

Spanish translation and cultural adaptation of the fibromyalgia knowledge questionnaire

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Abstract

Introduction: Fibromyalgia (FM) translates into a reduction in the quality of life of people who suffer from it, being a chronic disease of unknown etiology. One of the most widespread treatments includes the combination of patient education, along with other components. At the educational level, the Fibromyalgia Knowledge Questionnaire (FKQ) is a tool that assesses knowledge of fibromyalgia. **Objective:** To obtain the translation and cultural adaptation of the FKQ questionnaire into Spanish, as well as its readability, in addition to knowing the relationship between knowledge of the disease and the level of disability. **Method:** In phase one, a translation-back translation and an evaluation of the readability of the questionnaire was carried out from INFLESZ, while in phase two, the questionnaire was passed to women with FM to detect their knowledge of the disease. A total of 49 women participated, with a mean age of 54.48 years. **Results:** The Spanish version of the FKQ questionnaire was rated by the participants in all its items as “clear and understandable”. The readability obtained by the questionnaire was similar to its original version, with both totals being in the “normal” range, following the INFLESZ ranges. Regarding the patients’ knowledge about FM, the component in which the highest score was obtained was physical activity (80% correct), while the one that obtained the worst score was knowledge about medication (50% correct). In addition, an inverse correlation was obtained between the FKQ and the FIQ (Fibromyalgia Impact Questionnaire) ($r = -0.438$; $p < 0.01$). **Conclusions:** The FKQ has been translated and culturally adapted, obtaining a correct understanding by the participants, as well as a degree of readability similar to the original questionnaire. Furthermore, it was obtained that, the lower the level of knowledge of the sick person, the greater the disability. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

Chronic disease; Disability; Knowledge of specific disease; Quality of life