

Figure 1. About Eating homepage translated from English to Spanish. Access the English version at: www.needscenter.org/resources/about-eating/

### Methods

Translation into Spanish was accomplished using a modified Beaton process consisting of translation, back-translation, iteratively until the original English and the final translation were congruent. This process required multiple bilingual interpreters.

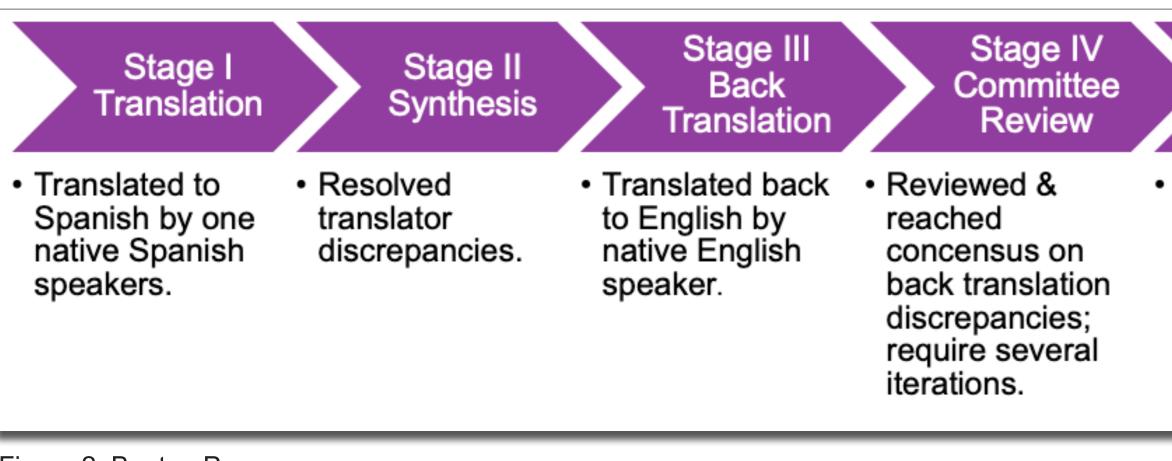
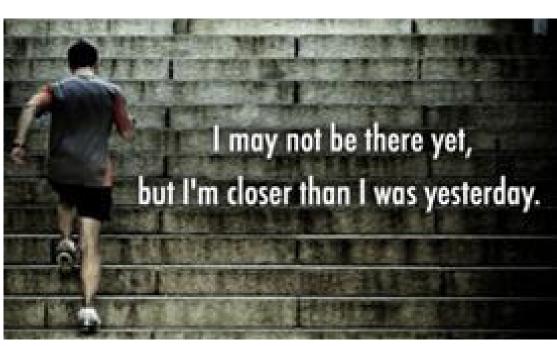


Figure 2. Beaton Process

Cultural translation required review of all images, recipes, and websites by native Spanish speakers and re-review following revisions.

#### Sample Image Revision

Image in *About Eating* 



After transformation into Acerca de Comer was complete, cognitive interviews using the "Think Aloud" method were held on a virtual video platform. Each bilingual participant viewed the screens two or more modules; as each screen appeared they provided critical commentary and modification suggestions.

# A Modified Beaton Process Facilitated Linguistic and Cultural Translation of a Nutrition Education Program into Spanish.

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#### Bienvenido a Acerca de Comer April 2022 May 2022 udablemente v actividao November 2022 October 2022 Number of Days Number of Days for **About Eating Translation Process &** for Translation Module Stage V Pretesting Website Development Process 84 **Enjoying Eating** 194 Evaluated by **About Being** 77 168 Spanish Active speakers using the "Think 106 160 About My Size Aloud" method. Hunger and 161 82 Fullness 114 149 Time to Eat **Your Food** 114 79 Variety interview protocol. The interviewer will discuss the following questions with the participant ahead of time: eligiply (bilingual and live in NY) and whether they would like a Zoom interview or in-person interview. The interviewer will confirm the time and interview format with the participant through email as Image in Acerca de Comer esté ahí todavía, pero well as share the consent form for their review. The interviewer will send the Zoom invitation to the participant. The Zoom meeting will be y mas cerca que ayer recorded. To begin, the interviewer will share their screen with the participant and have the We have a program about eating practices and behaviors that has I'd like to learn what Spanish speakers think about the program to Qualtrics survey opened. (link to Qualtrics survey here). t changed the way people feel about the program. Since you to help me by telling me what you think about the valuable to me. This interview that, you will review make sure that the translation are a Spanish speaker also, ABOUT EATING: SPANISH TRANSLATION EVAL program pictures, text, layou TO BE COMPLETED BY INTERVIEWER consists of two sections. Fir two lessons in the program programs. The entire proc informed consent that cor participate in the project; INTRODUCTION interviewer will read them the "Hello, my name is \_\_\_\_\_. We have a program about eating practices and survey, the interviewer will s like to learn what Spanish speakers think about the program to make sure Spanish module homepage feel about the program. Since you are a Spanish speaker also, I am asking the program pictures, text, layout, etc... Your honest opinion is very valuab Before you review the

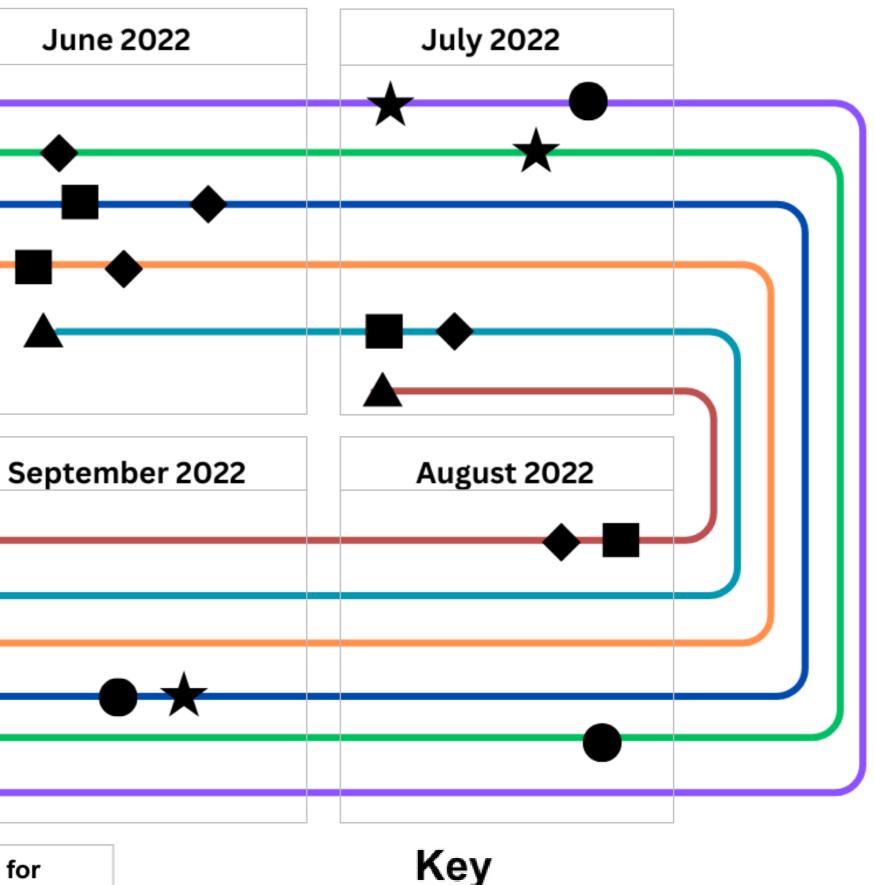
AFTER CONSENT AND INITIAL SURVEY COMPLETION

Before you review the lessons, I want to explain what I would like you to do. For this interview, I would '

### Results

### **Translation Process**

The time required for translation ranged from 77 to 114 days for the 6 modules. Eight iterations of translation/back translation were required for each module.



Translation process initiated. Storyboard sent from RIT to translation agency. Storyboard returned to RIT.

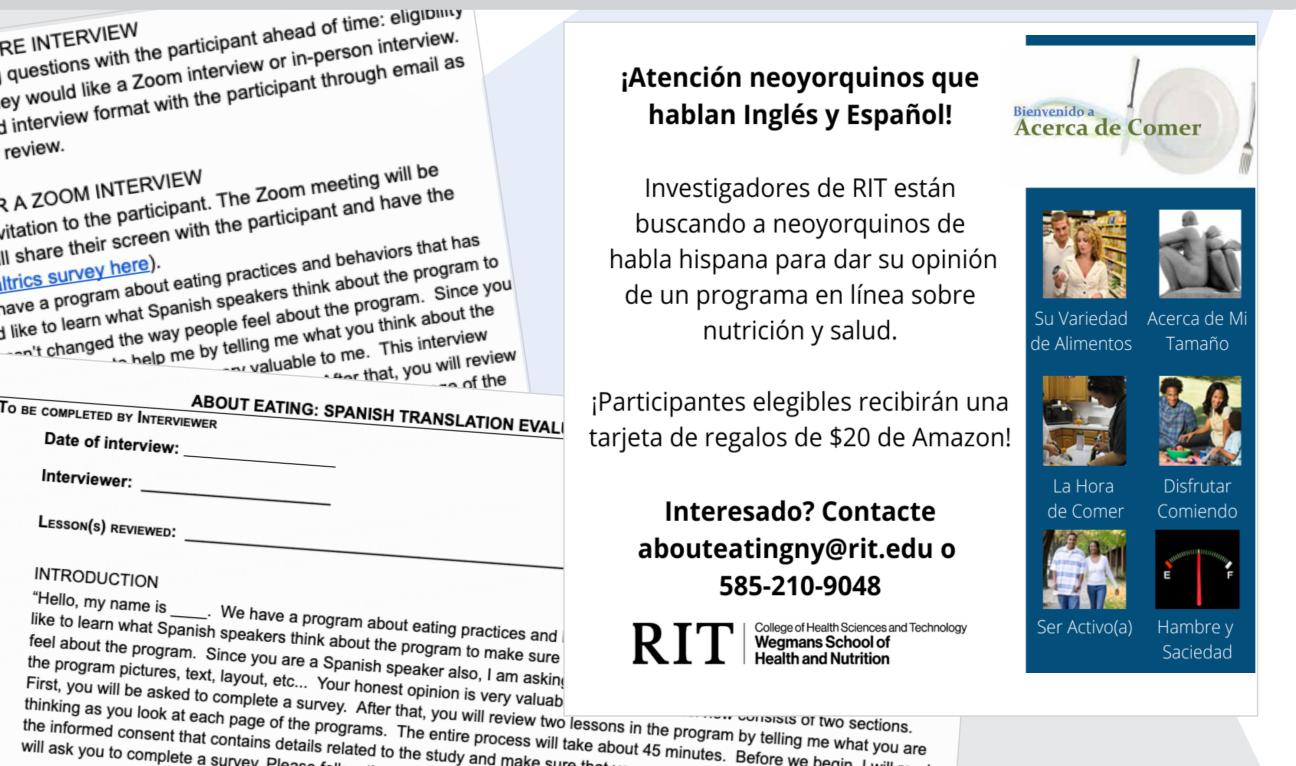
RIT and translation agency work to verify, and edit, translation.

Translation process complete

Website development initiated.

Website complete.

#### Cognitive Interview Tools (clockwise below): Recruitment flyer, interview script,



## **Cognitive Interview Results**

Bilingual Spanish speakers assessed two modules each; all modules were assessed. Original translation was mostly done by Puerto Rican Spanish speakers, whereas interviewees were from other countries. Issues identified during the assessments included:

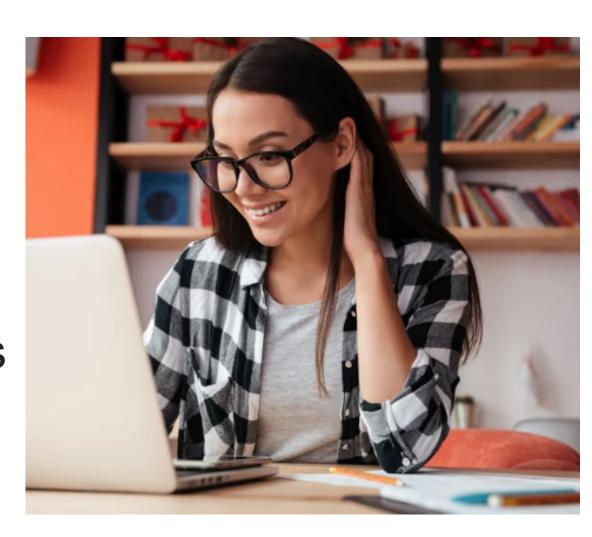
Translation is time consuming! At least two translators needed for the process. Intra- and Inter-country/region dialects must be considered. Securing reviewers of translated materials is difficult and can be costly because of the time involved and the intensity of the work.

**Dissemination science requires attention** to linguistic and cultural translation to enhance interest and adoption of messages. Planning to disseminate health programs in languages other than the original requires attention to human, social, and financial capital at the beginning planning stage.

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thinking as you look at each page of the programs. The entire process will take about 45 minutes. Before we begin, I will read the informed consent that contains details related to the study and make sure that you are eligible to participate in the project; I will ask you to complete a survey. Please follow the directions during the survey and return the survey to me when prompted."





Sayings or slogans unique to Americans cause confusion eg, Pledge of Allegiance. Fruits and vegetables with region-specific names ◊ Words and phrases may be understood in one Spanish-speaking country but not in another. ◊ Words that are innocuous in one dialect may be offensive or vulgar in a different dialect.

## Challenges

# Conclusion

#### Acknowledgments