

**ORIGINAL PAPER**

**Translation and Validation of the Individualized Care Scale**

**António Fernando Salgueiro Amaral, RN, MSc, PhD (c)**

Coordinator Professor at the Nursing School of Coimbra, Researcher on the Health Sciences Research Unit affiliated on Portuguese Foundation for Science and Technology, Portugal

**Pedro Lopes Ferreira, PhD**

Associated Professor, Faculty of Economics, University of Coimbra, Coimbra, Portugal  
Member of the Study Center for Health Studies, Member of the Portuguese Observatory of the National Health Service, Portugal

**Riitta Suhonen, RN, PhD**

Professor, University of Turku, Department of Nursing Science, Finland

**Correspondence:** António Fernando Salgueiro Amaral, Coordinator Professor at the Nursing School of Coimbra, Researcher on the Health Sciences Research Unit affiliated on Portuguese Foundation for Science and Technology, Portugal. E-mail: amaral@esenfc.pt.

**Abstract**

**Introduction:** The use of reliable and valid instruments is essential to help maintain quality research. The use of instruments developed in other contexts and languages requires a methodology of cultural and psychometric validation to guarantee the integrity of the studies.

**Aim:** The aim of the study was to translate and validate the *Individualized Care Scale-patient* (ICS-p) to be used in Portuguese acute care hospitals.

**Methodology:** A cross-sectional methodology has been used to validate the ICS-p. Permission to use the tool was obtained from Riitta Suhonen. A forward-back translation method with committee approach and a cross-sectional study was used for transcultural adaptation and psychometric validation purposes. The back-translation was made by translators, who have concluded that it was equivalent. The content validity of the scale assessed by a panel of nurses, master's students and teachers of nursing. For ensuring that all items were easily understood by non-professionals, the scale was piloted to a group of twelve people who were not health professionals.

**Results:** The panel of experts found the translation to be equivalent and all items were considered to be relevant and clear. Face validity was assessed based on the non-health professionals' opinion and minor revisions were made on some of the terms to ensure they were easily understood by the majority of the population.

**Conclusions:** The use of the translated and validated in the Portuguese language version of the Individualized Care Scale can be used in healthcare settings in Portugal.

**Key Words:** Translation, Validation, Individualized Care, Scale, Portuguese