

## Translation and cultural adaptation of the STARx-Readiness for Transition Questionnaire into Sinhala for adolescents in Sri Lanka

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Adolescents with chronic diseases in Sri Lanka face disrupted transition from paediatric to adult health-care due to lack of a formal transition process. We translated a transition readiness tool, the “STARx-Readiness for Transition Questionnaire” (STARx-RTQ) into Sinhala language to address the lack of an appropriate tool to assess readiness for transition, and to help facilitate research to ensure smoother transition from paediatric to adult care in Sri Lanka. The translation process was guided by “Translation, adaptation and validation of instruments or scales for use in cross-cultural health care research: A clear and user-friendly guideline” by Valmi *et al*, 'Journal of Public-Health Policy and Health Services Research, 2011. The process involved, forward translations by two independent native Sinhala speakers fluent in English, review by a bilingual panel of experts to resolve any discrepancies and ensure semantic and conceptual-equivalence and cultural appropriateness for Sri-Lanka, and subsequent back translation of the reconciled-Sinhala-version back into English by two other independent bilingual-translators. Subsequently, both English versions were compared, and a few discrepancies addressed, to finalize the Sinhala version of the STARx-RTQ. The Sinhala version was then pilot-tested on a sample of 10 adolescents with chronic conditions to assess comprehension, relevance, and acceptability, which were found to be satisfactory. The original ‘STARx readiness for transition questionnaire’ was translated to Sinhala language successfully using a standard translation process, and pre-tested on 10-adolescent volunteers, suggesting good comprehension and acceptance. The Sinhala translation of the STARx readiness for transition questionnaire could be a useful tool for evaluating readiness for transition among adolescents with chronic medical conditions in clinical settings in Sri Lanka. Further psychometric validation is recommended.

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