



Validity of the Spanish Language Version of the HERO Wellness Scale: Report from Mental Health Professionals and General Community



Saundra Jain, MA, PsyD, LPC¹, Katherine Ordonez-Fall, PA-C, Psychiatry CAQ², Rakesh Jain, MD, MPH³

Affiliations: ¹Adjunct Clinical Affiliate, School of Nursing, University of Texas at Austin, ²Physician Assistant, CETPA Clinic, Norcross, GA, ³Clinical Professor, Department of Psychiatry, Texas Tech University School of Medicine

Introduction

OBJECTIVE:

A substantial segment of the clinical population is Spanish speaking and to serve their needs, the previously validated English language wellness scale - the HERO Wellness Scale - was translated into the Spanish language. This study is to test the validity of the English to Spanish translation.

METHOD:

10 adult fluent Spanish and English bi-lingual mental health professionals, and 10 non-mental health Spanish and English fluent bi-lingual speakers from the general community were recruited for this study. They were offered both the English and Spanish version of the scales and asked specific questions to rate the reliability and validity of the accuracy of the translation from English to Spanish. All twenty individuals offered full responses to the questions.

RESULTS:

Each of the five items from the HERO Wellness Scale were queried separately of the twenty respondents. For the purpose of this analysis, the mental health group of ten was separately analyzed from the ten community respondents (non-mental health professionals), to ensure that both groups found the translation to be accurate. Every single item scored high - between 7 - 9 on a 0-10 Likert of accuracy (0 = no accuracy, and 10 = complete accuracy), with small standard deviations, and high median and mode values.

Conclusion

The Spanish version of the HERO Wellness Scale is deemed by both mental health, and non-mental health community bi-lingual speakers to be a highly accurate translation of the English version. This has considerable importance as offering a wellness measure to the Spanish speaking population is an urgent clinical need. The Spanish version of HERO Wellness Scale can be immediately used to measure wellness in clinical settings across the USA and in Latin America.

HERO Wellness Scale

English Version

HERO WELLNESS SCALE

Please circle **ONE NUMBER** for each question below.

- On average, during the last 7 DAYS, how happy have you felt?
0 1 2 3 4 5 6 7 8 9 10
Not at all happy Mildly happy Moderately happy Highly happy Extremely happy
- On average, during the last 7 DAYS, how enthusiastic have you felt?
0 1 2 3 4 5 6 7 8 9 10
Not at all enthusiastic Mildly enthusiastic Moderately enthusiastic Highly enthusiastic Extremely enthusiastic
- On average, during the last 7 DAYS, how resilient have you felt?
0 1 2 3 4 5 6 7 8 9 10
Not at all resilient Mildly resilient Moderately resilient Highly resilient Extremely resilient
- On average, during the last 7 DAYS, how optimistic have you felt?
0 1 2 3 4 5 6 7 8 9 10
Not at all optimistic Mildly optimistic Moderately optimistic Highly optimistic Extremely optimistic
- On average, during the last 7 DAYS, how would you rate your mental wellness?
0 1 2 3 4 5 6 7 8 9 10
Not at all good Mildly good Moderately good Markedly good Extremely good

SCORING: To calculate total score, add all circled numbers. **SCORE**

TOTAL SCORE: 0 - 50

HIGHER SCORES INDICATE HIGHER LEVELS OF WELLNESS

WILD 5 Wellness
Wellness Interventions for Life's Demands

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Spanish Version

ESCALA DE BIENESTAR HERO

Por favor seleccione **UN NÚMERO** para cada pregunta a continuación.

- En promedio, durante los últimos 7 DÍAS, ¿qué tan feliz se ha sentido?
0 1 2 3 4 5 6 7 8 9 10
Nada feliz Ligeraente feliz Moderadamente feliz Muy feliz Extremadamente feliz
- En promedio, durante los últimos 7 DÍAS, ¿qué tan entusiasmado se ha sentido?
0 1 2 3 4 5 6 7 8 9 10
Nada entusiasmado(a) Ligeraente entusiasmado(a) Moderadamente entusiasmado(a) Muy entusiasmado(a) Extremadamente entusiasmado(a)
- En promedio, durante los últimos 7 DÍAS, ¿qué tanta fortaleza ha tenido?
0 1 2 3 4 5 6 7 8 9 10
Nada de fortaleza Poca fortaleza Moderada fortaleza Mucha fortaleza Demasiada fortaleza
- En promedio, durante los últimos 7 DÍAS, ¿qué tan optimista se ha sentido?
0 1 2 3 4 5 6 7 8 9 10
Nada optimista Ligeraente optimista Moderadamente optimista Muy optimista Extremadamente optimista
- En promedio, durante los últimos 7 DÍAS, ¿cómo calificaría su bienestar mental?
0 1 2 3 4 5 6 7 8 9 10
Nada bueno Ligeraente bueno Moderadamente bueno Muy bueno Extremadamente bueno

Puntaje : Para calcular el puntaje total, sume todos los números seleccionados. **PUNTAJE**

PUNTAJE TOTAL: 0 - 50

LOS PUNTAJES MÁS ALTOS INDICAN MAYORES NIVELES DE BIENESTAR.

WILD 5 Wellness
Wellness Interventions for Life's Demands

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How would you rate the accuracy of the English to Spanish translation for the question below?

English Version

On average, during the last 7 DAYS, how happy have you felt?

0 1 2 3 4 5 6 7 8 9 10
Not at all happy Mildly happy Moderately happy Highly happy Extremely happy

Spanish Version

En promedio, durante los últimos 7 DÍAS, ¿qué tan feliz se ha sentido?

0 1 2 3 4 5 6 7 8 9 10
Nada Ligeraente Moderadamente feliz Muy feliz Extremadamente feliz

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 8.7 |
| | MEDIAN | 9 |
| | MODE | 10 |
| | SD | 1.8 |
| | RANGE | 4-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 9.3 |
| | MEDIAN | 9.5 |
| | MODE | 10 |
| | SD | 1.06 |
| | RANGE | 7-10 |

How would you rate the accuracy of the English to Spanish translation for the question below?

English Version

On average, during the last 7 DAYS, how optimistic have you felt?

0 1 2 3 4 5 6 7 8 9 10
Not at all optimistic Mildly optimistic Moderately optimistic Highly optimistic Extremely optimistic

Spanish Version

En promedio, durante los últimos 7 DÍAS, ¿qué tan optimista se ha sentido?

0 1 2 3 4 5 6 7 8 9 10
Nada optimista Ligeraente optimista Moderadamente optimista Muy optimista Extremadamente optimista

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 9.6 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 0.51 |
| | RANGE | 9-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 8.9 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 1.97 |
| | RANGE | 4-10 |

How would you rate the accuracy of the English to Spanish translation for the scale's instructions below?

English Version

Please circle **ONE NUMBER** for each question below.

Spanish Version

Por favor seleccione **UN NÚMERO** para cada pregunta a continuación.

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 8.6 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 2.36 |
| | RANGE | 3-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 9.1 |
| | MEDIAN | 9.5 |
| | MODE | 10 |
| | SD | 1.52 |
| | RANGE | 5-10 |

How would you rate the accuracy of the English to Spanish translation for the question below?

English Version

On average, during the last 7 DAYS, how enthusiastic have you felt?

0 1 2 3 4 5 6 7 8 9 10
Not at all enthusiastic Mildly enthusiastic Moderately enthusiastic Highly enthusiastic Extremely enthusiastic

Spanish Version

En promedio, durante los últimos 7 DÍAS, ¿qué tan entusiasmado se ha sentido?

0 1 2 3 4 5 6 7 8 9 10
Nada entusiasmado(a) Ligeraente entusiasmado(a) Moderadamente entusiasmado(a) Muy entusiasmado(a) Extremadamente entusiasmado(a)

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 9.3 |
| | MEDIAN | 9.5 |
| | MODE | 10 |
| | SD | 0.94 |
| | RANGE | 7-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 8.8 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 0.97 |
| | RANGE | 7-10 |

How would you rate the accuracy of the English to Spanish translation for the question below?

English Version

On average, during the last 7 DAYS, how would you rate your mental wellness?

0 1 2 3 4 5 6 7 8 9 10
Not at all good Mildly good Moderately good Markedly good Extremely good

Spanish Version

En promedio, durante los últimos 7 DÍAS, ¿cómo calificaría su bienestar mental?

0 1 2 3 4 5 6 7 8 9 10
Nada bueno Ligeraente bueno Moderadamente bueno Muy bueno Extremadamente bueno

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 9.3 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 1.05 |
| | RANGE | 7-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 8.3 |
| | MEDIAN | 9 |
| | MODE | 9 |
| | SD | 0.94 |
| | RANGE | 7-10 |

How would you rate the accuracy of the English to Spanish translation for the title of the scale below?

English Version

HERO WELLNESS SCALE

Spanish Version

ESCALA DE BIENESTAR HERO

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 8.7 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 2.26 |
| | RANGE | 3-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 8.5 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 0.89 |
| | RANGE | 1-10 |

How would you rate the accuracy of the English to Spanish translation for the question below?

English Version

On average, during the last 7 DAYS, how resilient have you felt?

0 1 2 3 4 5 6 7 8 9 10
Not at all resilient Mildly resilient Moderately resilient Highly resilient Extremely resilient

Spanish Version

En promedio, durante los últimos 7 DÍAS, ¿qué tanta fortaleza ha tenido?

0 1 2 3 4 5 6 7 8 9 10
Nada de fortaleza Poca fortaleza Moderada fortaleza Mucha fortaleza Demasiada fortaleza

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 7.2 |
| | MEDIAN | 8 |
| | MODE | NA |
| | SD | 2.8 |
| | RANGE | 1-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 7.5 |
| | MEDIAN | 8 |
| | MODE | NA |
| | SD | 2.9 |
| | RANGE | 1-10 |

How would you rate the accuracy of the English to Spanish translation for the scoring directions below?

English Version

SCORING: To calculate total score, add all circled numbers.

TOTAL SCORE: 0 - 50

HIGHER SCORES INDICATE HIGHER LEVELS OF WELLNESS

Spanish Version

Puntaje: Para calcular el puntaje total, sume todos los números seleccionados.

PUNTAJE TOTAL: 0 - 50

LOS PUNTAJES MÁS ALTOS INDICAN MAYORES NIVELES DE BIENESTAR.

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 9.4 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 1.07 |
| | RANGE | 7-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 9.4 |
| | MEDIAN | 10 |
| | MODE | 10 |
| | SD | 1.26 |
| | RANGE | 6-10 |

How would you rate the overall accuracy and clarity of the English to Spanish translation of The HERO Wellness Scale?

0 1 2 3 4 5 6 7 8 9 10
Not at all Accurate Somewhat Accurate Moderately Accurate Very Accurate Extremely Accurate

| | | |
|------------------------------------|--------|------|
| Mental Health Professional N=10 | MEAN | 8.7 |
| | MEDIAN | 9 |
| | MODE | 9 |
| | SD | 1.33 |
| | RANGE | 6-10 |

| | | |
|--|--------|------|
| Non-Mental Health Professional N=10 | MEAN | 9.1 |
| | MEDIAN | 9.5 |
| | MODE | 10 |
| | SD | 1.1 |
| | RANGE | 7-10 |