

# FRENCH VERSION OF PHYSICAL ACTIVITY SCALE FOR THE ELDERLY (PASE) – TRANSLATION, CULTURAL ADAPTATION AND VALIDATION



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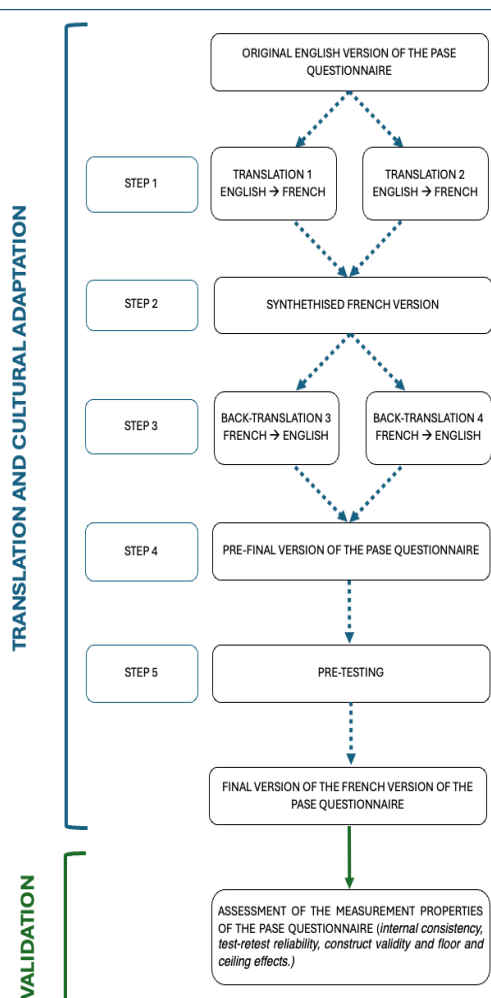


Figure 1

## HIGHLIGHTS

- The PASE is a physical activity questionnaire adapted for older people
- The French version of PASE appears to be a reliable and relatively valid tool for assessing household and work-related activities
- PASE should be used with caution, especially when assessing leisure time activities, ensuring that the meteorological conditions are consistent between the reliability tests

## OBJECTIVE

To translate the Physical Activity Scale for the Elderly (PASE) questionnaire into French, adapt it to the French European culture and validate it

## MATERIAL AND METHODS

- The PASE was translated and culturally adapted using a 5-step validated process (Figure 1)
- The investigation of the measurement properties included: (1) the internal consistency, (2) test-retest reliability, (3) construct validity and (4) floor and ceiling effects

## RESULTS

### (1) TRANSLATION AND CULTURAL ADAPTATION

- The translation faced no major problems, with moderate cultural adjustments
- Unfamiliar activities such as American football, shuffleboard or aerobic dancing were adjusted
- Common sports like yoga, aqua cycling and electric cycling were added

### (2) VALIDATION STUDY

- 89 older participants (median age of 73 (69.5 - 77) years, 58% of women) were involved
- Internal consistency:** moderate score (Cronbach's alpha= 0.571)
- Test-retest reliability:** very good for household activities (ICC= 0.712 (95% CI= 0.496 - 0.845)) and work-related activities (ICC= 0.955 (95% CI= 0.908 - 0.978)) but was lower in the leisure section (ICC=0.163 (95% CI= - 0.183 - 0.473)), leading to a moderate overall score (ICC= 0.455 (95% CI= 0.125 - 0.608))
- Construct validity:** almost confirmed (66.67% of the ideal 75% hypothesis was validated)
- No floor or ceiling effects were detected

## DISCUSSION

Moderate ICC overall score – hypothesis: weather conditions that were not similar between the two test-intervals [1], which affects leisure activities (most of which take place outdoors) [2]

## REFERENCES

- [1] R. J. Shephard, 'Limits to the measurement of habitual physical activity by questionnaires', *Br J Sports Med*, vol. 37, no. 3, pp. 197–206; discussion 206, Jun. 2003, doi:10.1136/bjsm.37.3.197.
- [2] T. B. Turrisi et al., 'Seasons, weather, and device-measured movement behaviors: a scoping review from 2006 to 2020', *International Journal of Behavioral Nutrition and Physical Activity*, vol. 18, no. 1, p. 24, Feb. 2021, doi: 10.1186/s12966-021-01091-1