



MIGRAINE-ATTRIBUTED BURDEN: EXPERT CONSENSUS ON THE CROSS-CULTURAL ADAPTATION OF THE MIGRAINE INTERICTAL BURDEN SCALE-4 (MIBS-4) FOR BRAZILIAN PORTUGUESE

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Introduction

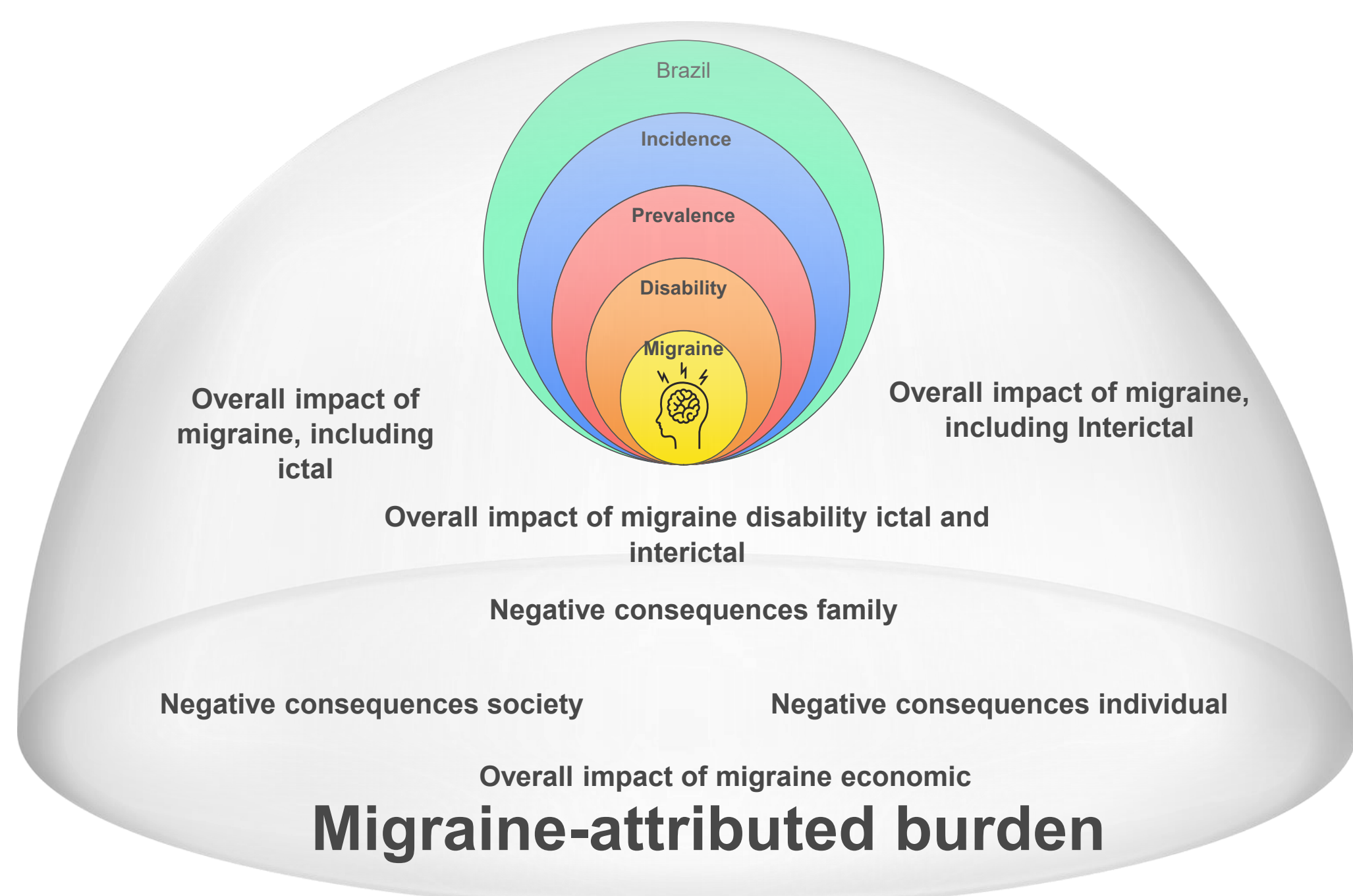


Figure 1. Comprehensive view of migraine-attributed burden.

Objective

To define the migraine attributed term “burden” during the cross-cultural adaptation process of the MIBS-4 into Brazilian Portuguese.

Methods

This is a methodological study conducted through expert consensus involving members of the Brazilian Headache Society. An electronic form was used for the suggestion, voting, and evaluation of the conceptual and semantic equivalence of the term “burden” as attributed to migraine. The analysis included semantic, idiomatic, experiential, and conceptual equivalence, followed by a discussion among headache specialists, with the addition of a linguist specialized in translation to support the terminological decision-making process.

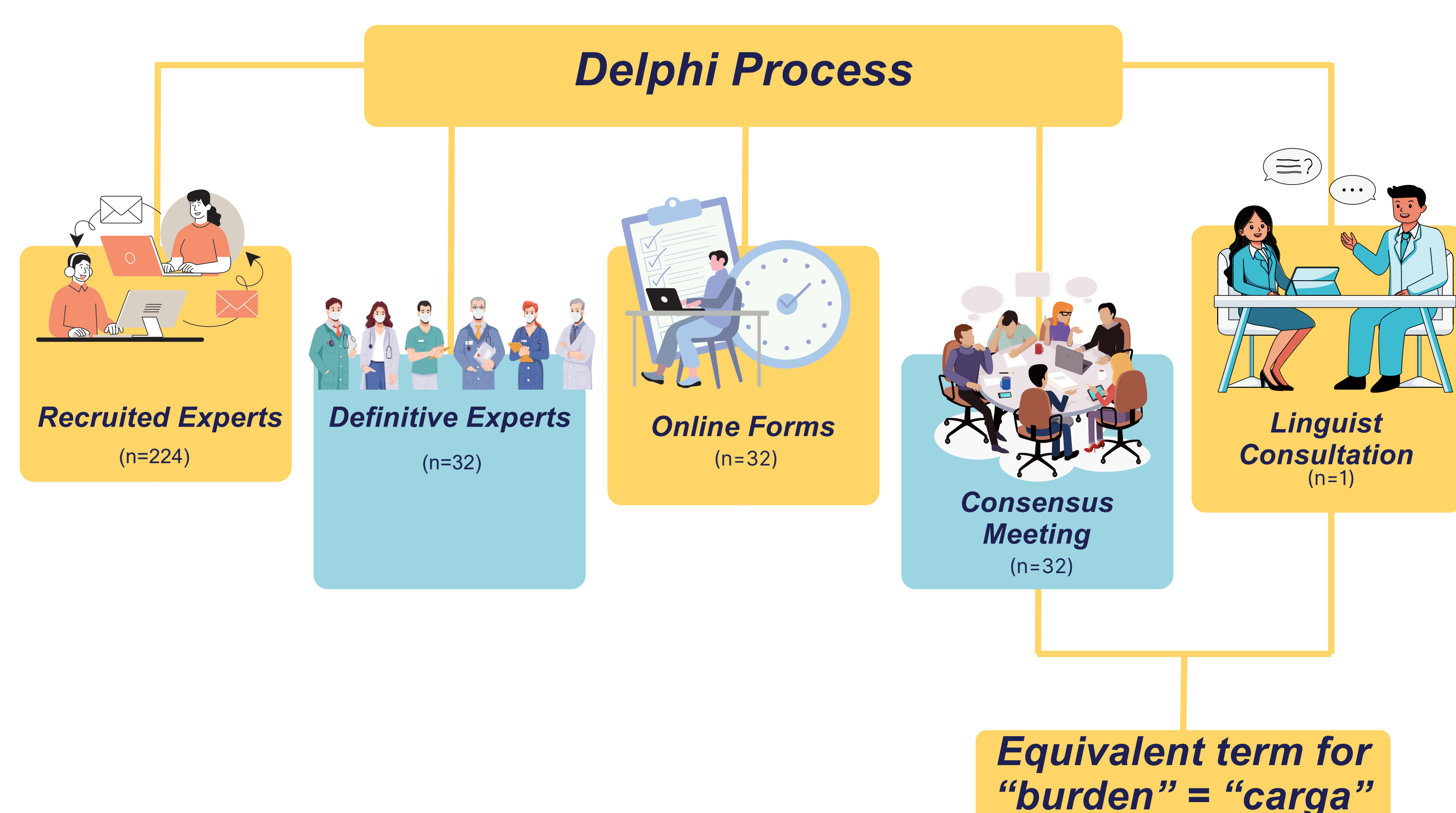


Figure 2. Flowchart of the Delphi process for defining the equivalent term for 'burden'

Results

Of 224 invited experts, 32 (14.3%) responded (84% physicians). Half had >20 years of headache experience. Most held doctoral/postdoctoral degrees. For the term “burden”, suggestions included “**impacto**” (34.4%), “**sobrecarga**” (21.9%), “**fardo**” (18.8%), “**carga**” (12.5%), “**ônus**” (9.4%), and “**peso**” (3.1%). After semantic and conceptual analysis, the recommended equivalent was “**carga**”

Table 1 - Characterization of the research participants from the expert panel (n = 32)

Variables	n/N (%)
Academic background	
Medical doctor	27/32 (84.4)
Dentist	2/32 (6.3)
Physical therapist	2/32 (6.3)
Physical education professional	1/32 (3.1)
Professional experience in headache care (years)	
>20 years	16/32 (50.0)
15–19 years	3/32 (9.4)
10–14 years	5/32 (15.6)
5–9 years	4/32 (12.5)
1–4 years	4/32 (12.5)
Time since graduation (years)	
>20 years	19/32 (59.4)
15–19 years	4/32 (12.5)
10–14 years	6/32 (18.8)
6–9 years	2/32 (6.3)
1–5 years	1/32 (3.1)
Postgraduate training	
Postdoctoral degree	4/31 (12.9)
Doctoral degree	9/31 (29.0)
Master's degree	8/31 (25.8)
Medical/clinical residency or specialization	9/31 (29.0)
None	1/31 (3.2)

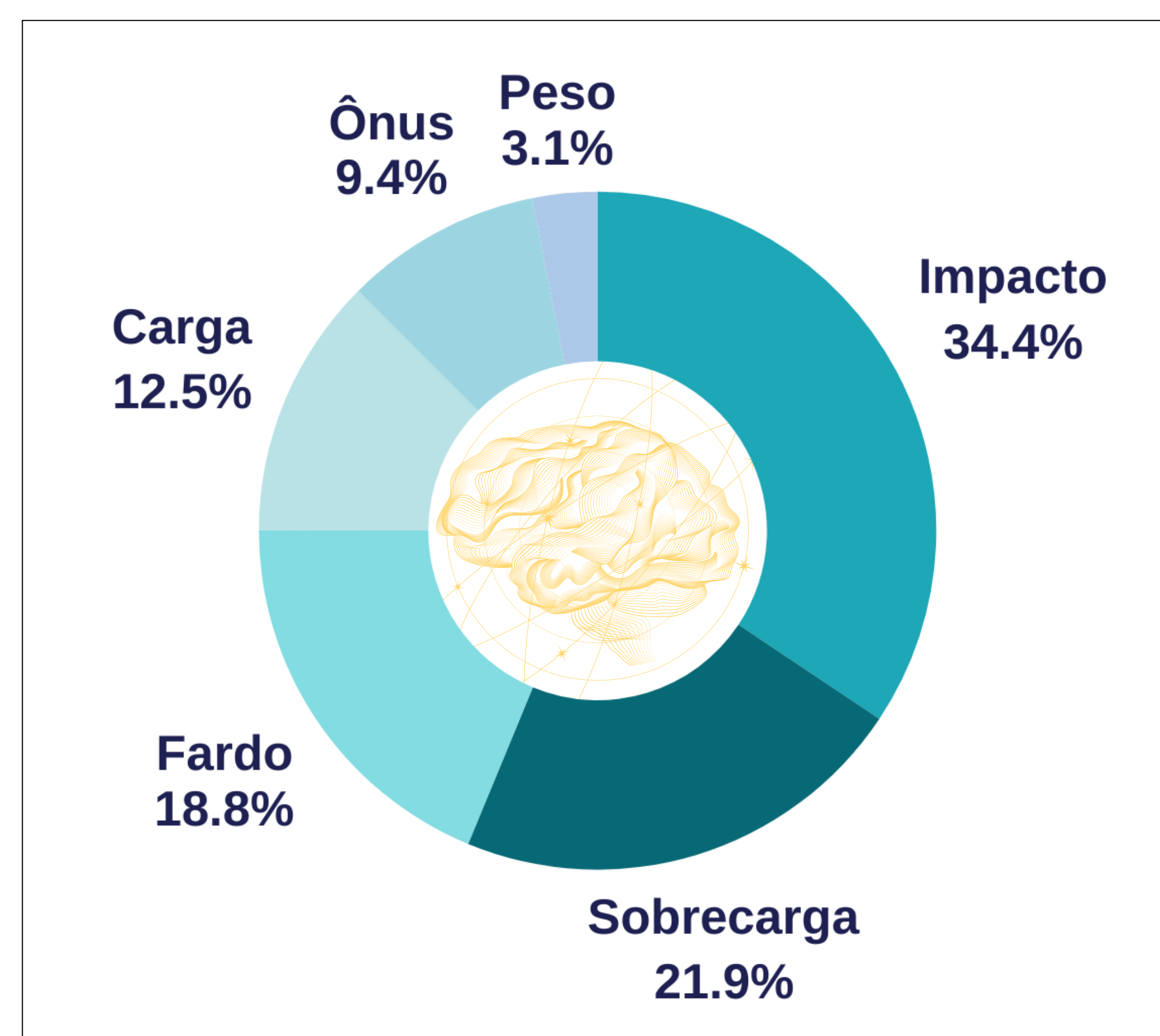


Figure 1. Portuguese equivalence of the term burden as suggested by experts (n = 32)

“CARGA”

This term has been widely adopted in scientific and institutional documents in Brazil (Ministry of Health, INCA, IPEA, GBD), particularly in indicators such as DALYs and YLDs. It preserves the neutrality required in academic contexts, thereby avoiding emotional or subjective connotations.

Conclusion

After analyzing semantic, idiomatic, experiential, and conceptual equivalence, the term “carga” was considered appropriate as the translation of “burden” in the context of migraine.

References



Acknowledgments

