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Shruti Mohan kadam

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CROSS CULTURAL ADAPTATION AND VALIDATION OF KANNADA VERSION OF SELF EVALUATION OF BREATHING QUESTIONNAIRE (SEBQ)

Shruti Mohan Kadam

Registration No. : 193408002

MPT - Cardiopulmonary Sciences

Cardiopulmonary Rehabilitation

Dr. V Prem

Associate professor – Sr. scale, HOD

Department of Physiotherapy,

MCHP, MAHE , Bangalore

Dr. Karthik Babu S

Associate Professor,

Department of Physiotherapy,

MCHP, MAHE, Bangalore

ABSTRACT

Introduction : Dysfunctional breathing is predominantly seen in asthmatic, anxiety suffers and individuals with functional cardiac disorders. SEBQ is an validated tool used to assess the presence of dysfunctional breathing. The prevalence of Asthma is high in India and presentation of the disease differs from western countries to the seasonal variations, pollution, lifestyle choices, socio-economic status . Hence the aim of the study is to cross culturally adapt and validate e the SEBQ in Kannada language for better understanding of the symptoms by subjects with asthma.

Methods : The SEQ was translated into Kannada language by two different native translators followed by ack translation into English to avoid any discrepancies and achieve contextual equivalence. This new adapted version of SEBQ along with KNQ was administered in fifty clinically diagnosed mild to moderate asthmatics. The subjects were asked to fill the Kannada version of SEBQ after 14 days of their first visit to examine the test retest reliability.

Results : Validity was measured for KSEBQ with respect to the KNQ which revealed KSEBQ showed high sensitivity (80.8%0 and specificity (87.5%) to assess the presence of dysfunctional breathing. Excellent test retest reliability was observed between the two visits for KSEBQ with (ICC =0.99 with 95% CI).

Conclusion : The KSEBQ can be used and a constructive tool in estimating the severity of DB in Kannada speaking mild to moderate asthmatics.