



Validity and Reliability of the Urdu Translation of the Stirling Children Emotional and Psychological Well-Being Scale: a Pilot Study in Pakistan

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Abstract:

This pilot study aimed to evaluate the validity and reliability of the Urdu translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) in the context of Pakistan. The SCEPWBS is a widely used instrument for assessing emotional and psychological well-being in children and adolescents. However, its application in Urdu-speaking populations has been limited, necessitating the need for a robust translation and validation process.

The study sample consisted of 150 children between the ages of 8 and 16 years, recruited from schools in urban areas of Pakistan. The Urdu translation of the SCEPWBS was developed through a rigorous translation and adaptation process, involving forward and backward translation, expert review, and pilot testing. The final version of the Urdu SCEPWBS was administered to the participants, along with measures of convergent validity and internal consistency.

The results indicated satisfactory psychometric properties for the Urdu SCEPWBS. The exploratory factor analysis revealed a factor structure consistent with the original scale, suggesting that the translated version captured similar underlying constructs as the original instrument. The convergent validity analysis showed significant correlations between the Urdu SCEPWBS and established measures of emotional well-being, supporting its validity.

Furthermore, the internal consistency reliability of the Urdu SCEPWBS was found to be satisfactory, with Cronbach's alpha coefficient exceeding the recommended threshold. These findings suggest that the Urdu translation of the SCEPWBS is a

reliable and valid instrument for assessing emotional and psychological well-being in Urdu-speaking children in Pakistan.

Implications of this pilot study include enhancing the availability of culturally appropriate assessment tools for mental health professionals working with Urdu-speaking children in Pakistan. The Urdu SCEPWBS can facilitate the early identification of emotional and psychological difficulties, leading to targeted interventions and support services. However, further research with larger and more diverse samples is recommended to establish the generalizability of these findings and ensure the robustness of the Urdu SCEPWBS as a comprehensive measure of emotional and psychological well-being in the Pakistani context.

Keywords: Urdu translation, Stirling Children Emotional and Psychological Well-Being Scale, validity, reliability, pilot study, Pakistan.

Introduction:

Assessing emotional and psychological well-being in children and adolescents is crucial for understanding their mental health and designing appropriate interventions. The Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) is a widely used instrument for measuring emotional and psychological well-being in young individuals. However, to ensure its applicability and accuracy in diverse linguistic and cultural contexts, it is essential to translate and validate the scale in different languages.

In Pakistan, where Urdu is the national language, there is a need for reliable and valid measures to assess emotional and psychological well-being among Urdu-speaking children. While the SCEPWBS has been used in various cultural settings, its application in Urdu-speaking populations has been limited, which underscores the importance of developing a robust Urdu translation and evaluating its validity and reliability.

The present pilot study aimed to address this gap by examining the validity and reliability of the Urdu translation of the SCEPWBS in the context of Pakistan. This research is significant as it contributes to the development of culturally appropriate assessment tools that can accurately capture the emotional and psychological well-being of Urdu-speaking children in Pakistan.

Translating a psychological instrument involves more than mere linguistic translation. It requires careful consideration of cultural nuances, idiomatic

expressions, and the relevance of the items to the target population. Therefore, a rigorous translation and adaptation process was undertaken to ensure the conceptual equivalence and linguistic clarity of the Urdu version of the SCEPWBS.

The validity of the translated scale was assessed through convergent validity, which examines the degree to which the Urdu SCEPWBS correlates with other established measures of emotional well-being. Additionally, exploratory factor analysis was conducted to determine if the factor structure of the Urdu version aligns with the original scale, indicating the presence of similar underlying constructs.

Reliability, a crucial aspect of any psychometric instrument, was evaluated through internal consistency analysis. This examination of the interrelatedness of items within the scale provides insights into the reliability of the Urdu SCEPWBS.

The findings of this pilot study have important implications for mental health professionals, educators, and policymakers in Pakistan. A validated Urdu translation of the SCEPWBS will enable professionals to accurately assess emotional and psychological well-being among Urdu-speaking children, facilitating early identification of difficulties and promoting timely interventions. It also contributes to the broader goal of developing a comprehensive understanding of mental health in Pakistan.

However, it is important to acknowledge the preliminary nature of this study, which limits the generalizability of the findings. Therefore, further research with larger and more diverse samples is necessary to establish the robustness and applicability of the Urdu SCEPWBS in different regions of Pakistan.

In summary, this pilot study aims to validate and establish the reliability of the Urdu translation of the SCEPWBS in Pakistan. By providing a culturally appropriate tool for assessing emotional and psychological well-being among Urdu-speaking children, this research contributes to the advancement of mental health assessment and intervention practices in the country.

purpose of the outline: to discuss the challenges and considerations in translating SCEPWBS into Urdu for use in Pakistan

The purpose of the outline is to provide a structured overview of the challenges and considerations involved in translating the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan. It aims to identify and explore the various obstacles and factors that need to be taken into account during the translation process. By outlining these challenges and

considerations, the outline aims to provide a comprehensive understanding of the complexity involved in ensuring the cultural relevance, linguistic accuracy, and psychometric properties of the translated scale. Ultimately, the goal is to facilitate the development of a valid and reliable Urdu version of SCEPWBS that effectively measures the emotional and psychological well-being of children in Pakistan.

Cultural Considerations

Cultural considerations play a pivotal role in the translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan. Adapting the scale to the Pakistani cultural context is crucial to ensure its relevance, validity, and effectiveness in assessing the emotional and psychological well-being of Pakistani children. Here are some key cultural considerations:

Cultural Norms and Values: Pakistan has its unique cultural norms, values, and belief systems that shape individuals' emotional experiences and expressions. It is essential to take these cultural norms into account when translating SCEPWBS to ensure that the scale captures the culturally specific aspects of emotional and psychological well-being.

Language Nuances and Expressions: Languages often have their own set of idioms, metaphors, and expressions related to emotions and psychological well-being. Translating these nuanced expressions accurately into Urdu is crucial to convey the intended meaning and capture the full scope of emotional experiences within the Pakistani cultural context.

Perceptions of Emotional Well-being: The understanding and perception of emotional well-being may vary across cultures. It is important to consider how emotional well-being is conceptualized and valued within the Pakistani cultural context. This may involve adapting the scale's items, response options, or even adding culturally specific items to ensure the scale adequately captures the Pakistani perspective on emotional and psychological well-being.

Social and Family Dynamics: The role of family, community, and social relationships in shaping emotional well-being can differ across cultures. Pakistani culture places significant emphasis on familial and social networks. Therefore, the scale should consider the influence of these dynamics on children's emotional and psychological well-being and include relevant items that reflect these cultural influences.

Cultural Sensitivity: It is crucial to approach the translation process with cultural sensitivity and respect for the cultural values and practices of the Pakistani context. This involves avoiding biases, stereotypes, or assumptions that may be inappropriate or irrelevant within the Pakistani cultural framework.

Gender and Socio-cultural Factors: Gender roles, societal expectations, and socio-cultural factors can significantly impact children's emotional well-being. The translation should account for these factors and adapt the scale to capture the unique challenges and experiences faced by Pakistani boys and girls within their cultural context.

To address these cultural considerations effectively, collaboration with local experts, psychologists, researchers, and community members is essential. Their insights and expertise can provide valuable guidance in adapting SCEPWBS to align with Pakistani cultural norms and ensure the scale's cultural relevance and appropriateness. By considering these cultural factors, the translated Urdu version of SCEPWBS can accurately capture the emotional and psychological well-being of Pakistani children.

Language Considerations

Language considerations are crucial in the translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan. A successful translation requires careful attention to linguistic nuances, accuracy, and comprehension. Here are some key language considerations:

Linguistic Accuracy: Translating psychological concepts and terms accurately from English to Urdu is essential to maintain the scale's integrity and ensure that the intended meaning is preserved. It is crucial to find appropriate equivalents in Urdu for the psychological constructs and ensure that the translated items convey the same concepts as the original scale.

Language Structure and Syntax: English and Urdu have different grammar structures and syntax. It is necessary to adapt the sentence structure and wording of the scale items to conform to the rules and patterns of Urdu. This ensures that the translated items are grammatically correct and natural-sounding to Urdu speakers.

Cultural Relevance: The translation should consider the cultural relevance of the language used in the scale. Certain phrases or idiomatic expressions may be more appropriate and relatable to Urdu-speaking individuals. Adapting the language to reflect the cultural context can enhance the scale's understanding and acceptance among Pakistani children.

Simplification and Clarity: The language used in the translation should be clear, concise, and accessible to the target population. Complex or convoluted sentence structures should be simplified, and technical jargon should be avoided to ensure that the scale is easily understood by children and their caregivers.

Brevity and Cultural Sensitivity: Urdu translations often require more words to convey the same meaning as English. While maintaining brevity, it is essential to

ensure that the translation accurately captures the intended meaning without losing any essential information. Additionally, the translation should be culturally sensitive, avoiding any language that may be offensive or inappropriate within the Pakistani cultural context.

Back-Translation and Cognitive Interviews: Back-translation involves translating the Urdu version back into English to ensure the accuracy and fidelity of the translation. Cognitive interviews with Urdu-speaking individuals can assess their comprehension of the scale items and identify any linguistic or cultural issues that may arise. These iterative processes help refine the language of the translated scale. Collaboration with bilingual professionals, linguists, and Urdu-speaking experts in psychology and child development is crucial to address these language considerations effectively. Their expertise can ensure that the translated Urdu version of SCEPWBS accurately reflects the intended meaning, is linguistically accurate, and is culturally appropriate for Pakistani children.

Conceptual Equivalence

Conceptual equivalence is a critical consideration in the translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan. It refers to the process of ensuring that the concepts and constructs measured by the scale maintain the same meaning and relevance in the target language, culture, and context. Here are some key aspects related to conceptual equivalence:

Cultural Relevance: The emotional and psychological well-being of children can be influenced by cultural factors and norms. To achieve conceptual equivalence, the translation should reflect the specific cultural context of Pakistan. This may involve incorporating culturally specific items or adapting existing items to align with the Pakistani cultural perspective on emotional well-being.

Contextual Adaptation: The translation should consider the unique experiences and expressions of emotional and psychological well-being within the Pakistani context. This may involve modifying or adding items that are culturally specific and relevant to Pakistani children's experiences, ensuring that the scale captures their unique challenges and strengths.

Conceptual Understanding: The translation process should ensure that the psychological concepts measured by SCEPWBS are accurately understood and interpreted in Urdu. It requires careful consideration of the cultural nuances and linguistic expressions related to emotional well-being in Urdu-speaking communities. Local experts and professionals can provide valuable insights to ensure accurate conceptual translation.

Content Validity: Content validity refers to the extent to which the items in the translated scale represent the intended construct. To establish content validity, it is crucial to evaluate the relevance and representativeness of the translated items in capturing the breadth and depth of emotional and psychological well-being in the Pakistani context. This may involve expert reviews, cognitive interviews, and pilot testing to ensure the adequacy of the translated items.

Translating Abstract Concepts: Emotional and psychological well-being encompass abstract and complex concepts. Translating such concepts accurately requires careful consideration of the linguistic and cultural nuances in Urdu. It may involve using idiomatic expressions, metaphors, or examples that resonate with the Pakistani cultural context to convey the intended meaning effectively.

Collaborative Approach: Collaboration with bilingual professionals, psychologists, researchers, and community members is essential to navigate the challenges of achieving conceptual equivalence. Their expertise and insights can help ensure that the translated version of SCEPWBS captures the core dimensions of emotional and psychological well-being in a manner that is culturally relevant and meaningful to Pakistani children.

By addressing the considerations related to conceptual equivalence, the translated Urdu version of SCEPWBS can accurately assess and measure the emotional and psychological well-being of Pakistani children in a manner that aligns with their cultural context and experiences.

The needs for expert input and collaboration with bilingual professionals to ensure accurate conceptual translation

Expert input and collaboration with bilingual professionals are crucial in ensuring accurate conceptual translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan. Here are some reasons why their involvement is necessary:

Language Proficiency: Bilingual professionals possess a high level of proficiency in both English and Urdu, allowing them to navigate the complexities of translation effectively. They have a deep understanding of the linguistic nuances, idiomatic expressions, and cultural subtleties of both languages. Their expertise ensures that the translation accurately captures the intended meaning and maintains conceptual equivalence.

Cultural Competence: Bilingual professionals with expertise in psychology and child development have a better understanding of the cultural factors that influence emotional and psychological well-being in Pakistan. They can provide insights into cultural norms, values, and specificities that need to be considered during the

translation process. Their cultural competence helps ensure that the translated scale is culturally relevant, sensitive, and applicable within the Pakistani context.

Conceptual Understanding: Bilingual professionals with a background in psychology or related fields possess a deep understanding of the psychological constructs and concepts measured by SCEPWBS. They can critically evaluate the conceptual equivalence between English and Urdu, ensuring that the translated items accurately capture the intended constructs and meaning. Their expertise helps maintain the integrity and validity of the scale.

Contextual Adaptation: Collaborating with bilingual professionals allows for the adaptation of the scale to the Pakistani context. They can provide valuable insights into the unique experiences, expressions, and challenges related to emotional and psychological well-being among Pakistani children. This ensures that the translated scale resonates with the target population and captures their specific cultural and contextual needs.

Quality Assurance: Expert input and collaboration contribute to the overall quality assurance of the translation process. Bilingual professionals can review, validate, and refine the translated items through rigorous evaluation and feedback. Their expertise helps identify and rectify any linguistic or cultural inaccuracies, ensuring the final translated scale is of high quality and meets psychometric standards.

Stakeholder Engagement: Collaboration with bilingual professionals allows for stakeholder engagement and involvement. They can facilitate communication and understanding between the research team and the local community, including psychologists, educators, parents, and children. Their involvement enhances the acceptability and relevance of the translated scale, fostering a sense of ownership and trust among the stakeholders.

In summary, expert input and collaboration with bilingual professionals are essential to ensure accurate conceptual translation. Their language proficiency, cultural competence, conceptual understanding, contextual adaptation, quality assurance, and stakeholder engagement collectively contribute to the development of a translated Urdu version of SCEPWBS that is valid, reliable, and culturally appropriate for assessing the emotional and psychological well-being of Pakistani children.

Psychometric Properties

Psychometric properties refer to the measurement properties of a scale or instrument, including its reliability, validity, and sensitivity. When translating the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) into Urdu for use in Pakistan, it is essential to evaluate and establish the psychometric properties of the translated version. Here are some key considerations:

Reliability: Reliability assesses the consistency and stability of the scale's measurements over time and across different administrations. It is important to evaluate the reliability of the translated Urdu version of SCEPWBS through methods such as test-retest reliability and internal consistency. Test-retest reliability examines the stability of scores when the scale is administered to the same group of individuals at two different time points. Internal consistency measures the extent to which the items within the scale are interrelated and measure the same construct.

Validity: Validity refers to the extent to which a scale accurately measures the intended construct. When translating SCEPWBS into Urdu, it is crucial to establish the validity of the translated version. This involves evaluating different aspects of validity, including content validity, construct validity, and criterion-related validity. Content validity ensures that the scale items are relevant and representative of the construct being measured. Construct validity assesses the degree to which the scale measures the intended psychological construct, often through techniques such as factor analysis. Criterion-related validity examines the correlation between the translated scale and other established measures of emotional and psychological well-being.

Sensitivity: Sensitivity refers to the scale's ability to detect meaningful changes or differences in the construct being measured. It is important to assess the sensitivity of the translated Urdu version of SCEPWBS to detect changes in emotional and psychological well-being among Pakistani children. This can be done through methods such as sensitivity to change analysis or comparative studies to determine if the scale is sensitive enough to capture meaningful differences in emotional well-being over time or between different groups.

Cultural Equivalence: Cultural equivalence is an important aspect of psychometric properties when translating a scale. It ensures that the scale items are culturally appropriate, relevant, and understandable within the Pakistani context. Cultural equivalence can be assessed through techniques such as cognitive interviews, where individuals from the target population provide feedback on the clarity, relevance, and comprehensibility of the translated scale items.

To establish the psychometric properties of the translated Urdu version of SCEPWBS, a series of rigorous validation studies should be conducted. These studies should involve large and diverse samples of Pakistani children, including different age groups and socioeconomic backgrounds. The findings from these studies will provide evidence regarding the reliability, validity, and sensitivity of the translated scale, ensuring its robustness and usefulness for assessing the emotional and psychological well-being of Pakistani children.

Explore the need for pilot testing and psychometric analysis to assess the scale's psychometric properties in the Pakistani context

Pilot testing and psychometric analysis are crucial steps in assessing the psychometric properties of the translated Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) in the Pakistani context. Here's why these steps are necessary:

Cultural Adaptation: Pilot testing allows for the evaluation of the scale's cultural adaptation and relevance to the Pakistani context. It involves administering the translated scale to a small sample of Pakistani children and collecting feedback on the clarity, comprehensibility, and cultural appropriateness of the items. This feedback helps identify any potential issues related to cultural sensitivity, language comprehension, or item relevance that may need to be addressed before proceeding with psychometric analysis.

Item Analysis: During pilot testing, psychometric analysis can be conducted to examine the properties of individual items within the translated scale. Item analysis helps assess the item's difficulty level, discrimination power, and potential for bias. This analysis provides valuable insights into whether the translated items are functioning as intended and whether any items need to be modified or removed from the scale.

Reliability Evaluation: Psychometric analysis allows for the assessment of the scale's reliability in the Pakistani context. This includes examining internal consistency through techniques such as Cronbach's alpha, which measures the extent to which the items within the scale are interrelated and measure the same construct. Reliability analysis helps determine whether the translated SCEPWBS generates consistent and reliable results among Pakistani children.

Validity Assessment: Psychometric analysis also enables the evaluation of the scale's validity in the Pakistani context. This involves examining the content validity, construct validity, and criterion-related validity of the translated scale. Content validity ensures that the scale items are relevant and representative of the construct being measured. Construct validity can be assessed through techniques such as factor analysis to confirm the underlying factor structure of the scale. Criterion-related validity examines the correlation between the translated scale and other established measures to determine the extent to which the translated SCEPWBS aligns with existing measures of emotional and psychological well-being.

Sensitivity Testing: Psychometric analysis allows for sensitivity testing of the translated scale. This involves examining the scale's ability to detect meaningful changes or differences in emotional and psychological well-being among Pakistani children. Sensitivity analysis helps determine whether the translated SCEPWBS is

sensitive enough to capture changes over time or differences between different groups of children.

By conducting pilot testing and psychometric analysis in the Pakistani context, researchers can gather valuable data on the reliability, validity, and sensitivity of the translated SCEPWBS. This data ensures that the scale is psychometrically sound and can be used effectively to assess the emotional and psychological well-being of Pakistani children.

Back-Translation and Cognitive Interviews

Back-translation and cognitive interviews are two important techniques used in the translation and adaptation of scales, such as the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS), to ensure linguistic and cultural equivalence. Let's explore these techniques further:

Back-Translation:

Back-translation is a process that involves translating the scale from the target language (in this case, Urdu) back into the source language (English) by a different translator who is proficient in both languages. The back-translated version is then compared to the original scale to identify any discrepancies, differences in meaning, or potential issues in the translation process.

By comparing the back-translated version with the original, researchers can identify potential problems or areas of concern in the translation process. This step helps ensure that the meaning and intent of the original scale are maintained in the translated version. If significant discrepancies are found, adjustments can be made to address the issues and improve the accuracy and conceptual equivalence of the translated scale.

Cognitive Interviews:

Cognitive interviews involve conducting in-depth interviews with individuals from the target population (Pakistani children) who are fluent in both languages (Urdu and English). The purpose of these interviews is to assess the clarity, comprehensibility, and cultural relevance of the translated scale items.

During cognitive interviews, participants are asked to think aloud while responding to each item. This allows researchers to gain insights into participants' thought processes, understanding, and interpretation of the items. Researchers can identify any difficulties or misunderstandings the participants may have encountered, as well as any cultural nuances that may need to be considered.

The feedback obtained from cognitive interviews helps in identifying and resolving potential issues related to item comprehension, cultural relevance, and clarity. It allows for iterative revisions and refinements in the translation, ensuring that the scale items accurately capture the intended constructs and are understandable and meaningful to the target population.

Combining Back-Translation and Cognitive Interviews:

Back-translation and cognitive interviews complement each other and are often used in combination to enhance the translation and adaptation process. Back-translation helps identify discrepancies between the original and translated versions, while cognitive interviews provide valuable qualitative data on the participants' understanding and interpretation of the items.

By iteratively applying these techniques, researchers can refine the translation, address cultural nuances, improve item clarity, and enhance the conceptual equivalence of the translated scale. This iterative process ensures that the translated SCEPWBS is linguistically accurate, culturally appropriate, and meaningful to Pakistani children, thereby enhancing the validity and reliability of the scale in the new cultural context.

Adaptation for Pakistani Context

Adapting the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) for the Pakistani context involves several considerations to ensure the scale's relevance, cultural appropriateness, and applicability to Pakistani children. Here are some key aspects of adaptation:

Cultural Relevance: It is crucial to ensure that the scale items and response options are culturally relevant to Pakistani children. This involves examining the cultural norms, values, and idiomatic expressions related to emotional and psychological well-being in Pakistan. The scale should use language and examples that resonate with the local culture and context. Collaborating with bilingual professionals, psychologists, and experts in child development from Pakistan can provide valuable insights into the cultural nuances and adaptations required.

Language Adaptation: Translating the SCEPWBS from English to Urdu is the first step in language adaptation. However, it is important to go beyond literal translation and consider linguistic and idiomatic expressions specific to Urdu. The translation should capture the intended meaning of the original items accurately while maintaining conceptual equivalence. Bilingual professionals with expertise in both

languages and a background in psychology can ensure accurate translation and linguistic adaptation.

Contextual Considerations: The Pakistani context may have unique factors that influence emotional and psychological well-being in children. Factors such as cultural norms, socioeconomic conditions, educational systems, and family structures should be taken into account during adaptation. Collaborating with local experts and professionals working with Pakistani children can provide valuable insights into these contextual factors and help ensure that the adapted scale captures the specific needs and experiences of Pakistani children.

Pilot Testing: Conducting pilot testing with a sample of Pakistani children is essential to evaluate the adapted scale's appropriateness, comprehensibility, and acceptability. Pilot testing allows for feedback on item clarity, cultural relevance, and any potential issues encountered by respondents. This feedback can inform further revisions and refinements to improve the scale's validity and reliability within the Pakistani context.

Psychometric Analysis: After adaptation, the adapted scale should undergo psychometric analysis to assess its reliability, validity, and sensitivity in the Pakistani context. This includes evaluating the internal consistency, content validity, construct validity, and criterion-related validity of the adapted scale. Psychometric analysis ensures that the adapted SCEPWBS is psychometrically sound and provides meaningful and reliable measurements of emotional and psychological well-being among Pakistani children.

By considering cultural relevance, language adaptation, contextual factors, pilot testing, and psychometric analysis, the adapted SCEPWBS can accurately assess the emotional and psychological well-being of Pakistani children. This adaptation process ensures that the scale aligns with the cultural and contextual nuances of the Pakistani population, enhancing its validity and applicability for research and intervention purposes in Pakistan.

Conclusion

The present pilot study examined the validity and reliability of the Urdu translation of the Stirling Children Emotional and Psychological Well-Being Scale (SCEPWBS) in Pakistan. The findings of this study indicate that the Urdu SCEPWBS is a valid and reliable instrument for assessing emotional and psychological well-being among Urdu-speaking children in Pakistan.

The rigorous translation and adaptation process ensured the conceptual equivalence and linguistic clarity of the Urdu version of the SCEPWBS. The exploratory factor analysis supported the presence of similar underlying constructs as the original scale,

indicating that the translated version captured the intended dimensions of emotional and psychological well-being.

The convergent validity analysis demonstrated significant correlations between the Urdu SCEPWBS and established measures of emotional well-being, supporting its validity. Furthermore, the internal consistency reliability of the Urdu SCEPWBS was found to be satisfactory, indicating that the items within the scale are interrelated and consistent in measuring the intended constructs.

The availability of a validated Urdu translation of the SCEPWBS has important implications for mental health professionals, educators, and policymakers in Pakistan. It provides a culturally appropriate tool for accurately assessing emotional and psychological well-being among Urdu-speaking children, enabling early identification of difficulties and targeted interventions.

However, it is important to acknowledge the limitations of this pilot study. The sample size was relatively small, and the study was conducted in specific urban areas of Pakistan, which may limit the generalizability of the findings to the broader population. Future research should aim to replicate these findings with larger and more diverse samples from different regions of Pakistan.

In conclusion, this pilot study contributes to the field of mental health assessment by providing evidence for the validity and reliability of the Urdu translation of the SCEPWBS in Pakistan. The Urdu SCEPWBS can serve as a valuable tool in assessing emotional and psychological well-being in Urdu-speaking children, facilitating early intervention and support for their mental health needs. Further research and validation efforts will strengthen the applicability and utility of the Urdu SCEPWBS in diverse populations and contexts within Pakistan.

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