French translation and validation of the Exercise-Induced Leg Pain Questionnaire

C. Beaudart¹, T. Hagelstein², J. Van Beveren³, B. Godon⁴, O. Bruyère¹, JF. Kaux^{2,4}

1. Department of Public Health, Epidemiology and Health Economics, University of Liège, Liège, Belgium.

2. Physical Medicine and Sports Traumatology Department, University and University Hospital of Liège, Liège, Belgium.

Introduction

The « Exercise-Induced Leg Pain » (EILP) questionnaire has been developed to evaluate the severity of symptoms and sports ability in individuals with exercise-induced leg pain. Purpose: We aimed to translate and cross-culturally adapt this questionnaire into French and to study the reliability and validity of the French-translated version (EILP-F).

Material and methods

Translation and cross-culturally adaptation of the original EILP (EILP-G) was performed according to established guidelines. The translation part was articulated in six stages as recommended by Beaton et al. To validate the EILP-F questionnaire, 84 subjects were recruited (28 pathological patients with a confirmed diagnosis of chronic leg pain, 28 asymptomatic sport students, 28 athletes healthy control). Discriminative power of the questionnaire was tested as well as reliability (internal consistency, test-retest reliability after a 7-10-day interval), construct validity and floor/ceiling effects.

Results

the EILP-F version of the questionnaire has been generated without any major difficulties. The ability of the questionnaire to discriminate the three groups of subjects has been showed with a total score of 61.0 ± 18.5 for the pathologic group; 93.9 ± 7.57 for the asymptomatic group and 94.1 ± 9.79 for the control group (p -value adjusted on age = 0.008). A high internal consistency (Cronbach's alpha of 0.93) and an excellent test-retest radiality (ICC of 0.98 (95% CI 0.97-0.99, $p < 0.001$)) indicated that the EILP-F is reliable. The EILP-F also demonstrated a good construct validity against different subscales of the Short Form-36 questionnaire, a generic quality of life questionnaire, with more than 87 % of prespecified hypotheses confirmed. Finally, no floor or ceiling effects were observed.

Questionnaire pour déterminer l'importance des douleurs chroniques à la jambe occasionnées par le sport

Chère patiente / cher patient,

Veuillez s'il vous plaît cocher la case qui convient le mieux pour décrire votre état durant la dernière semaine. En cas de symptômes bilatéraux, répondez en fonction du côté le plus douloureux. Si l'activité spécifiée est limitée par d'autres facteurs que des plaintes à la jambe, veuillez cocher « non applicable ».

Suite à vos douleurs à la jambe, vous éprouvez...

	Aucune difficulté	Difficulté minimale	Difficulté modérée	Difficulté extrême	Difficulté rendant l'activité impraticable	Non applicable
Lors du démarrage de la course (courir, faire du jogging)						
Après environ 10 minutes de course						
Après environ 15 minutes de course						
Après 30 minutes de course ou plus						
A l'impulsion d'un saut						
A la réception d'un saut						
Lors de démarrages ou d'arrêts rapides						
Lors de changements de direction ou de mouvements latéraux						
Lors d'activités peu sollicitantes (marcher)						
Pour exercer une activité sportive sans limite						

Conclusion

The EILP-F questionnaire is consistent, valid and reliable for evaluating the French-speaking patients with chronic exercise-induced leg pain.