* **Name of the study:** Translation to Hebrew and Arabic and validation of the translated version of a new pain evaluation tool for people with intellectual and developmental disability
* **Year:** 2025
* **Type of research:** research
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**Abstract**

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People with intellectual and developmental disabilities (IDD) are more exposed than average to situations involving pain and painful medical procedures, and they are at a higher risk of suffering from pain. However, studies indicate that pain management in this population is often inadequate compared to individuals without IDD. Proper pain management, which includes adjusting the type and dosage of treatment according to the medical condition and monitoring the effectiveness of the treatment, requires identifying the presence of pain and quantifying its intensity.

Pain assessment typically relies on self-reporting by the patient, but individuals with IDD are not always aware of the meaning of the pain experience and/or may be unable to assess the intensity of the pain they feel, let alone communicate it effectively to others. Therefore, non-self-report-based methods for assessing pain are essential to ensure appropriate care for this population.

The aim of the current study was to translate and validate a pain assessment tool called the Pain in Impaired Cognition scale-15 (PAIC-15), which is based on observation rather than self-report, in order to facilitate its use in Israel. The methodology included forward and backward translation into Hebrew and Arabic, in consultation with experts in both languages. The validity and reliability of the tool was tested by having assessors score pain behaviors using the tool while watching video clips of individuals with IDD and a control group, who received several mechanical stimuli of varying intensities on the shoulder.

Validity was examined by comparing PAIC-15 scores to pain ratings using the Pyramid Scale and to the intensity of the mechanical stimuli. Inter-rater and intra-rater reliability were also assessed.

The results showed that the translated tool is valid for measuring pain, as significant correlations were found between PAIC-15 scores and stimulus intensities, as well as between PAIC-15 scores and self-reported pain on the Pyramid Scale. In addition, good reliability was found both between and within assessors.

A comparison of PAIC-15 scores between the IDD group and the control group showed that pain behaviors were more pronounced in the IDD group, a finding that may indicate greater sensitivity and responsiveness to painful stimuli among individuals with IDD.

We believe that the PAIC-15 is a user-friendly and effective pain assessment tool, which enables the identification and quantification of pain in individuals with IDD, and will support the provision of appropriate pain management programs tailored to the individuals' condition.

**Keywords**

Pain, pain assessment, pain behavior, intellectual and developmental disability

* [For the Full text in Hebrew>>](https://www.kshalem.org.il/knowledge/%D7%AA%D7%A8%D7%92%D7%95%D7%9D-%D7%9C%D7%A2%D7%91%D7%A8%D7%99%D7%AA-%D7%95%D7%A2%D7%A8%D7%91%D7%99%D7%AA-%D7%95%D7%AA%D7%99%D7%A7%D7%95%D7%A3-%D7%94%D7%92%D7%A8%D7%A1%D7%94-%D7%94%D7%9E%D7%AA%D7%95/%22%20%5Co%20%22https%3A//www.kshalem.org.il/knowledge/%D7%9C%D7%A7%D7%A8%D7%95%D7%90-%D7%9E%D7%97%D7%95%D7%A5-%D7%9C%D7%A7%D7%95%D7%A4%D7%A1%D7%90-%D7%A2%D7%99%D7%A6%D7%95%D7%91-%D7%A7%D7%95%D7%A4%D7%A1%D7%AA-%D7%91%D7%A8%D7%99%D7%97%D7%94-%D7%9C%D7%94/)
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