

# VALIDITY AND RELIABILITY OF THE GREEK VERSION OF THE DIABETES LITERACY ASSESSMENT SCALE: LITERACY ASSESSMENT FOR DIABETES (LAD).

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**Background:** In health care setting, people with chronic diseases, such as diabetes, low Health Literacy (HL), is a potential barrier for diabetes self-management. Lacking understanding either in written or oral nursing instruction maybe the cause of receiving low quality of health care. The Literacy Assessment for Diabetes (LAD), is a reliable and valid assessment tool for measuring HL in adults with diabetes.

**Aim:** The purpose of this study was the translation, cultural adaptation and validation of the Greek version of the LAD assessment tool for diabetes.

**Method:** Using standard procedures, the original version of LAD was backwards translated and culturally adapted into Greek. The scale was administered to 50 people with diabetes aged over 18 years old, in three Health Centers in the area of Attica. Validity and reliability analyses were performed. A pilot study was performed on 10 individuals with diabetes to test not only content validity, but to test and re-test the scale, as well.

**Results:** The Cronbach's alpha coefficient for the oral reading ability subscale was 0,87, for the word knowledge subscale 0,86 and for the word comprehension subscale 0,92. The oral reading ability subscale had a mean value of 56,76 ( $\pm 3,75$ ), while the word knowledge subscale and the word comprehension had mean values 54,28 ( $\pm 4,34$ ) and 48,92 ( $\pm 7,05$ ) respectively. The typical participant was male, 68 years old, married, of primary school education. The oral reading ability was evaluated at 95% of optimum. Significant differences in employees, being under the age of 67 was related to a better oral reading ability and word comprehension performance ( $p < 0,001$ ) compared with those over 67 years old, whereas employees had better performance in the two aforementioned subscales vs unemployed and retirees ( $p < 0,001$ ). Higher education graduates differed significantly from primary and secondary school graduates, in word comprehension subscale ( $p < 0,001$ ).

**Conclusion:** The Greek version of LAD is a reliable and valid tool for measuring HL in adults with diabetes. It will also be a quick and easy-to-use tool for nurses working in the field of diabetes care.