

Suleiman, K., Yates, B., Berger, A., Pozehl, B. & Meza, J. (2010). Translating the Pittsburgh Sleep Quality Index into Arabic. *Western Journal of Nursing Research*, 32(2), 250-268.

Abstract

This descriptive correlational study describes the translation process and the psychometric testing of the Pittsburgh Sleep Quality Index (PSQI). The PSQI has been successfully translated into Arabic and back-translated into English by 10 Arabic bilingual translators. Then the PSQI is tested in a sample of 35 healthy Arabic bilinguals. The internal consistency reliability for the Global PSQI demonstrates borderline acceptability (Cronbach's alpha = .65). The reliability is further supported by moderate to high correlations between five PSQI components and the global PSQI score ($r = .53$ to $.82$, $p < .01$). Convergent validity is supported by the global PSQI correlating strongly with the Insomnia Severity Index ($r = .76$) and moderately with the related construct of the Medical Outcome Study Short Form-36 vitality subscale ($r = -.33$). Further testing of the PSQI is needed in a larger Arabic population, both clinical and healthy populations, living in their native countries.