

## ADAPTATION TO BRAZILIAN CULTURE OF THE EDUCATIONAL MATERIAL FOR TEENAGERS "YOUR PELVIC FLOOR"

### Hypothesis / aims of study

In 2009, members of the Association for Continence Advice (ACA) developed an educational material, directed at teenage audiences, named "Your Pelvic Floor" [1]. This material contains figures and texts. Composed of five topics, through questions and answers, which address the themes: explanation of what the pelvic floor is; its functions; importance of these muscles; strengthening exercises of the pelvic floor; risk factors and prevention of these muscles' weakening.

Our aim was to translate and adapt culturally the "Your Pelvic Floor" into Portuguese of Brazil, because there is no equivalent educational material available in our country.

### Study design, materials and methods

Before to initiate the cultural adaptation, the translation of the "Your Pelvic Floor" was authorized by the ACA. To facilitate the process of translation and cultural adaptation, the educational material was divided into 74 fragments that were identified by numbers. The methodology chosen for cultural adaptation was recommended by an internationally recognized organization[2], and consisted of the following steps: translation of the original material into Portuguese of Brazil by two independent translators; synthesis of the two translations; back-translation by two independent translators; submission to an Expert Committee of all material produced and pretest with a sample of the target population.

The translations and the resulting synthesis, the back-translations, the original educational material and an instrument for translation evaluation were sent to the Expert Committee composed of five bilingual members: a physiotherapist specialist in women's health, a nurse with experience in methodological process, a linguist, a translator and a member of the target population, that is, a teenager.

The content validity index (CVI) was used to quantitatively evaluate the judges' level of agreement[3]. CVI  $\geq 0.80$  meant that the fragment translated was adequate and fragments with CVI  $< 0.80$  were compulsorily changed. At the end, all experts' suggested changes were sent to the Expert Committee for revaluation and approval. The approved version was used in the pretest.

As is recommended by the literature 30 to 40 people for to realize a pretest, four focus groups with 6 to 10 female teenagers, between 10 and 19 years old, were formed. They performed together readings of the educational material and discussed what they understood, to verify if the Portuguese version had been adequately adapted to language of young people. All the changes suggested by them were registered and sent through a report for approval of the Expert Committee. At the end, the final version of the "Your Pelvic Floor" translated and adapted was obtained.

### Results

The steps of translation, back-translation and synthesis were achieved satisfactorily. Only four fragments had CVI  $< 0.80$ . For the fragment "Put your thumb into your vagina. When you exercise your pelvic floor muscles you should feel them tighten around your thumb. Thumbs up!", the judges suggested changing the word "put your thumb" and "you should feel them tighten around your thumb" for "touch your finger" and "should feel them contracting next to your finger" considering that those terms were invasive and could be interpreted in a wrong way (masturbation, loss of virginity or sexual incentive) by teenagers and parents. They did not agree with the translation of the original stretch that informs the phone and the address of a site where teens could seek help to stop smoking, so, in the translated version was reported that this aid could be made in Care Centers Psychosocial. The translated version did not report address of the website where teens could find experts in pelvic floor and incontinence services, reported in the original version. In a report submitted to the judges, was justified the absence of Brazilian sites indicating public services for this kind of assistance. It was also suggested changes to some technical terms for a language easier understanding by adolescents. All changes and justifications were presented in a report and sent to revaluation of the Expert Committee, who approved the changes.

After approval of the translated version the pretest was performed. The Portuguese version was presented to 32 teens, literate, public school students, aged 10-18 years. Four groups according to age group were formed (10 and 11, 12 and 13, 14 and 15, and 16 to 18 years old). Encounters with each group were made at different times. The average duration of each group was approximately 40 minutes.

To facilitate the understanding of adolescents, using the original material in English, the translated excerpts in Portuguese were put in the place of the original texts, using the same figures. Each participant received a copy of this material, which was returned at the end of reading. In each focus group, they read the material together and discussed their understanding and doubts, seeking to assess whether the translated material was adapted to the language of young people.

Most reported that they had never heard about it, but showed their interest in the subject. They thought that the layout was attractive, with eye-catching figures that leave them curious to read the material. In relation to the format (brochure), they considered suitable and practical. After conducting all the groups, the researchers made a report with all the changes suggested by the adolescents and sent for approval by the Expert Committee, which approved them, ending the process of cultural adaptation.

### Interpretation of results

The steps followed to obtain the translated version of the educational materials were completed without difficulty. The language of educational material was easily understood by almost all adolescents who participated in the pretest. This facility can be explained by the fact that they were already familiar with some terms and they have classes and lectures on sex education.

For the educational materials reach the target audience, words with simple and known definitions, illustrations that help to explain or emphasize important points and ideas of the text must be used, as well as layout and design with attractive colors. It is believed that with all the changes suggested in the pretest, the Brazilian version contains an accessible read for all pre-teens and teens.

As for the layout, illustrations and educational material format, the opinion of Brazilian adolescents was similar to those reported by the adolescents who participated in the construction of "Your Pelvic Floor"[1]. It was observed that the adolescents who participated in the pretest had no knowledge about the subject, but they had interest in it.

The final version was sent to the authors and to the ACA, so that they can provide the Brazilian version through their website. A limitation of the study was the completion of the process of cultural adaptation only with adolescents in southeastern Brazil. We recommend that further research be conducted with adolescents from other regions of the country.

#### Concluding message

The Brazilian version of the material "Your Pelvic Floor" was successfully translated and adapted in the language of Brazilian adolescents and could facilitate the approach of this theme by teachers and health professionals working with adolescents. Besides enabling disclosure in Brazil by who are interested in obtaining the educational material in the ACA website.

#### References

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#### Disclosures

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**Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Ethics in Research Committee of the Faculty of Medical Sciences, Universidade Estadual de Campinas-UNICAMP **Helsinki:** Yes **Informed Consent:** Yes