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The cross-cultural adaptation of the Schutte Self-Report Emotional Intelligence Test (SSEIT) for use among nursing students in Sri Lanka

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Background: Emotional Intelligence (EI) is defined as the capability to perceive, control, and evaluate emotions. Schutte Self-Report Emotional Intelligence Test (SSEIT) has been identified as a successful tool for measuring EI among nursing students.

Objective: This study aimed to translate 33-item SSEIT in to Sinhala and cross-culturally adapt it into the Sri Lankan context.

Methods & Materials: Authorisation was obtained from the original author to cross-culturally adapt the SSEIT into Sinhala language. The translation process and the cross-cultural adaptation was conducted under five stages I) Initial stage of translation, II) Synthesis of the translations, III) Back translation, IV) Delphi review, V) Test of the pre-final version. The Delphi process included a consultant psychiatrist, two clinical psychologists, a sociology educator, a nurse educator, and a nurse manager. The Delphi ratings from stage one were summarised and handed over for a second round. Re-ratings in the second round were evaluated for the degree of consensus. According to the Delphi process, items for the SSEIT Sinhala version were selected based on the following classification: (i) if 70% or more of the re-ratings were in category 0–3, that component/sub-scale was eliminated or reworded to make it allowable. If reworded, the Delphi process was re-conducted for that component/sub-scale, and (ii) if 70% or more of the re-ratings were in categories 4–6 and 7–9, that item/subscale was conserved.

Results: Sinhalese version of SSEIT showed maximum content validity of all the individual items (I-CVI=1.0) and maximum overall content validity (S-CVI/UA = 1.0; S-CVI/Ave = 1.0). All the items were in category 7-9 and conserved. There were no disagreements on any of the items. According to experts' suggestions, some items were reworded to retain their conceptual meaning.

Conclusion: The SSEIT Sinhala version has shown good consensual and content validity and, it can be utilised as a tool to measure the EI among nursing students in the Sri Lankan context.