요통으로 인한 장애 평가 질문지

(Korean version of the Roland-Morris disability questionnaire)

허리가 아프면, 당신은 평소 하던 일들 중 몇몇을 하기가 어려워질 수 있습니다.

다음의 목록은 허리가 아플 때 사람들이 자신의 상태를 설명하는 문장들을 열거한 것입니다. 아래의 문장들을 읽을 때 **오늘** 당신의 상태를 잘 나타내고 있기 때문에 눈에 띄는 문장들이 있을 수 있습니다. 다음의 문장들을 읽으면서 **오늘** 당신의 상태를 생각해보시기 바랍니다. 오늘 당신의 상태를 잘 묘사해주는 문장을 읽게 되면 그 문장 앞의 네모 칸에 ✔표시 해주십시오. **오늘** 당신의 상태를 나타내주는 것이 아니면 표시하지 마시고 다음으로 넘어가십시오. 오늘 **당신의 상태를 묘사해주는 것이 분명한 문장에만 표시해야 한다는 것을 잊지 마시기 바랍니다.**

1. ☐ 나는 요통 때문에 대부분의 시간을 집에서 보낸다.
2. ☐ 나는 허리를 편하게 하기 위해 자주 자세를 바꾸어준다.
3. ☐ 나는 요통 때문에 평소보다 더 천천히 걷는다.
4. ☐ 요통 때문에, 나는 평소에 하던 집안일을 하나도 하지 않는다.
5. ☐ 요통 때문에, 나는 계단을 올라갈 때 난간을 잡고 올라간다.
6. ☐ 요통 때문에, 나는 평소 보다 더 자주 누워서 휴식을 취한다.
7. ☐ 요통 때문에, 나는 안락의자에서 일어날 때는 무언가를 잡고 의지해야만 한다.
8. ☐ 요통 때문에, 나에게 필요한 일을 다른 사람에게 해달라고 시킨다.
9. ☐ 나는 요통 때문에 평소보다 더 천천히 옷을 입는다.
10. ☐ 나는 요통 때문에 잠시 동안만 서 있을 수 있다.
11. ☐ 요통 때문에 나는 허리를 숙이거나 무릎을 구부리지 않으려 노력한다.
12. ☐ 나는 요통 때문에 의자에서 일어나는 것이 어렵다.
13. ☐ 하루 대부분 시간에 허리가 아프다.
14. ☐ 나는 요통 때문에 잠자리에서 돌아눕기가 어렵다.
15. ☐ 나는 요통 때문에 식욕이 별로 없다.
16. ☐ 나는 요통 때문에 양말(또는 스타킹)을 신는 것이 어렵다.
17. ☐ 나는 요통 때문에 짧은 거리만 걸을 수 있다.
18. ☐ 나는 요통 때문에 평소 보다 잠을 더 적게 잔다.
19. ☐ 요통 때문에 나는 다른 사람의 도움을 받아 옷을 입는다.
20. ☐ 나는 요통 때문에 하루 중 대부분을 앉아서 보낸다.
21. ☐ 나는 요통 때문에 힘든 집안 일을 피한다.
22. ☐ 요통 때문에 나는 평소보다 사람들에게 짜증을 더 많이 내고 성질을 더 부린다.
23. ☐ 요통 때문에 나는 평소보다 더 천천히 계단을 올라간다.
24. ☐ 나는 요통 때문에 대부분의 시간을 침대(잠자리)에 누워 있다.

Summary of translation method used by MAPI Research Institute, 27 rue de la Villette, 69003 Lyon, France.

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The aim of a linguistic validation process is to obtain a translation of an original instrument in a target language that is both conceptually equivalent to the original and easily understood by the people to whom the translated questionnaire is administered.

This is achieved using an internationally accepted translation methodology recommended by Mapi Research Institute which is outlined below. This describes the general approach taken by Mapi to translations. For local reasons, the translation process may differ in minor respects for some languages. This translation of the RMDQ was carried out in collaboration with Professor Martin Roland, Director of the National Primary Care Research and Development Centre, at the University of Manchester.

1.1. Standard linguistic validation process

The standard linguistic validation process recommended by Mapi Research Institute comprises the following steps:

Conceptual analysis of the original instrument in collaboration with the developer to define the notions investigated through each item.

The developer is also involved throughout the linguistic validation process whenever further clarification is needed.

1.1.2. Recruitment and briefing of a consultant in each target country as project manager and supervisor of the translation process.

1.1.3. Forward translation step

  a. Production of two independent forward translations of the original questionnaire by two professional translators, native speakers of the target language and fluent in the source language.

  b. Production of a reconciled language version on the basis of the two forward translations and of a report in English explaining translation decisions.

  c. Review of the report by Mapi Research Institute and discussion with the consultant.

1.1.4. Backward translation step

  a. Production of a backward translation of the reconciled language version into the source language by one professional translator, native speaker of the source language and fluent in the target language.

  b. Comparison of the backward translation and the original, analysis of

the discrepancies encountered, resulting, if necessary, in changes in the reconciled translation in the target language, and subsequent production of a second language version.

  c. Production of a report in English explaining translation decisions.

  d. Review of the backward translation and report by Mapi Research Institute and discussion with the consultant.

1.1.5. Pilot testing

1.1.5.1. Clinician's review

  a. Review of the second language version by a clinician appointed by the sponsor in the target country to get feedback from experts in the relevant medical field.

1.1.5.2. Cognitive Debriefing

  a. Test of the second language version on a small sample of individuals representative of the target population and native target language speakers, in order to assess the clarity, appropriateness of wording and acceptability of the translated questionnaire.

  b. Production of the third language version based on the results of the clinician's review and respondents' feedback, followed by a report in English explaining translation decisions made.

  c. Review of the report by Mapi Research Institute and discussion with the consultant, resulting in the third language version.

1.1.6. International harmonisation

  a.. When more than one language is involved, comparison of all translations with one another and with the original, during a meeting with translators representing each target language in order to ensure conceptual equivalence in all versions.

  b. Discussion of suggestions made during international harmonization with the consultant, resulting in the fourth language version.

1.1.7. Proof-reading

  a. Proof-reading of the fourth language version by the consultant and by one translator, native speaker of the target language.

  b. Discussion of proof-reading results with the consultant, resulting in the final language version.

1.2. Adjusted linguistic validation process

For some languages that are close to one another (e.g. British English and American English), the complete standard linguistic validation process with forward and backward

translation steps may not be appropriate. For such cases, an adjusted linguistic validation process has been established.

The forward and backward translation steps are replaced by an adaptation step, where the work is based on a version considered as the "mother language" version.

The subsequent steps are identical to those used in the standard linguistic validation process.

This adjusted process is as follows:

1.2.1. Conceptual analysis
See 1.1.1.

1.2.2. Recruitment and briefing of a consultant in each target country as project manager and supervisor of the translation process.

1.2.3. Adaptation step

  a.. Review of the "mother language" version by the consultant to check its suitability for the linguistic and cultural context of the target country, leading to the establishment of a first country-specific version.

  b.. Production of a report in English explaining the decisions made.

  c.. Review of the report by Mapi Research Institute and discussion with the consultant.

1.2.4. Pilot testing

1.2.4.1. Clinician's review
See 1.1.5.1.

1.2.4.2. Cognitive Debriefing
See 1.1.5.2..

1.2.5. International harmonisation
See 1.1.6.

1.2.6. Proof-reading
See 1.1.7.