



## Translation and cross-cultural adaptation of the Migraine Disability Assessment (MIDAS) to Brazilian Portuguese

Ana Beatriz Araújo, Helena Renata Silva Cysneiros, Hugo Feitosa, Rodrigo Pina, Iasmim Mesquita, Kerollen Cardos, Izabela da Cruz, Daniella Araújo de Oliveira.

Universidade Federal de Pernambuco, Recife, Pernambuco, Brasil.

### Introduction

Migraine represents a significant challenge for global health, due to the disability associated with it. In addition to being a highly prevalent disorder, its impact on quality of life places migraine as the fifth leading cause of disability worldwide. The Migraine Disability Assessment (MIDAS) questionnaire was designed to evaluate the impact caused by migraine, classifying the different degrees of disability. Although widely adopted, a version translated with methodological rigor of MIDAS will ensure accuracy in assessing the impact of migraine among individuals in Brazil.

### Objective

To carry out the cross-cultural adaptation of the MIDAS questionnaire for the Brazilian population. Methods This is a methodological study (CEP UFPE: 4.891.495), conducted with women aged between 18 and 55 years, with diagnosis of migraine established based on the International Classification of Headache Disorders (ICHD) criteria. For the process of translation and cross-cultural validation, the criteria established by The Professional Society for Health Economics and Outcomes Research (ISPOR) were followed, which includes 10 steps: preparation, translation, reconciliation, back-translation, review of back-translation, harmonization, cognitive facilitation, cognitive facilitation review, review and final report.

### Results

All phases observed on ISPOR were carried out, respecting the sociocultural values of the Brazilian population. In the preparation phase, three evaluators (> 10 years in the headache field expertise) were recruited to clarify any ambiguities and the concepts behind the items, to avoid misinterpretation. In the translation phase, three translators independently performed the questionnaire translation. Afterwards, the reconciliation was done by two researchers (DAO and HF) to resolve discrepancies between the translations and create a single version.

Four terms from the original questionnaire were altered. Posteriorly, back-translation and revision of the reconciled back-translation were performed by two translators. After this review, an expert committee was formed to ensure cross-cultural semantic equivalence. As a result of these phases, three other concepts needed to be adjusted, concluding the pre-test version. This version was applied to 30 women with migraine, mean age of  $44 \pm 8$  years, to assess the level of comprehensibility and cognition of the translated version (cognitive facilitation phase). Then, cognitive facilitation was reviewed with 82 women with migraine, mean age of  $38 \pm 12$ , to incorporate the conclusions of the cognitive facilitation process. A researcher (DAO) analyzed the items and no modification was necessary in these phases. Lastly, the final version was checked for possible spelling, grammatical or other remaining errors and the final report was edited.

### Conclusion

The MIDAS questionnaire was translated and transculturally adapted to Brazil.

**Palavras-chave:** Migraine Disorders, Surveys and Questionnaires, Translation, Data Reliability