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

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Abstract

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ere are some concerns expressed within cross-cultural psychology about the appropriateness of attempting to translate questionnaires and other paper-pencil measures in di erent areas of applied psychology and other academic disciplines. Some of these reservations are based on arguments from an indigenous psychology viewpoint which strongly opposes the essentialist-universal discourse of Western psychological theories and constructs. is viewpoint argues that these theories are mainly ethnocentric and dismiss psychological variations without much articulation for 'local' realities or cultural sensitivities, and psychological testing and methodology becomes a tool to denigrate and deny presence of culture within the psychic life of an individual.

However sensitive this viewpoint is to culture, this extreme 'nativist' approach creates barriers in transferability and expansion of knowledge as it assumes that there are no universals. Recent work in cultural psychology has tried to address this problematic issue in a more informed and in-depth manner. e most signi cant contribution Hothes/directear400iade breasaBD65(m)/BDEN(5)(r5(ft))8(0.6) THT(aMen/Sp/ap 22 / C11 1 Tf-06(i)50i)7(v)-mannn(i)50.d

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unnecessarily when things went wrong', might be expressed from the perspective of item 6, ' ings 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 disquali ed. 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. e 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. 1ricoa

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