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## **Translation and cross cultural adaptation of the assessment The Perceived Efficacy and Goal Setting System-PEGS.**

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### **Introduction**

Client-centred practice is strongly supported philosophically in occupational therapy. However, for young children it may be difficult to express and define goals. The Perceived Efficacy and Goal Setting System (PEGS) is a self-report tool for children 5-9 years of age, used to help children determine their perception of their own competence in everyday occupations and to allow them to set and prioritize their goals for intervention. PEGS was developed in Canada, and cultural differences may impact the usefulness of the instrument in other cultures. Therefore, introducing a new assessment developed in another country involves not only translating it but also to evaluate its cultural relevance.

### **Objectives**

The aim of this study was to evaluate cross-cultural validity of the PEGS for Swedish conditions.

### **Method**

Translation and back translation was performed. The translated version was tested on 20 children between the age of 5-14 years with a variety of disabilities, their parents and their occupational therapists. After cultural adjustments a Swedish version was evaluated with 20 children/parents/therapists. This version was also evaluated for test-retest reliability.

### **Preliminary results**

The result indicates that the PEGS content validity is good for Swedish children from 7 years of age. For the age group of 5-6 years olds a cultural adaptation was necessary due to differences in age at school start. The PEGS school-related items needed new pictures of equivalent activities suiting the youngest children. All children and parents were able to identify whether the child was good or not good at performing the daily tasks in the adjusted version of the PEGS. The children reported a higher level of competence than their parents did. Both parents and occupational therapists expressed a need for an activity card concerning independence in toileting. Agreement of the PEGS results will be reported concerning children and parents ratings as well as test-retest.

### **Clinical utility**

The occupational therapists in the study reported that the culturally adjusted PEGS was suitable for Swedish conditions, that it increased the children's possibilities to participate in the goal setting process and that it could be implemented in their daily practice.