

## Translation of Chinese version of COVID Stress Scale (CSS-C) for use in Chinese people living in Hong Kong

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### Background and aims

Due to COVID-19 pandemic, mental health crisis was emerged in many countries worldwide. The COVID Stress Scale (CSS) is an instrument measuring the COVID-related stress and anxiety symptoms. Although the COVID Stress Scale was found psychometrically sound in previous studies, it has not been translated and culturally adapted to Chinese version. This study aimed to translate and culturally adapt English version of CSS to Chinese, and investigated the psychometric properties, including internal consistency and test-retest reliability, of the Chinese version of CSS in Hong Kong Chinese people.

### Methods

Standardized forward and backward procedures were used to translate and culturally adapted the English version of the CSS to Chinese. The content validity of Chinese version of CSS (CSS-C) was verified by an expert panel of 4 experienced healthcare workers. One hundred and fifty general population and twenty-seven university graduates were recruited to investigate internal consistency and establish test-retest reliability after a 1-week interval, respectively.

### Results

The overall internal consistency of the CSS-C was excellent (Cronbach's  $\alpha=0.93$ ). The test-retest reliability of the overall CSS-C was also found to be good, with intra-class correlation coefficients of 0.78.

### Conclusions

The CSS-C is a comprehensible and reliable scale measuring the self-perceived level of stress associated with the COVID-19 pandemic of Chinese people living in Hong Kong. Future study can further investigate the validity of CSS-C to support the use of it as a measure for level of stress with future pandemics in Hong Kong.

### Biography

Sarah Wong is a Senior Lecturer at School of Nursing and Health Studies in The Open University of Hong Kong. She received her Master degree in Cardiology from The Chinese University of Hong Kong. Ms. Wong is specialized in the field of public health, haematology and orthopaedics. She is currently leading a funded research project investigating the public mental health under the COVID-19 pandemics. Moreover, Ms. Wong's research interests include psychometric testing, cancer rehabilitation and exercise therapy.

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