



Validation of the Sinhala version of the Comprehensive Needs Assessment Tool for Informal Cancer Caregivers (S-CNAT-ICs) in Sri Lanka



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Abstract

Cancer is a major condition that affects many people, directly and indirectly. This study examined the psychometric properties of the Sinhala version of the Comprehensive Needs Assessment Tool (S-CNAT). A 41-item CNAT was administered to 226 ICs providing palliative care for patients with advanced cancer at the Apeksha Hospital in Sri Lanka. It has seven unmet needs domains. A cross-cultural adaptation of the CNAT was done using WHO guidelines. ICs completed the S-CNAT, the Centre for Epidemiological Studies-Depression (CES-D), the World Health Organization-Quality of Life-Brief (WHOQOL-BREF), and demographic details. Reliability was assessed using test-retest and internal consistency. The convergent and divergent validity of the S-CNAT was tested using the CES-D scale and WHOQOL-BREF. The construct validity was assessed by performing exploratory factor analysis (EFA) and confirmatory factor analysis (CFA).

The mean (\pm SD) age of the ICs was 41.78(\pm 14.54) years. Most ICs were female (60%) and married (72%). The test-retest reliability was 0.965, and the Cronbach's alpha was 0.903. Both EFA and CFA revealed a structure comprised of seven factors (35 items); re-named as healthcare staff/nurses' support and information, physical/practical needs, medical officers' support, psychological needs, social and family support, spiritual/religious support, and hospital facilities/service. The S-CNAT was found to have a negative correlation with the WHOQOL-BREF, while it was positively correlated with the CES-D. The S-CNAT is a valid and reliable tool for assessing informal cancer caregivers' unmet needs (S-CNAT-ICs). The findings of this study will help health authorities understand and assess the unmet needs of ICs. The healthcare support needs were the most prominent unmet needs among ICs.

Keywords: Cancer, CNAT, Informal caregivers, Reliability, Sri Lanka, Validity

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