

Adapting ESTEEM to New Languages & Contexts

World Bank Africa Gender Innovation Lab
& Innovations for Poverty Action

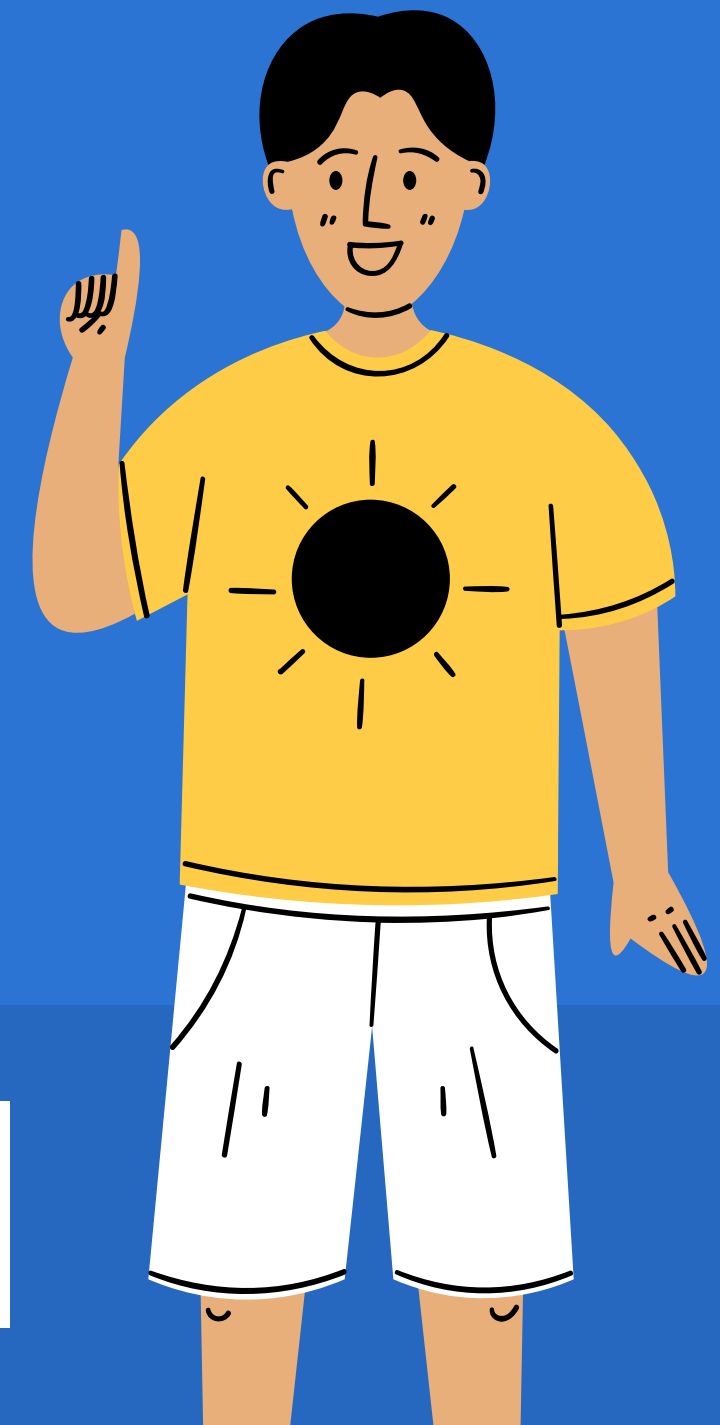


Table of Contents

What you can expect to find in this document:

Page 2-3: Ensuring Accurate Translations

Page 4: Instructions for Translations

Page 5: Example Translation

Page 6-9: Terms/Phrases Translation Chart

Tips On Ensuring Accurate Translations



Oftentimes, the translation of key terms from one language to another can cause misunderstandings and consequently, can affect the accuracy of the participants' responses.

Before data collection:

- **Choose skills that matter for your context** It is recommended that you conduct focus groups to better understand which skills matter most for your outcomes. For example, the skills that “matter” are likely to vary with whether beneficiaries are working towards improving their mental health, education, employment. Use our [guide for an example focus group discussion format](#).
- **Follow our [guide on conducting translations](#)** and back-translations, and reconciling the two.
- **Run cognitive interviews** to assess the level of understanding of the target population for each question
 - A target group should include a minimum of 15 individuals & be representative of the target population (i.e. age, education level, gender)
 - Read the question out loud and ask questions such as: “*What does this question mean?*”, “*Did you have any difficulty understanding or answering it?*”

Tips On Ensuring Accurate Translations (continued)



After data collection:

- **Conduct a psychometric analysis** (if possible) examine Reliability and conduct Confirmatory Factor Analysis
 - **Reliability** = The degree to which the method can reproduce consistent results
 - **Confirmatory Factor Analysis (CFA)** = A method used to assess the efficacy of measurement methods where the number of factors and their direct relationship is specified
 - **CFA** can answer questions such as “Does my ten-question survey accurately measure one specific factor?”
 - Items that are not performing well according to these two principles can be improved upon or dropped
- **Score your calculations** using our [scoring guide](#)

A Guide On Translations



ESTEEM requirements: Questions should be appropriate for a literacy level lower than grade 6, individuals aged 15+, and be culturally sensitive (e.g. if alcohol is prohibited in a religion, do not include questions about alcohol use)

Cultural adaptations:

For Situational Judgement Tests, you are encouraged to adapt your scenarios to account for differences in religion, use of names, type of business, and currency/amounts of money relevant to the target group.

An extra tip:

It may be easier to translate the self-report items first, and then use these translations to develop household informant interviews!

Instructions for translation:

For each translation, develop **5 columns**:

1. **Translation** (Name)
2. **Back-translation** (Name)
3. **Resolution Reasoning** (use codes)
4. **Linguistic Feedback** (Reviewer: Name)
5. **Final Translation**

Notes: A reviewer, preferably a psychologist with knowledge of the local language, completes columns 3 and 4 in English before the final translation is determined in column 5. Each column corresponds to a step in the Linguistic Validation process. Translators and Back-translators must work independently without access to existing translations. Only reviewers and program manager can have access to all columns. Text that is repeated only needs to be translated once. It is important to keep consistency in the terminology used across items within the same language.

“Grading” Translations

TRANSLATION: Please use instructions in following tab. Adjust original question for all money/names/culturally sensitive situations. With significant changes, please contact Smita Das.
Resolution Reasoning CODES: A = items show perfect semantic equivalence, good literal and semantic parallels between the backtranslated and source documents; B = items show satisfactory semantic equivalence, but have 1 or 2 difference words; C = items which preserve the meaning of the original, but without satisfactor semantic equivalence; and D = items which have no agreement (FROM Badia and Alonso, 1994; Sanchez-Moreno et al 2008)

Translation	Backtranslation	Resolution Reasoning: Use Codes	Linguistic Feedback: Explain key changes (key	Final Translation	Translation notes for future translators
-------------	-----------------	------------------------------------	--	-------------------	--



Example Translation

3 people should be involved in a thorough translation process!

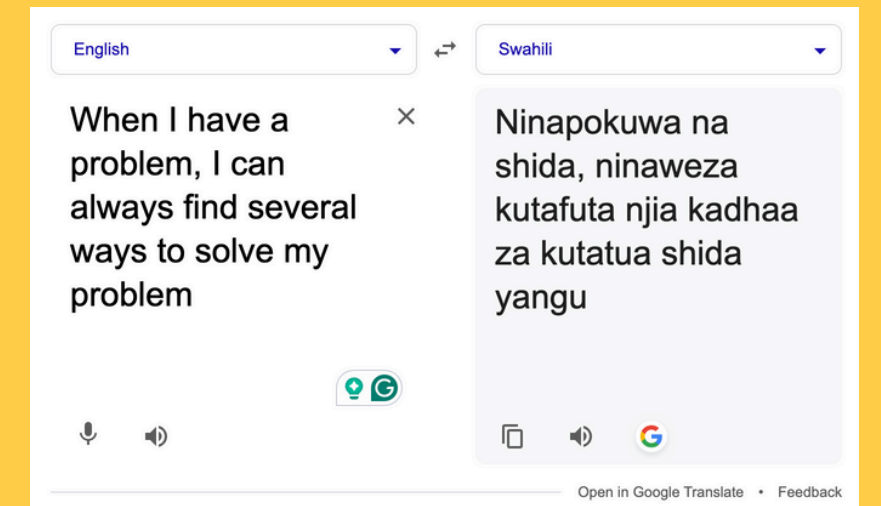


Original: “When I have a problem, I can find several ways to solve it.”

1. Initial Translation (to Swahili)

“Wakati nina shida, huwa ninaweza kupata njia kadhaa za kutatua shida yangu”

2. Back translation



3. Have a psychologist to reconcile (ideally fluent in the language)

Key Terms/Phrases for Careful Translation

Terms for Translation	Definition	Terms for Translation	Definition
Concentration	To pay attention or focus one's attention	Setbacks	A defeat, a check to progress or a failed attempt
Monitoring	To observe, watch carefully, pay attention to	Diligent	Showing care and conscientiousness in one's work. Works hard and is careful and thorough.
Assess	To evaluate or analyze	Effort	To try hard
Stress/Stressed /Stressful	To feel a state of tension, emotional strain, worry or anxiety	Cope	To use skills to effectively handle a negative feeling or situation
Caring	To feel concern for or kindness towards another person. There is an element of warmth and consideration involved	Comfort	To ease someone's trouble; To console

Terms for Translation	Definition	Terms for Translation	Definition
Behaviours	Has the same meaning as “actions”	Chance	A possibility of something to happen
Immediately/ “Quick to take advantage”	Implies an action-orientation important to this construct	“Sticking to my aims”	To make a sustained, regular effort (this wording preferred to “hard work”/“working hard” due to gender bias)
Trouble	A bad thing happened and is usually worse than a “problem” which can be solved	Difficult	Is similar to “challenging”
Concentration	To pay attention or focus one's attention	Setbacks	A defeat, a check to progress or a failed attempt
Monitoring	To observe, watch carefully, pay attention to	Diligent	Showing care and conscientiousness in one's work. Works hard and is careful and thorough.
Assess	To evaluate or analyze	Effort	To try hard
Stress/Stressed /Stressful	To feel a state of tension, emotional strain, worry or anxiety	Cope	To use skills to effectively handle a negative feeling or situation

Terms for Translation	Definition	Terms for Translation	Definition
Caring	To feel concern for or kindness towards another person. There is an element of warmth and consideration involved	Appropriately	Fitting or proper action for that event or purpose
“Keep me”	Similar to “prevent me”; captures elements of difficulty in restraining impulses	Inappropriate	Not suitable or proper in the circumstances
Work	Intended to be general and not mean a specific job	Thinking	An important term to keep as semantically equivalent as possible
Concentration	To pay attention or focus one's attention	Setbacks	A defeat, a check to progress or a failed attempt
Alternatives	Options or choices; also implies a process where a person asserts more options/choices than the original in order to figure out the best approach	Distracted	Similar to “losing focus”, “not paying attention” or “difficulty in concentration”
Relax	Similar to calm; a pleasant, low energy emotion opposite to being tense, anxious or stressed	Sad	A feeling that is less unpleasant than depressed
“Take my mind off”	Changing thinking or distracting oneself	Angry	An unpleasant energetic feeling

Terms for Translation	Definition	Terms for Translation	Definition
“Calm down”	Being able to relax or go from an unpleasant energetic state to a more pleasant, less energetic state	“Stressful situation”	A state of tension, emotional strain, worry or anxiety
Calm	Similar to relax; a pleasant, low energy emotion that is often thought of opposite to being tense	“I think about it in a way”	Conveys you have a cognitive method or strategy that helps you stay calm
“Changing the way I think”	Captures re-appraising the situation	“My situation”	Intended to be fairly neutral; the situation is not a problem
Hopeful	Similar to confident, eager, optimistic and enthusiastic; you have the feeling that something is promising, potentially exciting or successful	“At the moment”	Relates to a concept of “present focus” in mindfulness
Notice	Captures awareness without evaluation	Judge	To critique or evaluate; has a more negative meaning than neutral meaning; opposite to “acceptance”
Acceptance	Accepting feelings and thoughts in a non-judgemental manner	Praise	Express warm approval or admiration of