

The German Version of the Fremantle Back Awareness Questionnaire (FreBaQ)

-Transcultural adaptation and preliminary practicability findings-

K. Ehrenbrusthoff^{1,2}, C.G. Ryan¹, C. Grüneberg², B.M Wand³, D.J. Martin¹

¹Health and Social Care Institute, Teesside University, Middlesbrough, UK; ²Hochschule für Gesundheit, Bochum, Germany;

³The School of Physiotherapy, University of Notre Dame Australia, Fremantle, WA, Australia

Background

The Fremantle Back Awareness Questionnaire (FreBaQ) (fig 1), comprising 9 items with 5 response categories, was firstly published in 2014 by Wand et al. [1].

Currently, it is the only questionnaire which purports to assess back-specific body perception in patients with non specific chronic low back pain (NSCLBP) [1]

Objectives

- The translation and intercultural adaptation of the FreBaQ into German
- The preliminary investigation of the German version of the FreBaQ regarding its practicability

Methodology

- The translation process comprised 5 stages (fig. 1) following international recommendations [2] to generate a prefinal German version of the FreBaQ (table 1) [3]
- The practicability was then assessed regarding comprehensibility and completeness of content and time exposure (assessed on a 10 point-rating scale: “0” indicating “unacceptably long” and “10” indicating “completely acceptable”)



Fig. 1: Graphic Representation of the cross-cultural translation process stages (adapted from [3])

Results

Table 1: Original English Version and German Translation of the FreBaQ

	Never feels like that Fühlt sich nie so an	Rarely feels like that Fühlt sich selten so an	Occasionally or some of the time feels like that Fühlt sich gelegentlich bzw. manchmal so an	Often, or a moderate amount of time feels like that Fühlt sich häufig bzw. oft so an	Always, or most of the time feels like that Fühlt sich immer so bzw. meistens so an
My back feels as though it is not part of the rest of my body Mein Rücken fühlt sich so an, als würde er nicht mehr zum restlichen Teil meines Körpers gehören	0	1	2	3	4
I need to focus all my attention on my back to make it move the way I want it to Ich muss meine ganze Aufmerksamkeit auf meinen Rücken richten, damit er sich so bewegt, wie ich es will	0	1	2	3	4
I feel as if my back sometimes moves involuntarily, without my control Manchmal habe ich keine Kontrolle über die Bewegungen, die mein Rücken macht	0	1	2	3	4
When performing everyday tasks, I don't know how my back is moving Wenn ich Alltagsaufgaben ausführe, weiß ich nicht, wie mein Rücken sich bewegt	0	1	2	3	4
I am not sure exactly what position my back is in Wenn ich Alltagsaufgaben ausführe, bin ich mir nicht genau sicher, in welcher Position sich mein Rücken befindet	0	1	2	3	4
I can't perceive the exact outline of my back Ich kann die Umrisse meines Rückens nicht genau wahrnehmen	0	1	2	3	4
My back feels like it is enlarged (swollen) Mein Rücken fühlt sich so an, als sei er größer als er eigentlich ist (geschwollen)	0	1	2	3	4
My back feels like it has shrunk Mein Rücken fühlt sich so an, als sei er kleiner geworden	0	1	2	3	4
My back feels lopsided (asymmetrical) Mein Rücken fühlt sich so an, als sei er schief. (asymmetrisch)	0	1	2	3	4

Table 2: Patient Characteristics

Number	n = 26
Age [years] (Mean ± SD)	54 ± 14
Gender	♂ = 8 ♀ = 18
Duration of symptoms [years] (Mean ± SD)	13 ± 12
Brief Pain Inventory Total Pain Severity [points] (Mean ± SD)	3,6 ± 2
Roland Morris Disability Questionnaire total Score [points] (Mean ± SD)	8 ± 5

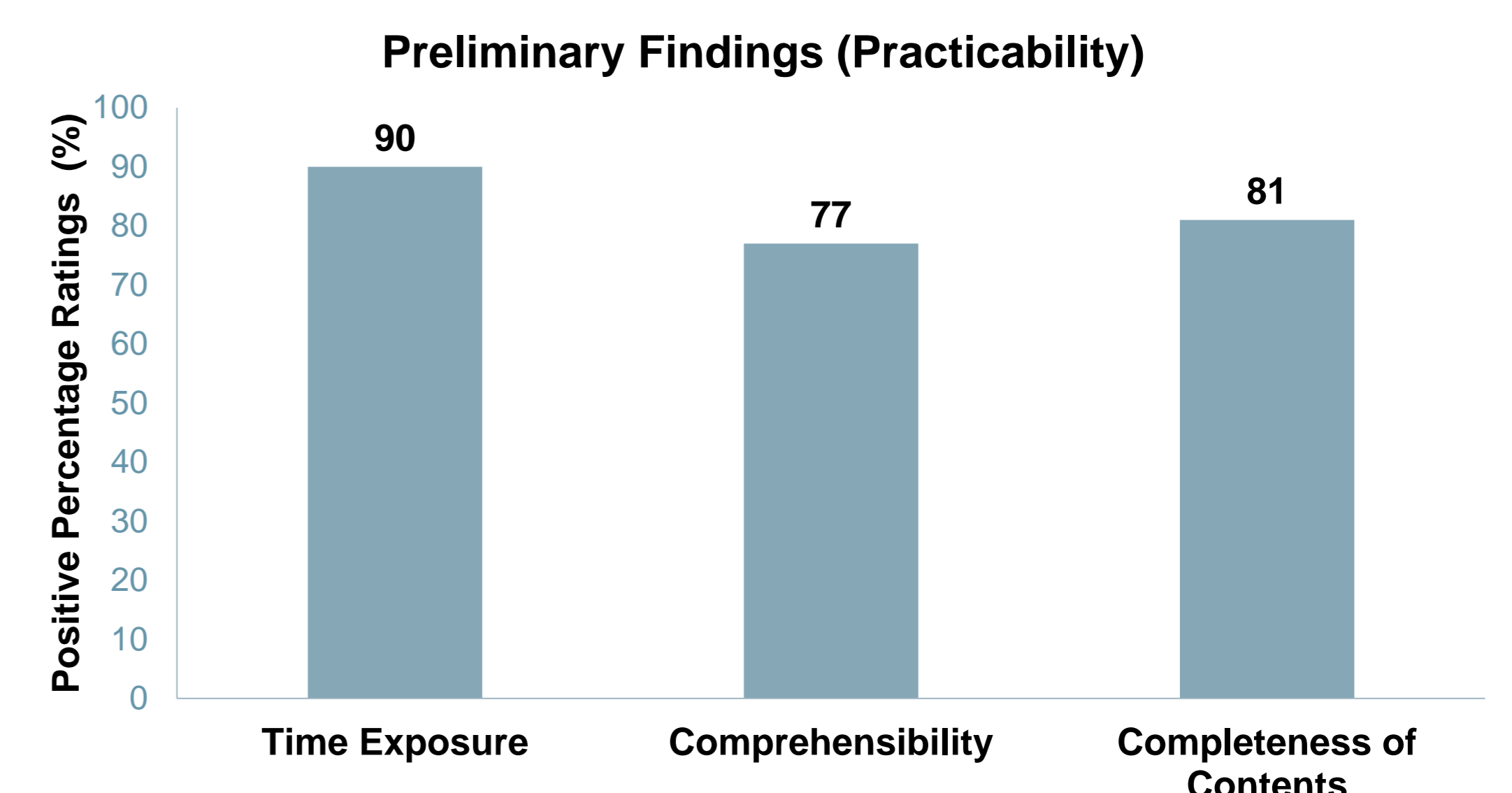


Fig. 2: Results FreBaQ Feedback Questionnaire for n=26 participants

Discussion

Initial feedback from patients with NSCLBP is encouraging suggesting good levels of practicability along (fig. 2) with minor suggestions for future development. Further investigation of the intra- and interrater reliability, as well as concurrent validity of the German version of the FreBaQ is currently underway.

References:

- [1] WAND, B. M., JAMES, M., ABBASZADEH, S., GEORGE, P. J., FORMBY, P. M., SMITH, A. J. & O'CONNELL, N. E. (2014) *Journal of back and musculoskeletal rehabilitation*
 [2] BEATON, D., BOMBARDIER, C., GUILLEMIN, F. & FERRAZ, M. B. (2002). *New York: American Academy of Orthopaedic Surgeons*,1-9.
 [3] BEATON, D., BOMBARDIER, C., GUILLEMIN, F. & FERRAZ, M. B.(2000). *Spine*, 25, 3186-3191.

Kontakt:

Katja Ehrenbrusthoff
 Hochschule für Gesundheit Bochum
 katja.ehrenbrusthoff@hs-gesundheit.de