

Translation and Validation of the Functional Assessment of Cancer Therapy-Bone Marrow Transplant (FACT-BMT) Version 4 Quality of Life Instrument into Arabic Among Lymphoma Patients who Underwent High Dose Chemotherapy and Autologous Stem Cell Transplant

Hussein Soudy MD^{1,2}, Ahmed Al Zahrani, MD², Edgardo Colcol, MD², Eman M. Abdalla, MD², R.N, Irfan Maghfoor, MD², Saad Akhtar, MD².

(1) Kasr Al-Ainy School of Medicine-Cairo University

(2) King Faisal Specialist Hospital & Research Center-Riyadh

ISSN: 2070-254X

Objective

To translate into Arabic and validate the “Functional Assessment of Cancer Therapy –Bone Marrow Transplant” (FACT-BMT) quality of life questionnaire, among patients who underwent high dose chemotherapy and autologous stem cell transplant (HDC-ASCT) for non Hodgkin’s lymphoma and Hodgkin’s lymphoma.

Methods

The Arabic translation followed the standard Functional Assessment of Chronic Illness Therapy (FACIT) translation methodology. Provisional Arabic FACT-BMT was pre-tested by personal interview of 20 native Arabic speaking patients. This version was then applied to the next 60 patients through telephonic (39) or personal (21) interview for validation. One lymphoma and autologous stem cell transplant expert (S. Akhtar) also developed 17 additional culturally adapted questions (Cultural Adapted FACT-BMT) for relevant cultural issues.

Preliminary result

Eighty patients, males 52 (65%), females 28 (35%) participated in the study. Of these, 76 were Saudis, 3 Yemenis and 1 Palestinian. At the time of study, median age was 32 years (15 –62 years) and ECOG performance status was 0 in 76% and 1 in 19%. First 20 patients interviewed in pre-testing phase. All patients understood the questions well and no modification has to be undertaken.

The pre-test results indicated good content coverage and overall comprehensibility. All patients easily understood all items of Arabic version of FACT-BMT and high internal consistency in pre-testing phase is expected. Patients have high scores in all domains of quality of life including physical, social, emotional and functional well-being, indicating that most patients were leading a normal life.

Patients scored > 70% for not at all or a little bit only for nausea, trouble meeting needs of the family, having pain or feeling ill. Sixty-nine percent answered not at all or little bit for having lack of energy. Support from family and friends were > 80%. Quite a bit and very much satisfaction with sex life was 54%. Feeling sad was not at all or a little bit in 77%. Eighteen percent patients were concerned about their ability to have children; this is a reflection of younger patients being

transplanted and also the social set up where the average family size usually exceeds 5 children. Statistical analysis is underway.

Conclusion

These data validates the first Arabic version FACT-BMT. This is likely to help large number of Arabic speaking patients, not only in the Middle East and Arab countries, but also in Europe and North America. Most of our patients enjoyed a good quality of life post HDC-ASCT.