

Validation and Cross-Cultural Adaptation of Arabic Version of Pelvic Girdle Pain Questionnaire

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ABSTRACT

Background: The Pelvic Girdle Questionnaire (PGQ) is the only tool for assessing symptoms and activity limitations in pelvic girdle pain (PGP), especially during pregnancy and postpartum.

The Problem: No validated Arabic version of the PGQ exists, limiting its accessibility to nearly half a billion Arabic speakers.

The Aim: Translate and culturally adapt the PGQ into Arabic, validating its psychometric properties for Arabic-speaking pregnant and postpartum women.

METHODOLOGY

Design: Cross-sectional study.
Methods: Conducted in two phases

- Phase 1: The PGQ was translated and culturally adapted into Arabic using Beaton guidelines. Seventeen women participated in the pilot testing
- Phase 2: 140 pregnant and postpartum women with PGP completed the Arabic-PGQ, Oswestry Disability Index, and Numeric Pain Rating Scale to assess construct validity
- Floor/ceiling effects, internal consistency, test-retest reliability, and agreement were analyzed.
- Discriminative validity was evaluated to distinguish between those needing treatment and between pregnant vs. postpartum women.

The *Arabic* version of the Pelvic Girdle Questionnaire is a reliable and valid tool for assessing pain and daily activity limitations in Arabic-speaking pregnant and postpartum women.



RESULTS

- The Arabic-PGQ showed strong construct validity, with high correlations to the Oswestry Disability Index (r = 0.637) and the Numeric Pain Rating Scale (r = 0.634).
- No floor or ceiling effects were observed.
- Internal consistency was good (Cronbach’s alpha = 0.825).
- Test-retest reliability was high (ICC > 0.8), with minimal detectable change ranging from 17.26% to 19.64%.
- The Arabic-PGQ could discriminate between pregnant and postpartum women (AUC = 0.714, p < 0.001), *but not* between those receiving treatment and those not (AUC = 0.559, p = 0.269).

CONCLUSION

The Arabic-PGQ is a reliable, valid, and easy-to-understand tool for assessing PGP in the Arabic-speaking population.



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