Abstract

***R**eliability and Validity of the Sinhala translation of the Lakaev Academic Stress Response Scale (LASRS-S)*

WMMS Bandara, AJIS Rathnayake, BWMTJ Basnayake, MKOK De Silva, D. Edirisinghe and KG Somasiri

i.   **Objectives**

The aim of the study was to translate Lakaev Academic Stress Response Scale (LASRS; Lakaev, 2006) to Sinhala and to establish LASRS as a valid and reliable measure of stress responses in Sinhalese university students.

ii.   **Design, setting and methods**

The Sinhala version of LASRS was developed using the WHO translation methodology for health instruments ;LASRS was translated into Sinhala, translation was reviewed by a bilingual panel, monolingual focus group, bilingual panel considered the monolingual review, back translation, original and back-translation considered by the bilingual group. The final translation was pilot tested. A cross-sectional study was designed with undergraduate freshmen of General Sir John Kotelawala Defence University (n=41) randomly selected from student registers. The mean age of the respondents was 20 and 83% were male. Internal consistency, concurrent and discriminant validity were examined. The known-groups method was performed with a group of university non-academics.

iii**. Results**

LASRS-S showed a strong internal consistency reliability with Cronbach α coefficient 0.894. Inter-item correlations for physiological, behavioural, cognitive and affective sub-scales were 0.271, 0.180, 0.451, 0.317 respectively. Each item correlated satisfactorily with the total score; corrected item total correlation values were positive and above 0.3. The correlation between physiological, behavioural, cognitive, and affective sub-scales were 0.590, 0.477, 0.904, 0.936 respectively. 91% of prediction was achieved to correctly discriminate the undergraduates and non-academics.

iv. **Conclusions**

The LASRS-S demonstrated good reliability and validity. Findings suggest application of LASRS-S as a proficient measure of academic stress responses in the Sinhalese university student population.