

Reliability Assessment of Bangla Version of the Shoulder Pain and Disability Index (SPADI)

Shoulder Pain is the third most common musculoskeletal ailment in Bangladesh for which patient report to hospital. In outpatient department of busy hospital, it was a challenge for physiatrist to bring out level of pain and difficulty in performing Activities Daily Living (ADL) within short time. A validated and authenticated questionnaire can give full details of shoulder pain and disability within 5 to 10 minutes ¹.

Shoulder Pain and Disability Index (SPADI) is a reliable and time-tested questionnaire used in many countries. It was translated from English to 18 different languages ². Some internationally accepted pain scales are used here to record initial pain and subsequent outcome after therapeutic intervention ³. Similarly, disability was assessed by SF-36. Disability of Arm, Shoulder and Hand (DASH) and American Shoulder Elbow Surgeon questionnaire which are also time tested ⁴. Bangla being the world 6th world largest language, lacked such a translation.

Due to language, culture, ethnicity, climate variation simple translation of SPADI word by word will not give best result. It should be well understood and quickly reproducible among Bangla speaking population worldwide. Bangla version of Shoulder Pain and Disability Index (B-SPADI) is a self-administered ⁵. Questionnaire contain 2 segments. Pain segment has 5 points and disability segment has 7 points. In this study population was small. Brevity of questionnaire in determining pain scale and functional status of patient with shoulder pain is trust worthy. Internal population consistency test-retest reliability and validity was assured in this study. The result was interpreted by SPSS version 22. P value was statistically significant.

For all expression of shoulder pain and disability, B-SPADI (Bangla Version of B-SPADI) is scientifically valid

and it was a time demanding and long felt requirement that is met in this study. The study provides clear information about use of B-SPADI in our country for both clinicians & researcher. We look forward to see doctors using this for Bengali speaking people worldwide. Warmest thanks to our authors for their contribution. It will enrich our language in scientific questionnaire.

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(J Bangladesh Coll Phys Surg 2022; 40: 145)
DOI: <https://doi.org/10.3329/jbcps.v40i3.60295>

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5. (reference of Bangla Version of the Shoulder Pain and Disability Index (SPADI): Translation, Cross-Cultural Adaptation, Validation, and Reliability Assessment).