

REPORT OVERVIEW

Executive report overview

A concise map of the adaptation package, supporting evidence, and report contents.

Project at a glance

Field	Report value
Project	Korean Mental Health and Self-Efficacy Battery
Language route	English to Korean
Registered measures	3 measures: PHQ-9, GAD-7, and GSE
Tracked content	26 scored items + 8 supporting units
Report status	Illustrative completed adaptation record

Adaptation record

Stage	Recorded outcome
Translate	Two independent forward translations; 68 translated units
Reconcile	34 source units reconciled within their respective measures
Verify	GSE back-translated; PHQ-9 and GAD-7 checked against Korean benchmarks
Evaluate	Six expert reviewers; 12 cognitive interviews; CVI retained by measure
Release	Three-measure Korean battery signed off as one versioned package

What this report contains

- APA 7 Methods narrative with in-text citations and a complete reference list
- Source-to-target tables for every scored item, instruction, response option, and retained non-scored text
- Content-validity summaries and selected reconciliation decisions
- The Equivalence Adaptation Workflow and measure-level source and rights register
- Project team, overall project duration, and the audit certificate

Scope of this sample. Instrument titles, item content, and cited source versions are real. Project dates, personnel, review findings, and quantitative results are illustrative examples of a completed export.

PROJECT RECORD

Team and audit record

Overall project duration: 28 days (3-31 July 2026).

Team assignments

Member	Assignment	Recorded contribution
Min-seo Choi	Project leader / reconciler	Led and facilitated the project; reconciled all measures
Ji-min Park	Forward translator: PHQ-9, GAD-7	Independent forward translation
Hannah Lee	Forward translator: all measures	Independent forward translation
Daniel Han	Back-translator: GSE	Framework-selected verification
Soo-jin Kim	Expert-review coordinator	Expert review and sign-off coordination

Audit certificate

E

Certificate of Adaptation

PROJECT

Korean Mental Health and Self-Efficacy Battery

ADAPTATION

English to Korean

FRAMEWORK

Adjustable Equivalence workflow

MEASURES

3

TRACKED CONTENT

26 scored items + 8 supporting units

CONTENT VALIDITY

.94 / .95 / .93 by measure

SIGNED OFF

31 July 2026

SHA-256 CONTENT HASH

ebe08d381f6843ab4f6a003d0b357b1e
7cc7f17f763ac5eb1f39dac71498ce2e

Certificate note. The hash identifies this signed-off package. A change to an item, instruction, response option, measure order, or retained non-scored text produces a different value.

Translation and Cross-Cultural Adaptation

Three measures were managed in one English-to-Korean Equivalence project: the nine-item Patient Health Questionnaire (PHQ-9; Kroenke et al., 2001), the seven-item Generalized Anxiety Disorder scale (GAD-7; Spitzer et al., 2006), and the 10-item General Self-Efficacy Scale (GSE; Schwarzer & Jerusalem, 1995). Each measure retained its own source citation, instruction, recall period, response system, scoring rule, and item numbering. The registered package therefore comprised 26 scored items and eight measure-specific supporting units, including instructions, response options, and the PHQ-9 functional-impact question.

Two bilingual translators independently translated the 34 respondent-facing units, following an adjustable process informed by established cross-cultural adaptation guidance (Beaton et al., 2000; Wild et al., 2005). Reconciliation was performed within each measure, and each decision was logged. Existing Korean versions were used as benchmarks for the PHQ-9 (Park et al., 2010), GAD-7 (Ahn et al., 2019), and GSE (Schwarzer et al., 1997). Back-translation was not applied automatically. It was retained for the GSE, whereas the PHQ-9 and GAD-7 followed an authoritative-version verification route permitted by the selected framework. This decision and its rationale were recorded before review.

Six experts rated the items and supporting text for relevance, clarity, and conceptual equivalence using established content-validity guidance (Lynn, 1986; Polit & Beck, 2006). Cognitive interviews were conducted with 12 Korean-speaking adults, four per measure, and included probes about the two-week recall period, the distinction among frequency anchors, and the GSE truthfulness anchors (Wild et al., 2005). S-CVI/Ave values were .94 for the PHQ-9, .95 for the GAD-7, and .93 for the GSE. Seven wording or formatting issues were resolved before the three measures were signed off as one versioned battery. The adaptation workflow and versioned project record were managed in Equivalence (Mendoza, 2026). Reporting of the adaptation workflow followed the Test Adaptation Reporting Standards (TARES; Iliescu et al., 2024). These process counts and validity results are illustrative; the measure titles, item content, and cited source versions are real.

Table 1

English-Korean PHQ-9 Translation Register

ID	English source	Adapted wording
1	Little interest or pleasure in doing things	일을 하는 것에 대한 흥미나 재미가 거의 없음.
2	Feeling down, depressed, or hopeless	가라앉은 느낌, 우울감 혹은 절망감.
3	Trouble falling or staying asleep, or sleeping too much	잠들기 어렵거나 자꾸 깨어남, 혹은 너무 많이 잠.
4	Feeling tired or having little energy	피곤함, 기력이 저하됨.
5	Poor appetite or overeating	식욕 저하 또는 과식.
INS	Over the last 2 weeks, how often have you been bothered by any of the following problems?	지난 2주 동안 아래 나열되는 증상에 얼마나 자주 시달렸습니까?
RESP	0 Not at all; 1 Several days; 2 More than half the days; 3 Nearly every day	0 전혀 아니다; 1 여러 날 동안; 2 일주일 이상; 3 거의 매일

Note. Korean wording is aligned with the validated Korean PHQ-9 and related public-health materials (Park et al., 2010). INS and RESP are stored separately from the nine scored items.

Table 1 (continued)

English-Korean PHQ-9 Translation Register

ID	English source	Adapted wording
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down	나 자신이 나쁜 사람이라는 느낌, 혹은 나 자신을 실패자라고 느끼거나 나 때문에 나 자신이나 내 가족이 불행하게 되었다는 느낌.
7	Trouble concentrating on things, such as reading the newspaper or watching television	신문을 읽거나 TV를 볼 때 집중하기 어려움.
8	Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	남들이 알아챌 정도로 거동이나 말이 느림, 또는 반대로 너무 초조하고 안절부절못해서 평소보다 많이 돌아다니고 서성거림.
9	Thoughts that you would be better off dead, or of hurting yourself in some way	차라리 죽는 것이 낫겠다는 등의 생각, 혹은 어떤 식으로든 스스로 자해하는 생각.
IMP	If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	위 증상 때문에 일하거나, 집안일을 하거나, 다른 사람과 잘 지내는 데 얼마나 지장이 있었습니까?
I-RESP	Not difficult at all; Somewhat difficult; Very difficult; Extremely difficult	전혀 지장 없다; 약간 힘들었다; 많이 힘들었다; 매우 많이 힘들었다

Note. IMP and I-RESP are retained as non-scored measure-specific supporting text. Item 9 remains linked to an approved participant-safety procedure.

Table 2

English-Korean GAD-7 Translation Register

ID	English source	Adapted wording
1	Feeling nervous, anxious, or on edge	초조하거나 불안하거나 조마조마하게 느낀다.
2	Not being able to stop or control worrying	걱정하는 것을 멈추거나 조절할 수가 없다.
3	Worrying too much about different things	여러 가지 것들에 대해 걱정을 너무 많이 한다.
4	Trouble relaxing	편하게 있기가 어렵다.
5	Being so restless that it is hard to sit still	너무 안절부절못해서 가만히 있기가 힘들다.
6	Becoming easily annoyed or irritable	쉽게 짜증이 나거나 쉽게 성을 내게 된다.
7	Feeling afraid as if something awful might happen	마치 끔찍한 일이 생길 것처럼 두렵게 느껴진다.
INS	Over the last 2 weeks, how often have you been bothered by the following problems?	지난 2주 동안 당신은 다음의 문제들로 인해서 얼마나 자주 방해 를 받았습니까?
RESP	0 Not at all; 1 Several days; 2 More than half the days; 3 Nearly every day	0 전혀 방해받지 않았다; 1 며칠 동안 방해받았다; 2 2주 중 절반 이상 방해받았다; 3 거의 매일 방해받았다

Note. The GAD-7 uses the same two-week recall period and 0-3 scoring range as the PHQ-9, but its instruction and Korean response anchors remain independently versioned (Ahn et al., 2019; Spitzer et al., 2006).

Table 3

English-Korean GSE Translation Register

ID	English source	Adapted wording
1	I can always manage to solve difficult problems if I try hard enough.	내가 충분히 노력한다면 어려운 문제도 언제나 해결할 수 있다.
2	If someone opposes me, I can find the means and ways to get what I want.	누군가가 나를 반대하더라도, 내가 원하는 것을 얻을 수 있는 방법과 수단을 찾을 수 있다.
3	It is easy for me to stick to my aims and accomplish my goals.	나는 목표를 꾸준히 추구하고 이를 달성하는 것이 어렵지 않다.
4	I am confident that I could deal efficiently with unexpected events.	나는 예상치 못한 일이 생겨도 효율적으로 대처할 수 있다고 확신한다.
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	나의 기지를 활용하여 예상하지 못한 상황을 어떻게 다루어야 하는지 알고 있다.
INS	Please indicate how true each statement is for you.	다음 문항을 읽고 자신에게 해당하는 정도를 표시해 주십시오.
RESP	1 Not at all true; 2 Hardly true; 3 Moderately true; 4 Exactly true	1 전혀 아님; 2 거의 아님; 3 대체로 그러함; 4 매우 그러함

Note. Unlike the symptom measures, the GSE has no two-week recall period and uses 1-4 truthfulness anchors (Schwarzer & Jerusalem, 1995). The published Korean adaptation was consulted as a benchmark (Schwarzer et al., 1997); the target column shows illustrative reconciled wording for this sample project.

Table 3 (continued)

English-Korean GSE Translation Register

ID	English source	Adapted wording
6	I can solve most problems if I invest the necessary effort.	필요한 노력을 기울이면 대부분의 문제를 해결할 수 있다.
7	I can remain calm when facing difficulties because I can rely on my coping abilities.	나는 어려움에 직면해도 나의 대처 능력을 믿기 때문에 침착함을 유지할 수 있다.
8	When I am confronted with a problem, I can usually find several solutions.	문제에 직면하면 대개 여러 가지 해결 방법을 찾을 수 있다.
9	If I am in trouble, I can usually think of a solution.	곤경에 처하면 대개 해결책을 생각해 낼 수 있다.
10	I can usually handle whatever comes my way.	어떤 일이 닥치더라도 대개 잘 처리할 수 있다.

Note. The translation register presents source and illustrative target wording side by side. It should not be cited as the published Korean GSE; a real project should preserve its approved order, layout, scoring guidance, and permission record.

Table 4

Illustrative Content-Validity Summary by Measure

Measure	Items	Supporting units	Panel	I-CVI range	S-CVI/Ave
PHQ-9	9	4	6	.83-1.00	.94
GAD-7	7	2	6	.83-1.00	.95
GSE	10	2	6	.83-1.00	.93

Note. N = 6 expert reviewers. Scale-level values were calculated within each measure and were not pooled across unlike item sets. Values are illustrative.

Table 5

Selected Measure-Specific Decisions

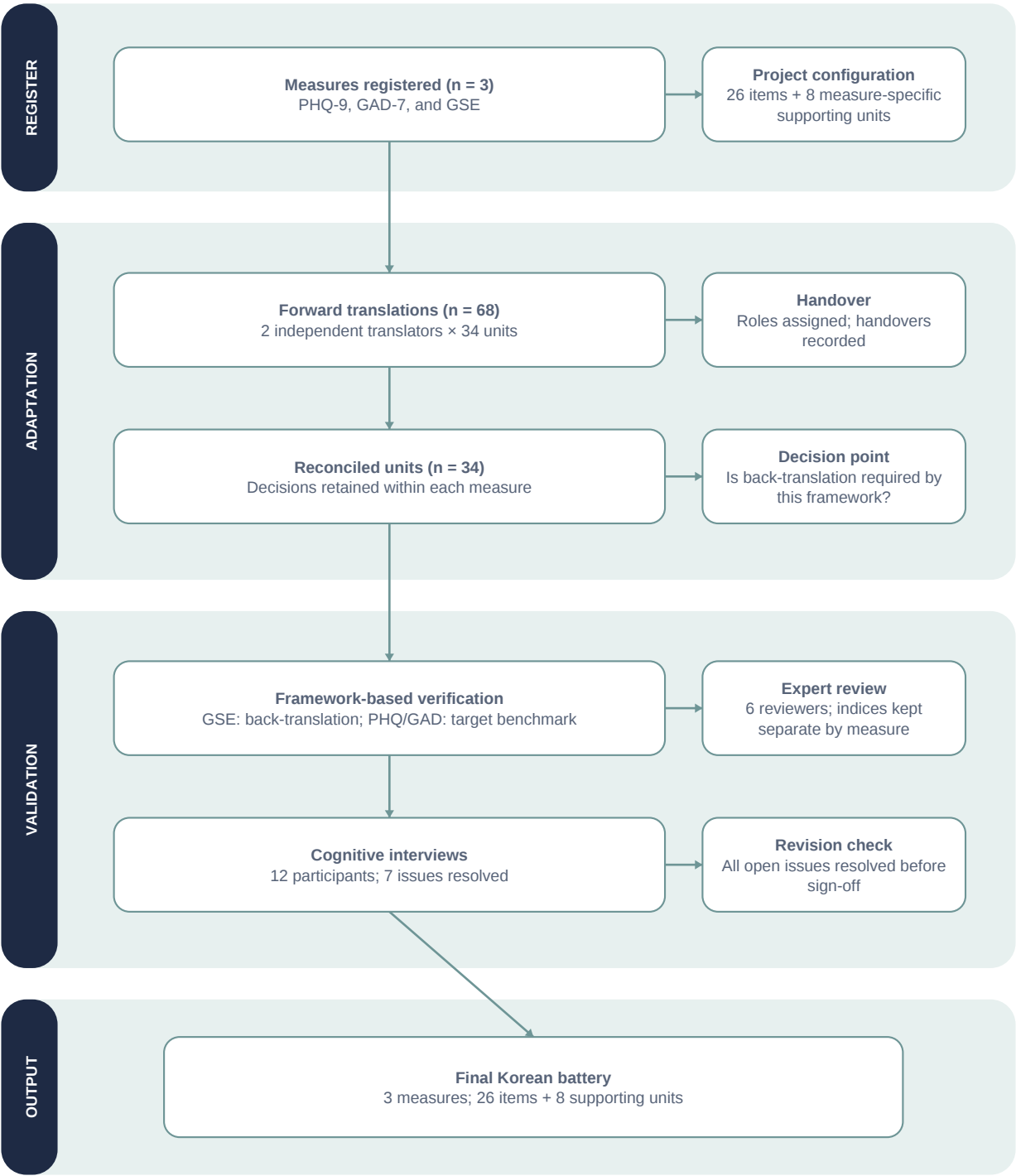
Measure / unit	Review finding	Recorded decision
PHQ-9 / RESP	Korean labels express calendar frequency differently from literal English	Retain established Korean anchors; document the mapping
GAD-7 / INS	The phrase “bothered by” required a natural symptom-focused equivalent	Use the established Korean interference phrasing and test comprehension
GSE / Item 1	Literal translation risked sounding oppositional rather than agentic	Retain established Korean adaptation; flag construct nuance
GSE / RESP	Truthfulness anchors cannot be copied from the symptom measures	Keep a distinct 1-4 response set for the GSE

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Figure 1

Equivalence Adaptation Workflow



Note. The figure reports an instrument-adaptation process, not a literature-search process. Back-translation is a framework-controlled branch rather than a universal requirement. Instructions, response options, and non-scored respondent text remain versioned outputs.

SUPPORTING PROJECT DETAIL

Measure and source register

Real measures and cited target-language benchmarks; process results remain illustrative.

Measure	Source record	Korean benchmark	Use note
PHQ-9	Kroenke et al. (2001); 9 items; 0-3; past 2 weeks	Park et al. (2010); Korean public-health materials	Public-access PHQ family; retain Item 9 safety procedure
GAD-7	Spitzer et al. (2006); 7 items; 0-3; past 2 weeks	Ahn et al. (2019); Korean national screening guidance	Public-access GAD family; source attribution retained
GSE	Schwarzer & Jerusalem (1995); 10 items; 1-4; no recall period	Lee, Schwarzer, & Jerusalem (1994); Schwarzer et al. (1997)	Author materials permit research use; confirm distribution terms before public deployment

Rights and provenance check. Measure text should never be treated as generic copy. Equivalence stores the source citation, target benchmark, permission status, and any use restriction at the measure level. Before deployment, the project owner should recheck the current rights statement for every downloadable instrument.

What the project kept separate

- Item stems and scored-item counts
- Instructions and recall periods
- Response labels, numeric codes, and scale direction
- Non-scored functional-impact and safety text
- Per-measure content-validity indices and sign-off decisions