

# Cross-cultural adaptation of the Pleasant Events Schedule – Alzheimer’s Disease to Brazilian Portuguese

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## Abstract

**Background:** Engagement in pleasant activities for elders with cognitive impairment may improve mood and reduce behavior problems. The Pleasant Events Schedule-Alzheimer’s Disease (PES-AD) has been described as a useful tool for this purpose, and its transcultural adaptation allows professionals to aid caretakers and elders in identifying pleasurable activities. **Objective:** Submit the PES-AD to process of cross-cultural adaptation to Brazilian Portuguese. **Methods:** The PES-AD was submitted to a five-stage process of cross-cultural adaptation as follows: 1) translation; 2) summary of translation; 3) back-translation; 4) evaluation of equivalences: semantic, idiomatic, cultural, conceptual; and 5) pre-testing. **Results:** The five-stage process was conducted on 36 items and three were adjusted. In the evaluation of equivalencies, four items had a level of agreement less than 0.8 and so were modified according to judges’ suggestions. **Discussion:** Submitting the PES-AD to a five-stage, cross-cultural adaptation maintained the original instrument’s content validity.

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**Keywords:** Leisure activity, pleasure, aged, dementia, Alzheimer’s disease.

## Introduction

Currently, according to the 2012 census by the Brazilian Institute of Geography and Statistics (IBGE), the elderly constitute 12.6% of the total Brazilian population<sup>1</sup>. Due to the elderly’s population growth, the number of people affected by age-related diseases has also increased. Studies show that the prevalence of dementia for elders (age group 60 and older) is approximately 7.1% and that according to the individuals age, this percentage gradually increases<sup>2</sup>.

For radical behaviorism<sup>3</sup>, *behavior* denotes all human action, and any behavior that generates consequences for a person’s environment can be reinforced if followed by reinforcing stimuli. If reinforcing stimuli are positive, the probability of the previous behavior reappearing is greatly enhanced. A positive stimulus also generates pleasurable feelings. Thus, observing the frequency of feelings that follow a behavior is essential to studying human behavior<sup>3</sup>.

Happiness is a fundamental human need and an integral component of quality of life. Humans possess the ability to experience happiness passively through events that occur on a daily basis or actively through efforts at finding it. Thus, the search for happiness can also be propitiated by social contacts and pleasurable activities<sup>4</sup>. For Skinner<sup>5</sup>, when a behavior generates consequences for the environment, it is “operating”, and happiness is a by-product of operating reinforcements. Thus, the things that make an individual happy are those he reinforces himself, and these can be identified and used to forecast individual behavior.

Several studies of healthy elderly people have investigated the practice of social and pleasurable activities, relating them to participants’ health, such as diminished motor functionality, enhanced life quality, maintenance of cognitive abilities, reduced risk of depression, and even development of dementia<sup>6-11</sup>. Other studies of elders with dementia indicate that those who participate in pleasurable activities present fewer behavioral problems and have better relations with their caregivers, reduced incidence of depression, and reduced cognitive decline<sup>7,12,13</sup>.

For Teri and Logsdon<sup>14</sup>, one of the most debilitating consequences of dementia is the gradual loss of ability to perform rewarding and pleasurable daily activities. When caregivers recognize elders’ need for significant activities and provide activities that are individually

appropriate and pleasurable, elders frequently experience increased feelings of efficacy as well as reduced feelings of overload and despair<sup>14</sup>.

The lack or reduction of pleasurable activities has been strongly connected to depression<sup>15</sup>, a disease commonly associated with dementia. Elders presenting with dementia and depression participate less, communicate less, and find less pleasure in their activities<sup>14</sup>. Consequently, these individuals start to experience an environment deprived of pleasurable activities<sup>15</sup>. Thus, identifying pleasurable activities in which dementia patients can participate might aid in relieving depression symptoms and provide personal and interpersonal benefits for both patient and caregiver<sup>14</sup>. Adding pleasurable activities to this population’s environment might improve mood, reduce behavioral changes, and produce feelings of self-efficiency and accomplishment<sup>16</sup>.

In Brazil, we found no studies to relate the practice of pleasurable activities and health. Although searches were conducted in Bireme, PubMed, Google Scholar, and PsycINFO (2000 to 2015) to identify studies that objectify such correlations, no Brazilian studies of pleasurable activities for elders were located. Therefore, Brazilian culture needs instruments that evaluate engagement in pleasurable activities and support, providing important information for interventional programs that target improvement in quality of life for individuals with dementia. Until now, Brazil has had no standardized measurements of individuals with cognitive impairment for rate of engagement in pleasurable activities. One instrument is available for our culture, adapted by Ferreira and Barham<sup>17</sup>; however, it targets elders without cognitive impairment.

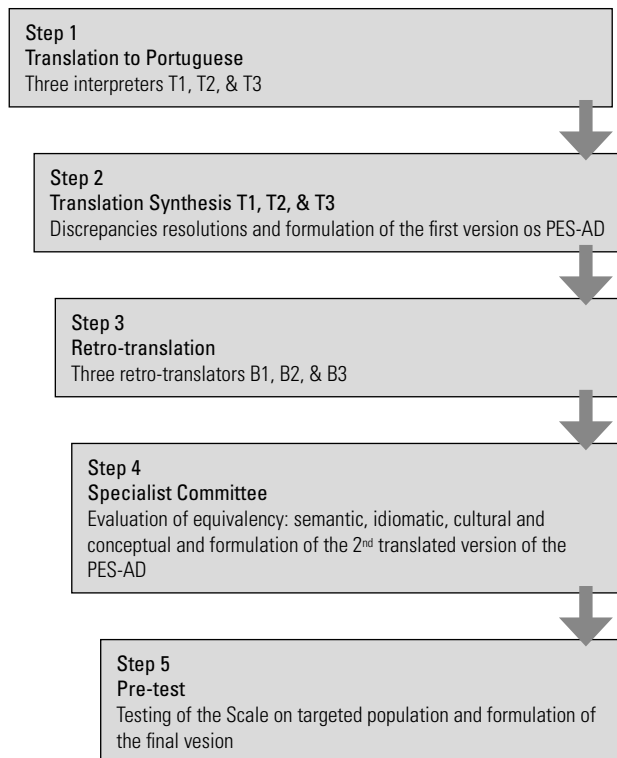
The Pleasant Events Schedule-Alzheimer’s Disease (PES-AD) has been described as useful for identifying pleasurable activities for patients with Alzheimer’s disease<sup>18</sup>, and it can also be used for patients with other types of dementia or cognitive impairment. The long version presents 53 items, and the short version 20. Studies show that both versions have good internal consistency, with Cronbach’s alpha values ranging from 0.76 to 0.95, besides correlation of 0.91 to 0.95 between the long and short versions; furthermore, both versions display a correlation with the severity of depression in elders with Alzheimer’s disease<sup>18</sup>. Because the short version presents fewer items, it evaluates broader characteristics, therefore presenting

less cultural discrepancy. Thus, we adapted the 20-item version to Brazilian Portuguese.

Given the background above, this paper presents results of the PES-AD's cross-cultural adaptation for Brazilian Portuguese, making possible future validation studies. This research project has been approved by the Ethical Committee of São Paulo Federal University (Unifesp), following the rules of resolution 196/96.

## Methods

The PES-AD's cross-cultural adaptation process was based on the recommendations of Guillemín<sup>19</sup>, and Beaton *et al.*<sup>20</sup>, and is presented in Figure 1.



**Figure 1.** Cross-cultural Adaptation Steps.

Interpreters fluent in both languages (English, the instrument's original language, and Portuguese) made three translations to Portuguese. Two were researchers in the issues to be addressed (T1, T2), and the third had no previous knowledge of the concepts and no history of clinical or medical knowledge (T3). Results were discussed among the interpreters in order to synthesize translations and resolve discrepancies between versions.

After synthesis of the translations, the first PES-AD version in Portuguese was formulated. This version was then back-translated into the original language (English) by three English professors (B1, B2, B3), different from the first interpreters, but also fluent in the instrument's original language, one of them with English as a first language. None of them had knowledge of the subject or concepts to be studied. A synthesis of back-translations was compared to the original version, and discrepancies were resolved with the original instrument's authors (Teri and Logsdon).

After the instrument's translation and back-translation, a specialist committee was gathered to evaluate the instrument's equivalencies. With the goal of consolidating all versions, this committee was constituted of three health professionals, one translator, a professor in languages, and a back-translator, also a

professor in languages. Committee members reviewed every version, considering the translations' semantic, idiomatic, cultural, and conceptual equivalencies in their decisions. Semantic equivalency indicates whether words used mean the same thing or represent the same idea in both languages. Idiomatic equivalency involves colloquial expressions that must be congruent with the culture to which the instrument is being adapted. Cultural or experiential equivalence verifies that each item is consistent with the culture to which the instrument is being adapted. Lastly, conceptual equivalency confirms that the significance (concept) of words and expressions is the same in both the original culture and the culture to which the instrument is adapted. For example, the concept of family can differ between a culture that defines it as "nuclear" and one that defines it as "extended" (Beaton, 1995).

For equivalence evaluation, the percentage accepted as equivalent was 0.8 or 80% among the specialists. Items that obtained lesser percentages were modified and again judged by the specialists, to suit them to Brazilian Portuguese culture.

In the pre-test all participants signed an Informed Consent Form.

## Results

Table 1 presents the synthesis of translations and discrepant items in the translation phase. Discrepancies were identified in items 1, 2, 3, 8, and 9 and were discussed among translators; they reached consensus based on the most accessible language form, considering that the instrument is addressed to people with different levels of education. On item 13, the words "*strolling through the mall*" were added after clarification by the author that, in her culture, *shopping* would be used when meaning to stroll without buying. This item's final translation was the version that would represent the most similar idea according to the author's explanation: *buying things or strolling through the mall*. Translated versions of items 27 and 31 were combined to widen their reach in Brazilian Portuguese culture. A discrepancy on item 30 was also resolved among interpreters so that the language would be as accessible as possible. Table 2 presents the back-translations' synthesis.

Versions by back-translators were identical or very similar to the original instrument: no discrepancies led to any changes in the instrument's synthesis. Cultural equivalency for item 3, "*This schedule contains a list of events or activities that people sometimes enjoy*", was translated as "*This schedule contains a list of events or activities that people sometimes appreciate*", obtaining a first-evaluation percentage of 0.6. The item was modified according to specialists' suggestions: "*sometimes enjoy*" was changed to "*usually enjoy*" so it would better cohere with Brazilian culture; on evaluation after modification, the item obtained a percentage of 1.

Item 7, "*The second time, rate each event on how much your relative enjoys the activity*", was translated as "*The second time, rate how much your relative enjoys the activity*", which also obtained a percentage of 0.6. The specialist committee's suggestion was to modify "*The second time*" to "*On the second time*" and to add a translation of "*each event*", making the item "*On the second time, rate each event on how much your relative enjoys the activity*", so that the item was equivalent in both languages.

Item 18, "*Shopping, buying things*", was initially translated as "*buying things or strolling through the mall*", obtaining a percentage of 0.4 for semantic equivalency. According to the committee, English has the same meaning, thus not presenting semantic equivalency in Brazilian Portuguese. It was explained to them that for the instrument's author, *shopping* meant *strolling without the purpose of buying things*. Additionally, specialists observed that not every Brazilian city has shopping malls, suggesting that the item should be modified to "*buying things or window shopping*". After this modification, the item was evaluated at 1.

According to some specialists, translation of item 22, "*Laughing*", to "*Laughing*", was too embracing, causing it to receive an initial score of 0.6 on the first idiomatic and conceptual evaluations. According to

the specialists' guidance, and after consulting the instrument's author, the item received a percentage of 1 after being modified to "Laughing at situations or events". The remaining items received agreement of 0.8 or higher. Table 3 presents the equivalency evaluation's final score.

**Table 1.** Translation synthesis for Pleasant Events Schedule-Alzheimer's Disease into Brazilian Portuguese

	Items of the original version	T1	T2	T3	Synthesis
1	Instructions: This schedule contains a list of events or activities that people sometimes enjoy	Instruções: Esta tabela contém uma lista de eventos ou atividades que as pessoas costumam apreciar	Esta agenda contém uma lista de eventos ou atividades que as pessoas às vezes gostam	Instruções: Esta escala contém uma lista de eventos ou atividades que as pessoas às vezes gostam	Instruções: Esta escala contém uma lista de eventos ou atividades que as pessoas costumam apreciar
2	It is designed to find out about things your relative has enjoyed during the past month	Ela está elaborada de forma a descobrir sobre coisas que o seu parente desfrutou durante o mês passado	Ela foi desenvolvida para descobrir coisas que seu parente tem gostado de fazer durante o último mês	Ela é projetada para descobrir sobre coisas que seu parente gostou de realizar durante o último mês	Foi desenvolvida para identificar atividades que seu parente gostou de realizar durante o último mês
3	Please rate each item twice. The first time, rate each item on how many times it happened in the past month (frequency); the second time, rate each event on how much your relative enjoys the activity	Por favor, avalie cada atividade duas vezes. No primeiro momento, diga quantas vezes a atividade aconteceu no mês passado (frequência); no segundo momento, diga o quanto seu parente se divertiu na atividade	Por favor, avalie cada item duas vezes. A primeira avaliação é sobre quantas vezes o item ocorreu no mês passado (frequência), e a segunda vez, avalie o quanto seu parente gosta/apreciar da/a atividade	Por favor, avalie cada item duas vezes. A primeira vez, avalie quantas vezes a atividade aconteceu no último mês (frequência); a segunda vez, avalie o quanto seu parente gostou da atividade	Por favor, avalie cada item (atividade) duas vezes. A primeira vez, avalie quantas vezes a atividade aconteceu no último mês (frequência); a segunda vez, avalie o quanto seu parente gostou da atividade (agradabilidade)
4	Frequency	Frequência	Frequência	Frequência	Frequência
5	Not at all	Nunca	Nunca ou nenhuma vez	Nunca	Nunca
6	1 to 6 times	De uma a seis vezes	1 a 6 vezes	1 a 6 vezes	1 a 6 vezes
7	7 or more times	Sete ou mais vezes	7 vezes ou mais	7 ou mais vezes	7 ou mais vezes
8	Enjoy	Se divertiu	Apreciar	Gostou	Gostou
9	Not at all	De forma nenhuma	Nunca ou nenhuma vez	Nem um pouco	Nem um pouco
10	Somewhat	Um pouco	Mais ou menos	Um pouco	Um pouco
11	A great deal	Muito	Muito/Muitíssimo	Muito	Muito
12	Being outside	Estando fora de casa	Estar ao ar livre	Estar do lado de fora de casa	Estar ao ar livre (admirando a paisagem, caminhando etc.)
13	Shopping, buying things	Fazendo compras, comprando coisas	Fazer compras	Comprar coisas	Fazer compras ou passear no shopping
14	Reading or listening to stories, magazines, newspapers	Lendo revistas, jornais ou escutando histórias	Ler ou ouvir histórias, ler revistas e jornais	Ler ou ouvir histórias, revistas ou jornais	Ler ou ouvir histórias, ler revistas ou jornais
15	Listening to music	Ouvindo música	Ouvir música	Ouvir música	Ouvir música
16	Watching TV	Assistindo à TV	Assistir à televisão	Assistir à TV	Assistir à televisão
17	Laughing	Rindo	Rir	Rir	Rir
18	Having meals with friends or family	Fazendo refeições com os amigos ou a família	Fazer refeições com amigos e/ou família	Realizar refeições com amigos ou familiares	Fazer refeições com amigos e/ou família
19	Making or eating snacks	Fazendo ou comendo lanches	Fazer ou comer lanches	Preparar ou comer lanches	Preparar ou comer lanches
20	Helping around the house	Ajudando no trabalho doméstico	Ajudar nas tarefas da casa	Ajudar nas tarefas de casa	Ajudar nas tarefas da casa
21	Being with family	Estando com a família	Estar com a família	Estar com a família	Estar com a família
22	Wearing favorite clothes	Usando as roupas preferidas	Vestir roupas favoritas	Vestir roupas favoritas	Vestir roupas favoritas
23	Listening to the sounds of nature (birdsongs, wind, surf)	Ouvindo os sons da natureza (o canto de pássaros, o vento, as ondas do mar)	Ouvir sons da natureza (cantos de pássaros, barulho do vento e/ou arrebentação)	Ouvir os sons da natureza (canto de pássaros, vento, mar)	Ouvir os sons da natureza (canto de pássaros, vento, ondas do mar)
24	Getting/sending letters, cards	Recebendo ou enviando cartas, cartões	Receber ou enviar cartas, cartões	Receber ou enviar cartas ou cartões-postais	Receber ou enviar cartas e/ou cartões
25	Going on outings (to the park, a picnic etc.)	Saindo para se divertir (no parque, num piquenique etc.)	Fazer excursões (para parques, piqueniques etc.)	Ir a passeios (no parque, num piquenique etc.)	Ir a passeios (parque, piquenique, restaurantes ou museus etc.)
26	Having coffee, tea etc. with friends	Tomando café, chá etc. com os amigos	Tomar café, chá etc. com amigos	Tomar café, chá etc. com amigos	Tomar café, chá etc. com amigos
27	Being complimented	Sendo elogiado ou homenageado	Ser elogiada	Ser elogiado	Ser elogiado e/ou homenageado
28	Exercising (walking, dancing etc.)	Se exercitando (caminhando, dançando etc.)	Fazer exercícios (caminhar, dançar etc.)	Exercitar (dançar, caminhar etc.)	Fazer exercícios (caminhar, dançar etc.)
29	Going for a ride in the car	Dando uma volta de carro	Dar uma volta de carro	Sair para um passeio de carro	Dar uma volta de carro
30	Grooming (wearing makeup, shaving, having a haircut)	Cuidando da aparência (usando maquiagem, se barbeando, tendo o cabelo cortado)	Se autocuidar (maquiar-se, barbear-se, cortar o cabelo)	Embelezar-se (usar maquiagem, barbear, cortar o cabelo)	Cuidar da aparência (usar maquiagem, barbear, cortar o cabelo)
31	Recalling and discussing past events	Relembrando e discutindo fatos do passado	Recordar e discutir eventos passados	Recordar e discutir eventos passados	Recordar e discutir fatos e/ou eventos passados

**Table 2.** Back-Translation Synthesis for Pleasant Events Schedule-Alzheimer's Disease into Brazilian Portuguese

	1 <sup>st</sup> version items	B1	B2	B3	Back-translation synthesis	Original instrument items
1	Instruções: Esta escala contém uma lista de eventos ou atividades que as pessoas costumam apreciar	Instructions: This scale contains a list of events or activities that people usually appreciate	Instructions: This scale contains a list of events or activities that people usually enjoy	Instructions: This scale contains a list of events and activities that people usually enjoy doing	Instructions: This scale contains a list of events or activities that people usually enjoy	Instructions: This schedule contains a list of events or activities that people sometimes enjoy
2	Foi desenvolvida para identificar atividades que seu parente gostou de realizar durante o último mês	It was developed to identify activities that your relative enjoyed making during the last month	It was developed to identify activities that your relative liked to perform during the last month	It has been developed in order to identify the activities that your relative has enjoyed doing in the last month	It has been developed in order to identify the activities that your relative has enjoyed doing in the last month	It is designed to find out about things your relative has enjoyed during the past month
3	Por favor, avalie cada item (atividade) duas vezes. A primeira vez, avalie quantas vezes a atividade aconteceu no último mês (frequência); a segunda vez, avalie o quanto seu parente gostou da atividade (agradabilidade)	Please, evaluate each item (activity) twice. The first time, evaluate how many times the activity happened in the last month (frequency); the second time, evaluate how much did your relative enjoy the activity (pleasantness)	Please, evaluate each item (activity) twice. The first time, evaluate how many times the activity happened last month (frequency); the second time, evaluate how much your relative liked the activity (pleasantness)	Please, evaluate each item (activity) twice. The first time round, evaluate how many times the activity has been done during the last month (the frequency of the activity); the second time, evaluate to what extent your relative has enjoyed the activity (enjoyability)	Please, evaluate each item (activity) twice. The first time, evaluate how many times the activity happened in the last month (frequency); the second time, evaluate how much did your relative enjoy the activity (pleasantness)	Please, rate each item twice. The first time, rate each item on how many times it happened in the past month (frequency); the second time, rate each event on how much your relative enjoys the activity
4	Frequência	Frequency	Frequency	Frequency	Frequency	Frequency
5	Nunca	Never	Never	Never	Never	Not at all
6	1 a 6 vezes	1 to 6 times	1 to 6 times	1 to 6 times	1 to 6 times	1 to 6 times
7	7 ou mais vezes	7 or more times	7 or more	7 or more times	7 or more times	7 or more times
8	Agradabilidade (o quanto gostou da atividade)	Pleasantness (how much he/she liked the activity)	Pleasantness (how much he/she liked it)	Enjoyability (how much your relative enjoyed the activity)	Enjoyability (how much your relative enjoyed the activity)	Enjoy
9	Nem um pouco	Nothing at all	Not a bit	Not at all	Not at all	Not at all
10	Um pouco	A little bit	A little	A bit (slightly enjoyed)	A little	Somewhat
11	Muito	A lot	Very	A lot	A lot	A great deal
12	Estar ao ar livre (admirando a paisagem, caminhando etc.)	Being outdoors (admiring the landscape, walking etc.)	Being outdoors (admiring the scenery, walking etc.)	Being outdoors (admiring scenery, walking etc.)	Being outdoors (admiring scenery, walking etc.)	Being outside
13	Fazer compras ou passear no shopping	Shopping or walking in the mall	Doing sightseeing or shopping at the mall	Shopping or visiting shopping centers	Shopping or visiting shopping centers	Shopping, buying things
14	Ler ou ouvir histórias, ler revistas ou jornais	Reading or listening to stories, reading magazines or newspapers	Reading or hearing stories, reading magazines or newspapers.	Reading or listening to stories, reading magazines or newspapers	Reading or listening to stories, reading magazines or newspapers	Reading or listening to stories, magazines, newspapers
15	Ouvir música	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
16	Assistir à televisão	Watching TV	Watching TV	Watching TV	Watching TV	Watching TV
17	Rir	Laughing	Laughing	Laughing	Laughing	Laughing
18	Fazer refeições com amigos e/ou família	Having meals with friends and/or family	Having meals with friends and/or family	Making meals with friend and/or family	Making meals with friend and/or family	Having meals with friends or family
19	Preparar ou comer lanches	Preparing or eating snacks	Preparing or eating snacks	Preparing or eating snacks	Preparing or eating snacks	Making or eating snacks
20	Ajudar nas tarefas da casa	Helping in the household tasks	Helping with the housework	Helping around the house (chores, cleaning, tidying up)	Helping around the house (chores, cleaning, tidying up)	Helping around the house
21	Estar com a família	Being with family	Being with family	Spending time with family	Being with family	Being with family
22	Vestir roupas favoritas	Wearing their favorite clothes	Dressing in their favorite clothes	Wearing their favorite clothes	Wearing their favorite clothes	Wearing their favorite clothes
23	Ouvir os sons da natureza (canto de pássaros, vento, ondas do mar)	Hearing the sounds of nature (birds singing, wind, sea waves)	Hear sounds of nature (birds singing, wind, ocean waves)	Listening to sounds of nature (birds singing, the wind, waves)	Listening to sounds of nature (birds singing, the wind, waves)	Listening to the sounds of nature (birdsong, wind, surf)
24	Receber ou enviar cartas e/ou cartões	Receiving or sending letters and/or cards	Receiving or sending letters and/or cards	Receiving or sending cards or postcards	Receiving or sending letters and/or cards	Getting/sending letters, cards

continuation

	1 <sup>st</sup> version items	B1	B2	B3	Back-translation synthesis	Original instrument items
25	Ir a passeios (parque, piquenique, restaurantes ou museus etc.)	Going on rides (parks, picnics, restaurants, or museums etc.)	Going out (to parks, picnic, restaurants, or museums etc.)	Taking walks and visiting places (parks, picnics, restaurants, museums etc.)	Going out (to parks, picnic, restaurants, or museums etc.)	Going on outings (to the park, a picnic etc.)
26	Tomar café, chá etc. com amigos	Having some coffee or tea etc. with friends	Drinking coffee, tea etc. with friends	Drinking coffee, tea etc. with friends	Drinking coffee, tea etc. with friends	Having coffee, tea, etc. with friends
27	Ser elogiado e/ou homenageado	Being praised and/or honored	Being praised and/or honored	Being praised and/or honored by others	Being praised and/or honored	Being complimented
28	Fazer exercícios (caminhar, dançar etc.)	Doing exercises (walking, dancing etc.)	Doing exercises (walking, dancing etc.)	Exercising (walking, dancing etc.)	Exercising (walking, dancing etc.)	Exercising (walking, dancing etc.)
29	Dar uma volta de carro	Going for a car ride	Strolling in the car	Going for a ride in the car	Going for a ride in the car	Going for a ride in the car
30	Cuidar da aparência (usar maquiagem, barbear, cortar o cabelo)	Taking care of the look (doing makeup, shaving, cutting the hair)	Caring for appearance (wearing makeup, shaving, cutting hair)	Taking care of their appearance (using makeup, shaving, cutting their hair)	Taking care of their appearance (using makeup, shaving, cutting their hair)	Grooming (wearing makeup, shaving, having a haircut)
31	Recordar e discutir fatos e/ou eventos passados	Remembering and discussing facts and/or past events	Remembering and discussing facts and/or past events	Remembering and discussing facts and talking about past events	Remembering and discussing facts and/or past events	Recalling and discussing past events

**Table 3.** Evaluation of Equivalencies for Pleasant Events Schedule-Alzheimer's Disease

	Item in English	Final version in Portuguese	Equivalency	Final %
01	PES – Pleasant Events Schedule	PES – Escala de Eventos Prazerosos	Semantic	0.8
			Idiomatic	1
			Cultural	0.8
			Conceptual	1
02	Instructions	Instruções	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
03	This schedule contains a list of events or activities that people sometimes enjoy	Esta escala contém uma lista de eventos ou atividades que as pessoas costumam gostar de fazer	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
04	It is designed to find out about things <u>your relative</u> has enjoyed during the past month	Foi desenvolvida para identificar atividades que seu parente gostou de realizar durante o último mês	Semantic	1
			Idiomatic	1
			Cultural	0.8
			Conceptual	0.8
05	Please rate each item twice	Por favor, avalie cada item (atividade) duas vezes	Semantic	1
			Idiomatic	0.8
			Cultural	1
			Conceptual	1
06	The first time, rate each item on how many times it happened in the past month (frequency)	Na primeira vez, avalie quantas vezes a atividade aconteceu no último mês (frequência)	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	1
07	The second time, rate each event on how much your relative enjoys the activity	Na segunda vez, avalie o quanto seu parente gostou da atividade, considerando cada item	Semantic	1
			Idiomatic	0.8
			Cultural	1
			Conceptual	1
08	Frequency	Frequência	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
09	Not at all	Nunca	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8

continuation

	Item in English	Final version in Portuguese	Equivalency	Final %
10	1 to 6 times	1 a 6 vezes	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
11	7 or more times	7 ou mais vezes	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
12	Enjoy	Agradabilidade	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8
13	Not at all	Nem um pouco	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
14	Somewhat	Um pouco	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
15	A great deal	Muito	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8
16	Activity	Atividade	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
17	Being outside	Estar ao ar livre (admirando a paisagem, caminhando etc.)	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8
18	Shopping, buying things	Fazer compras ou olhar vitrines	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
19	Reading or listening to stories, magazines, newspapers	Ler ou ouvir histórias, ler revistas ou jornais	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
20	Listening to music	Ouvir música	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
21	Watching TV	Assistir à televisão	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
22	Laughing	Rir de situações ou acontecimentos	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
23	Having meals with friends or family	Fazer refeições com amigos e/ou família	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1

continuation

	Item in English	Final version in Portuguese	Equivalency	Final %
24	Preparing or eating snacks	Preparar ou comer lanches	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
25	Helping around the house	Ajudar nas tarefas da casa	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
26	Being with family	Estar com a família	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
27	Wearing favorite clothes	Vestir roupas favoritas	Semantic	1
			Idiomatic	0.8
			Cultural	1
			Conceptual	1
28	Listening to the sounds of nature (birdsong, wind, surf)	Ouvir os sons da natureza (canto de pássaros, vento, ondas do mar)	Semantic	1
			Idiomatic	0.8
			Cultural	1
			Conceptual	1
29	Getting/sending letters, cards	Receber ou enviar cartas e/ou cartões	Semantic	1
			Idiomatic	1
			Cultural	0.8
			Conceptual	1
30	Going on outings (to the park, a picnic etc.)	Ir a passeios (parque, piquenique, restaurantes ou museus etc.)	Semantic	1
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8
31	Having coffee, tea etc. with friends	Tomar café, chá, etc. com amigos	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
32	Being complimented	Ser elogiado e/ou homenageado	Semantic	0.8
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8
33	Exercising (walking, dancing etc.)	Fazer exercícios (caminhar, dançar etc.)	Semantic	1
			Idiomatic	0.8
			Cultural	1
			Conceptual	1
34	Going for a ride in the car	Dar uma volta de carro	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
35	Grooming (wearing makeup, shaving, having a haircut)	Cuidar da aparência (usar maquiagem, barbear, cortar o cabelo)	Semantic	1
			Idiomatic	1
			Cultural	1
			Conceptual	1
36	Recalling and discussing past events	Recordar e discutir fatos e/ou eventos passados	Semantic	1
			Idiomatic	0.8
			Cultural	0.8
			Conceptual	0.8

In July 2014, on the fifth step of the cross-cultural adaptation, a pre-test using the instrument's final Portuguese version was administered to a sample of caregivers of elders with cognitive impairment. Each caregiver was interviewed on his or her understanding of each item. This step's objective was to detect

possible mistakes and ascertain occasional comprehension problems with any sentences or items. Ten caregivers of elders with cognitive impairment, all from the city of Belo Horizonte, participated. Their average age was 47.2 and average education was 16.2 years.

## Discussion

Caregivers rate PES-AD items twice. First, the item is scored according to the frequency at which the event happened during the last 30 days, using a three-point scale with the options *not at all*, *1 to 6 times*, and *7 or more times*. Second, each item is rated according to how pleasant the activity was for the elder: *not at all*, *somewhat*, or *a great deal*. The instrument might also be used with caregivers of elders with any type of cognitive impairment.

According to Beaton<sup>20</sup>, subjecting an instrument to the entire process of cross-cultural adaptation allows it to approach very near the original instrument, but, at the same time, to be adapted to the target culture. This permits measurement to be used in multicenter studies. And in this way, cross-cultural adaptation is the first step in creating studies that investigate participation in pleasurable activities by elders presenting cognitive impairment and correlation with their health promotion. Adapting the PES-AD for the Brazilian population through systematization of this process has granted the instrument content validity in the target language. In other words, the instrument is comprehended well by those completing it.

Both quantitative and qualitative results obtained from this scale are of great importance for the elaboration of programs for intervention and rehabilitation of elders with cognitive impairment. The scale also allows therapists to aid caregivers in finding ways to enhance the amount of pleasurable activities for elders, contributing mainly to reduction of depression symptoms. Hence, the PES-AD allows therapists and caregivers to work together to develop structured treatment plans for elders with cognitive impairment.

During the pre-test, many family members reported difficulties explaining the items' meaning in different words, eventually repeating the same words. We believe this is due to the scale items' simplicity and to concern about comprehension during cross-cultural adaptation. We believe this is a positive point for the PES-AD Portuguese-language final version, for it shows that the instrument was translated broadly and is easily accessed by a wide variety of people.

However, future validation studies must also be conducted so that the instrument is safe for clinical use and provides a basis for research with the Brazilian Portuguese population. In brief, cross-cultural adaptation generated a usable, short, Brazilian Portuguese version of the instrument that contains 20 items and takes around 15 minutes to administer.

## Disclosure

None of the authors has conflict of interest.

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## Errata

# Cross-cultural adaptation of the Events Schedule-Alzheimer's Disease to Brazilian Portuguese

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Where you read:

Cross-cultural adaptation of the Events Schedule-Alzheimer's Disease to Brazilian Portuguese

Should read:

Cross-cultural adaptation of the Pleasant Events Schedule – Alzheimer's Disease to Brazilian Portuguese

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