

Acceptance of Illness Scale among Sinhala-speaking adults with chronic illnesses

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Abstract

Background

The Acceptance of Illness Scale (AIS) is a widely used instrument for assessing psychological adaptation to illness. Originally developed for individuals with chronic physical conditions, it has also been successfully applied in research involving people with mental health disorders, highlighting its broader relevance for evaluating illness acceptance across diverse clinical populations. However, a validated Sinhala version has not been available, limiting its application in research and clinical practice in Sri Lanka. This study aimed to culturally adapt the AIS into Sinhala and evaluate its psychometric properties among individuals living with chronic illnesses.

Methods

The original AIS was translated into Sinhala using a standardized forward–backward translation procedure. Data were collected from 141 adults with chronic diseases. Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were conducted to examine the scale’s factorial structure. Internal consistency was assessed using Cronbach’s alpha, while convergent validity was evaluated through Pearson’s correlations with measures of life satisfaction and depressive symptoms.

Results

The Sinhala AIS demonstrated satisfactory internal consistency (Cronbach’s $\alpha = .75$). Both EFA and CFA supported a unidimensional factor structure consistent with the original instrument and indicated an acceptable model fit. As expected, higher illness acceptance was positively associated with life satisfaction and negatively associated with depressive symptoms, providing evidence of convergent validity.

Conclusion

The Sinhala version of the AIS is a reliable and valid instrument for assessing illness acceptance among Sinhala-speaking populations. Its sound psychometric properties and cultural appropriateness support its use in both research and clinical practice. The availability of this validated version may facilitate future studies of psychological adjustment not only among individuals with chronic physical illnesses but also in broader clinical populations, including those with mental health conditions.

Keywords: Acceptance of Illness Scale; Sinhala; cross-cultural adaptation; psychometric validation; psychological adjustment.