

## A systematic review of the cross-cultural adaptations and measurement properties of the Shoulder Pain and Disability Index

We want to evaluate all the different translations of the SPADI to make sure they can be used in clinic to test patients with shoulder pain.



### What is the problem?

The shoulder is the most common site of joint pain. Questionnaires such as the Shoulder Pain and Disability Index (SPADI) can help healthcare workers measure shoulder pain in a clinic. The SPADI was developed in English, but many cultures have translated the SPADI to use in their cultures. The purpose of this study was to verify the translations of the new SPADIs in different countries.

### How did the team study the problem?

We performed a review of all the different studies around the world that translated the SPADI. We used different websites and search strategies to find these articles. We used a set of guidelines to rate each study's design, to make sure they were translated correctly, and could be used for clinic.

### What did the team find?

We found 19 different studies that translated the SPADI. All the studies, when compared to the guidelines, were missing some steps in their study designs. in their translations. We suggest more work to be done on the translations before they can be used in clinic.

### How can this research be used?

This research opens the doors to other researchers who wish to translate the SPADI as well. We should be translating validated shoulder questionnaires instead of creating new ones for different cultures.

### Cautions

This study should be read by researchers before they begin to translate more versions of the SPADI or other shoulder-related questionnaires.

**Reference:** Furtado, R., Nazari, G., & MacDermid, J. C. (2019). A systematic review of the cross-cultural adaptations and measurement properties of the Shoulder Pain and Disability Index. *Hand Therapy*, 24(4), 107-115.