender	80% women (n=4)
Age	67.7 years (Range: 58-77 years)
Time from diagnosis	11 years (Range: 4-21 years)
Diagnoses	40% Crohn's disease, 40% colorectal or gastric cancer, 20% ulcerative colitis



## CONCLUSIONS

The linguistic and cultural adaptation of NutriQoL® into French allows using this French translation for the assessment of QoL in HEN patients in France.

The process is conducted following ISPOR guidelines for the translation and cultural adaptation process for patient reported outcomes (PRO) measures, ensuring that the French version of the NutriQoL® questionnaire contains conceptual, semantic, and pragmatic equivalents to the original version and assure that the translated questionnaire is culturally appropriate and suitable in France.

## CONTACT INFORMATION

Prof. Stéphane M. Schneider  
stephane.schneider@univ-cotedazur.fr  
CHU Nice Hôpital de l'Archet  
Nice (France)

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