

DECLARATION

I Michelle Ann Yazbek declare that this research report is my own work. It is being submitted for the degree of Master of Science in Physiotherapy in the University of the Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination at this or any other University.

.....

.....day of..... , 2007

In loving memory of my nephew
Alexander Ivor Yazbek
21.03.1985-13.01.2007

In loving memory of my sister-in-law
Maria Caterina Yazbek
09.02.1957-07.04.2007

ABSTRACT

Pain is a subjective sensation and is difficult to measure. It is important to quantify pain as benefits are obtained from its quantification. The validity and reliability of pain outcome measures have been extensively researched in Europe, America and Asia. In Africa on the other hand, very few studies have been done.

This study was a cross-sectional study to validate and test the reliability of pain scales. The aim of this study was to establish the validity and reliability of the Tswana translations of three pain scales, namely, the Visual Analogue scale (two versions), the Verbal Rating Scale and the Wong-Baker Faces Pain Measure.

The validity of the study was determined by the face validity, criterion validity and construct validity. The statistical analysis of the results showed several significant p values ($p \leq 0.05$). However, none of the correlations illustrated a strong relationship as there were no r values in excess of 0.5 indicating a moderate correlation or greater than 0.7 indicating a good correlation. The statistical significance only indicated that the observed values were not due to chance. From the statistical analysis of the results, it became apparent that the subjects tested did not have an understanding of any of the three scales. This was seen in all the age groups and education levels selected for the purpose of this study.

It is our recommendation therefore, that suitable, new scales be developed for our local population. The scales which have been used up until now are not being understood and hence are not being interpreted or used correctly in the South African context amongst Tswana speaking individuals.

Future research needs to be done in developing entirely different scales for the South African scenario. More relevant and better understood scales should be developed for our local population to include persons of different languages and different education levels. This will assist in a better understanding of the health care process and will by so doing, improve their health care and management.

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TABLE OF CONTENTS

	Page
DECLARATION	i
DEDICATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENTS	iv
TABLE OF CONTENTS	v
CONTENTS OF CHAPTERS	vi, vii, viii
LIST OF TABLES	ix, x
LIST OF SCATTER PLOTS	xi
LIST OF DEFINITIONS AND ABBREVIATIONS	xii

CONTENTS OF CHAPTERS

	Page
Chapter 1 Introduction.	
1.1 Background and rationale for the study.	1, 2
1.2 Problem statement.	2
1.3 Significance of study.	3
1.4 Aim of study.	3
1.5 Objectives of study.	3, 4
1.6 Outline of the research report.	4
Chapter 2 Literature review.	
2.1 Introduction.	5
2.2 Pain.	5
2.3 Back pain.	6
2.4 Assessment of pain.	6, 7
2.5 The psychology of pain.	7
2.6 Cognitive-behaviour in pain.	8
2.7 Cross-cultural adaptation.	8, 9
2.8 Communication.	9,10
2.9 Language and literacy levels.	10,11
2.10 The translation process.	12
2.11 Assessment tools.	13, 14
2.12 Reliability and validity.	14, 15
2.13 Age related differences.	15
2.14 Pressure algometry.	15, 16
2.15 Conclusion.	16, 17
Chapter 3 Method.	
3.1 Introduction.	18
3.2 Subjects.	18
3.3 Ethics.	18, 19
3.4 Study setting.	19
3.5 Sample selection.	19
3.5.1 The inclusion criteria.	19,20
3.5.2 The exclusion criteria.	20
3.5.3 Sample size.	20
3.6 Measurement devices.	20

	Page
3.7 Procedure.	21
3.7.1 Translation of scales.	21
3.7.2 Detail of pain scale completion.	22, 23
3.7.3 Testing of scales.	23, 24,25
3.7.3.1 Pilot study.	25
3.7.3.2 The main study.	26, 27
3.8 Data analysis.	28,29
3.9 Conclusion.	29
Chapter 4 Results.	
4.1 Introduction .	30
4.2 Presentation of the results.	30
4.3 Interpretation of the results.	30
4.4 Tables of results.	31-43
4.5 Scatter plots of the results.	44
Chapter 5 Discussion.	
5.1 Introduction	45
5.2 Interpretation of findings.	45-49
Chapter 6 Conclusion and recommendations.	
6.1 Introduction.	50
6.2 Conclusions.	50
6.3 Recommendations.	51
6.3.1 Research recommendations.	51
6.3.2 Clinical recommendations.	51

	Page
Reference list.	52-56
APPENDIX A	57
Ethical clearance Patient consent form (English and Tswana) Consent forms from hospital management	
APPENDIX B	58
Patient information sheet (English and Tswana) Scales, questionnaire and pressure threshold measurements (Research instruments used). English version and Tswana version.	
APPENDIX C	
Scatter plots.	59-67

LIST OF TABLES	page
Table 4.1 Demographic data of the subjects. Pilot group. n =10	22
Table 4.2 Demographic data of the subjects. Main group. n = 100.	22
Table 4.3 Demographic data of the subjects. Retest group. n = 37	
Table 4.4 The correlation between the V.A.S.1. and the pressure threshold meter readings. Maximum and sub-maximum pressure thresholds. n=100.	23
Table 4.5 The correlation between the V.A.S. 1, the V.A.S.2, the V.R.S and the Wong-Baker Faces pain measure and the maximum and sub-maximum pressure threshold meter readings on the back (painful area).n = 100.	
Table 4.6 The correlation between the V.A.S.1 and the maximum and sub-maximum pressure threshold meter readings in the retest group. Non-painful and painful areas. n= 37.	
Table 4.7 The correlation between the V.A.S. 1, the V.A.S.2, the V.R.S and the Wong-Baker Faces pain measure and the maximum and sub-maximum pressure threshold meter readings on the back (painful area).n =37.	
Table 4.8 The correlation between the V.A.S.1 and the maximum and sub-maximum pressure threshold meter readings in the test group. n = 100.Education levels greater than and equal to grade 9 (n= 47) and less than and equal to grade 8 (n= 53).	
Table 4.9 Maximum and sub-maximum pressure threshold meter readings correlated with the V.A.S. 1 in age groups less than and equal to 45 years (n= 57) and greater than 45 years (n= 43), in the test group. n= 100.	

Table 4.10 The correlation between the V.R.S (first) and the V.R.S (second) in the test group. n= 100. Education levels greater than and equal to grade 9 (n= 47) and less than and equal to grade 8 (n= 53) as well as age groups less than and equal to 45 years (n= 57) and greater than 45 years (n= 43).

Table 4.11 The correlation between the V.A.S.2 and the maximum and sub-maximum pressure threshold meter readings on the back (painful area), for the test group (n= 100). Education levels greater than and equal to grade 9 (n= 47) and less than and equal to grade 8 (n= 53) as well as age groups less than and equal to 45 years (n= 57) and greater than 45 years (n= 43).

Table 4.12 The correlation between the V.R.S and the maximum and sub-maximum pressure threshold meter readings on the back (painful area), for the test group (n= 100). Education levels greater than and equal to grade 9 (n= 47) and less than and equal to grade 8 (n= 53) as well as age groups less than and equal to 45 years (n= 57) and greater than 45 years (n= 43).

Table 4.13 The correlation between the Wong-Baker Faces pain measure and the maximum and sub-maximum pressure threshold meter readings on the back (painful area), for the test group (n= 100). Education levels greater than and equal to grade 9 (n= 47) and less than and equal to grade 8 (n= 53) as well as age groups less than and equal to 45 years (n= 57) and greater than 45 years (n= 43).

LIST OF FIGURES

	Page
Figure 1 : Scatter plot of the maximum pressure pain vs the patient perception on the V.A.S.1.	36
Figure 2 : Scatter plot of the maximum pressure pain vs the patient perception on the V.A.S.2.	37
Figure 3 : Scatter plot of the maximum pressure pain vs the patient perception on the V.R.S.	38
Figure 4: Scatter plot of the maximum pressure pain vs the patient perception on the Wong-Baker Faces pain measure.	39
Figure 5 : Scatter plot of the sub-maximum pressure pain vs the patient perception on the V.A.S.1.	40
Figure 6 : Scatter plot of the sub- maximum pressure pain vs the patient perception on the V.A.S.2.	41
Figure 7 : Scatter plot of the sub- maximum pressure pain vs the patient perception on the V.R.S.	42
Figure 8: Scatter plot of the sub- maximum pressure pain vs the patient perception on the Wong-Baker Faces pain measure.	43

LIST OF DEFINITIONS AND ABBREVIATIONS

Pressure tolerance.

The maximum pressure tolerated by the subject.

Pressure threshold.

The maximum force that induces discomfort or pain.

P.T.M. - Pressure Threshold Meter.

V.A.S.1 - Visual Analogue Scale one.

V.A.S.2 - Visual Analogue Scale two.

V. R .S. - Verbal Rating Scale.

W.B.F. – Wong-Baker Faces pain measure.