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## The Reliability of Japanese version of Child Occupational Self Assessment

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### Introduction

The Child Occupational Self Assessment (COSA) was made in the United States based on the Model of Human Occupation (MOHO). It captures young client's recognition of occupational competence and occupational importance for everyday occupations. The COSA has 25 statements pertaining to everyday occupational participation and each item is assessed from four point rating scales. For the Japanese translation of COSA, the linguistic validity was confirmed by a qualitative study using back-translation technique and the interviews.

### Objectives

The purpose of this study is to examine reliability of the Japanese version of COSA.

### Methods

356 pupils from 8 to 12 years old who go to the regular classes were administered the Japanese version of COSA. We examined the reliability by using a test-retest method with Spearman's rank correlation coefficients at two weeks intervals and Cronbach's alfa coefficients.

### Results

The Cronbach's alfa coefficient of "occupational competence" was .88 and "occupational importance" was .93. The Spearman's rank correlation coefficients of "occupational competence" was .782 and "occupational importance" was .758, and were statistically significant ( $p < 0.01$ ) for all items.

### Conclusion

It is generally said that the Cronbach's alfa coefficient of 0.7 or above means high value of the internal consistency. In this study, the occupational competency and importance surpassed 0.7 together, and it established high internal consistency. Both the competence and importance items of test-retest reliability showed moderate to strong correlations. The relatively low correlation between children's test-retest responses suggests that children's reference point for each COSA item may change over time. This was expected COSA items reference general rather than specific occupations. A modified administration process was suggested to ensure the test-retest reliability.

### Contribution to the practice/ evidence base of occupational therapy

This study showed high internal consistency and acceptable test-retest reliability of the Japanese version of COSA. It might be used broadly in occupational therapy practice for the children in Japan.