

# Translation of EPDS Questionnaire into Kiswahili: Understanding the Cross-Cultural and Translation Issues in Mental Health Research

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## Abstract

The need for a suitable tool for assessing postpartum depression in Kenya led to the process of translation of the 10 items Edinburgh Postnatal Scale into Kiswahili. The idea was to seek semantic, conceptual as well as normative equivalence in this translation. The paper discusses issues and the process of translation and provides in depth discussions around translation from the point of view of cross-cultural mental health research and practice. The English version of the questionnaire is attached with this paper.

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unnecessarily when things went wrong, might be expressed from the perspective of item 6, 'things have been getting on top of me' to imply: "due to my incapacity to accomplish tasks things go wrong and therefore I blame myself" and thus the term "unnecessary" is disqualified. Other questions may be considered sensitive such as Item 9, 'I have been unhappy that I have been crying', crying is considered a weakness, as childish behavior and is culturally not encouraged. The word crying is, in the Kenyan context, translated as audible wailing associated with severe pain or injury or grief in adults, in other words with a tangible event. And even in grief and physical pain there is cultural variation in the social acceptance of audible crying. Iricoa

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