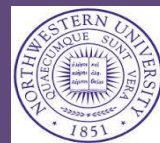




# Translation and Validation of the Polish Version of the Pelvic Floor Distress Inventory



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## BACKGROUND

- The Pelvic Floor Distress Inventory (PFDI) is a reliable condition-specific questionnaire that was developed in English in 2001.<sup>1</sup>
- Although it has been validated in women with pelvic floor disorders, the PFDI is not currently available in Polish.

## HYPOTHESIS/AIMS

The aim of this study was to develop a Polish language version of the short form of the Pelvic Floor Distress Inventory (PFDI-20) and to validate it in a sample of Polish-speaking women with pelvic floor disorders.

## STUDY DESIGN, MATERIALS and METHODS

- The PFDI-20 was initially translated in a stepwise fashion as guided by the International Urogynecological Association (IUGA) Translation Protocol.
- First, two bilingual physicians in Poland and the United States performed a forward translation of the PFDI-20.
- Next, a community review process was undertaken consisting of one-on-one cognitive interviews with 20 patients.
- The translated questionnaire was then back translated into English.
- The final Polish version of the PFDI-20 was subsequently administered to Polish-speaking patients presenting with pelvic floor disorders at university-based urogynecologic clinics in Poland and the United States along with a Polish version of the King's Health Questionnaire (KHQ).
- Internal consistency and construct validity were assessed.
- Test-retest reliability was assessed in 100 patients after 2 weeks.

## RESULTS

- A total of 244 women with pelvic floor disorders completed this multicenter study.
- 44 Polish-speaking women in the United States and 200 women in Poland were enrolled.
- Participants had a mean age of 60.3 ± 11.2 years and mean BMI 27.6 ± 4.7.
- Internal consistency and construct validity as measured by Cronbach's alpha was adequate between responses on the KHQ and PFDI-20 (0.89).
- Excellent test-retest reliability was demonstrated by intraclass correlation using a two-way mixed effects model with absolute agreement (0.87).

## INTERPRETATION OF RESULTS

A Polish version of the PFDI-20 was successfully translated and validated using rigorous methodology at two university settings in Poland and the United States.

## CONCLUSION

The Polish version of the PFDI is a reliable tool for evaluating pelvic floor symptoms in Polish-speaking women with pelvic floor disorders.

## REFERENCES

1. Barber MD, Kuchibhatla MN, Pieper CF, Bump RC. Psychometric evaluation of 2 comprehensive condition-specific quality of life instruments for women with pelvic floor disorders. *Am J Obstet Gynecol.* 2001 Dec;185(6):1388-95.