

## OP 2

### **Cross-cultural adaptation and validation of the hospital anxiety and depression scale for ischemic heart disease patients in Sri Lanka**

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**Background:** The Hospital Anxiety and Depression Scale (HADS) is a self-administered instrument that is frequently used to measure anxiety and depression symptoms among outpatients. Anxiety and depression symptoms are common among patients with Ischemic Heart Disease (IHD). A Sinhala version of HADS has not been validated for IHD patients in Sri Lanka.

**Objective:** To cross-culturally adapt and validate the HADS in a Sinhala speaking Sri Lankan population with IHD.

**Method:** Permission to validate and use the scale was obtained from GL-Assessment. The Sinhala translation was performed according to Mapi Research Trust guidelines. Content and consensual validation of the translated version was conducted with a two rounded Delphi using five mental-health professionals and a consensus evaluation. The item/subscale was removed or changed, if  $\geq 70\%$  ratings were in category 0-3. The validated questionnaire was administered to a consecutive sample of 140 IHD patients at medical clinics, Base Hospital–Elpitiya. The factor structure was confirmed through Confirmatory Factor Analysis (CFA) and reliability, by internal consistency with Cronbach's alpha.

**Results:** The HADS Sinhala version showed good content and consensual validity, and none of the items were removed. The mean age of study sample was  $53.9 \pm 4.1$  years, and the majority were females (60.7%, 85). CFA proved unrelated two-factor structure compatible with the original instrument with a Chi-square value of 156.98 ( $p < 0.001$ ,  $df = 76$ ). The Confirmatory Factor Index (CFI) was 0.89, and the Root Mean Square Error of Approximation (RMSEA) was 0.09. The reliability analysis indicated Cronbach's alpha for depression and anxiety as 0.86 and 0.83, respectively.

**Conclusion:** The cross-culturally adapted HADS Sinhala version indicates similar psychometric properties as the original instrument in the local context with IHD patients with good reliability. It can be used as a validated tool to assess anxiety and depression among IHD patients in clinical settings in the Sri Lankan context.