

Cultural Adaptation of ACTaide: French Translation of an Acceptance and Commitment Therapy Mobile Application

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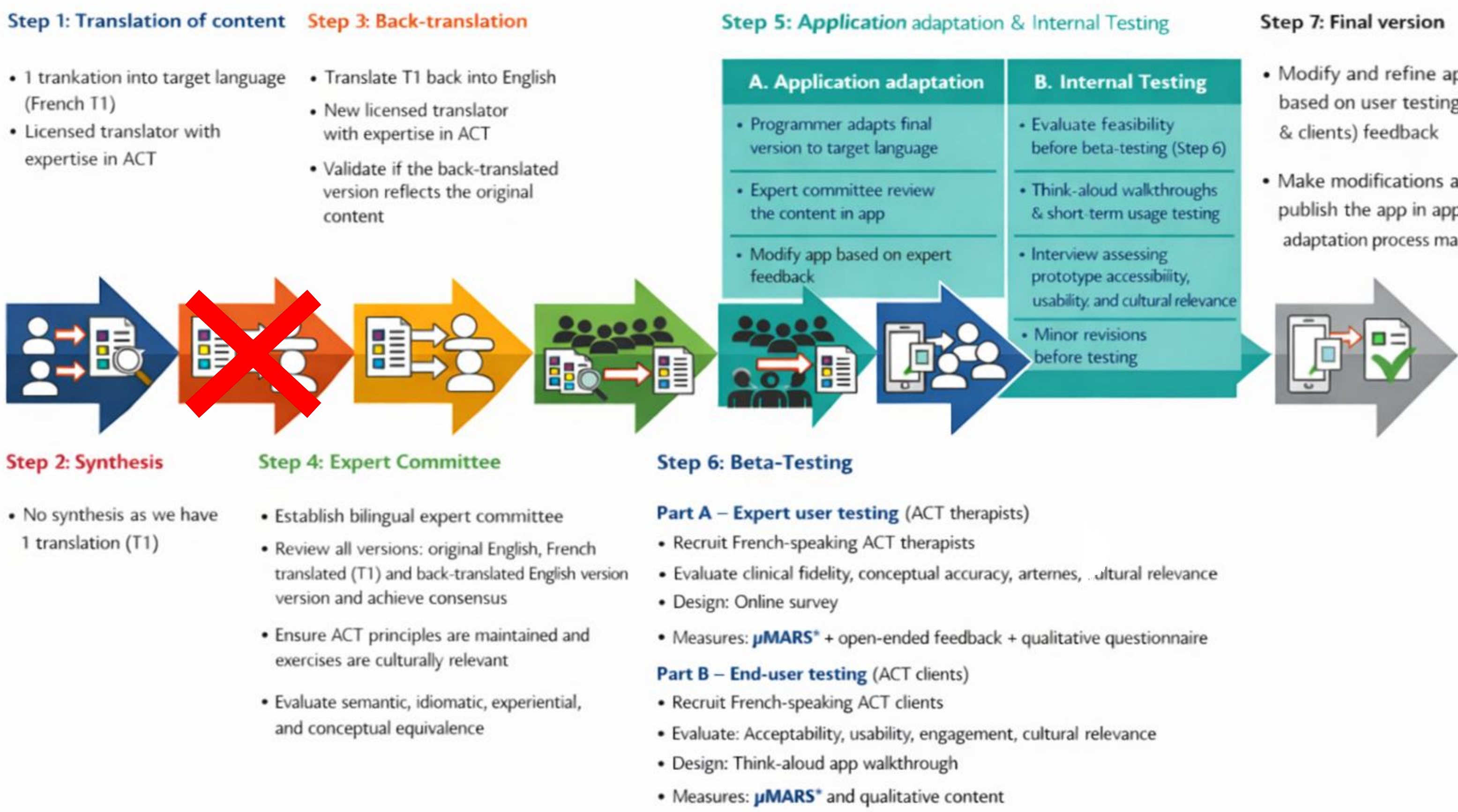
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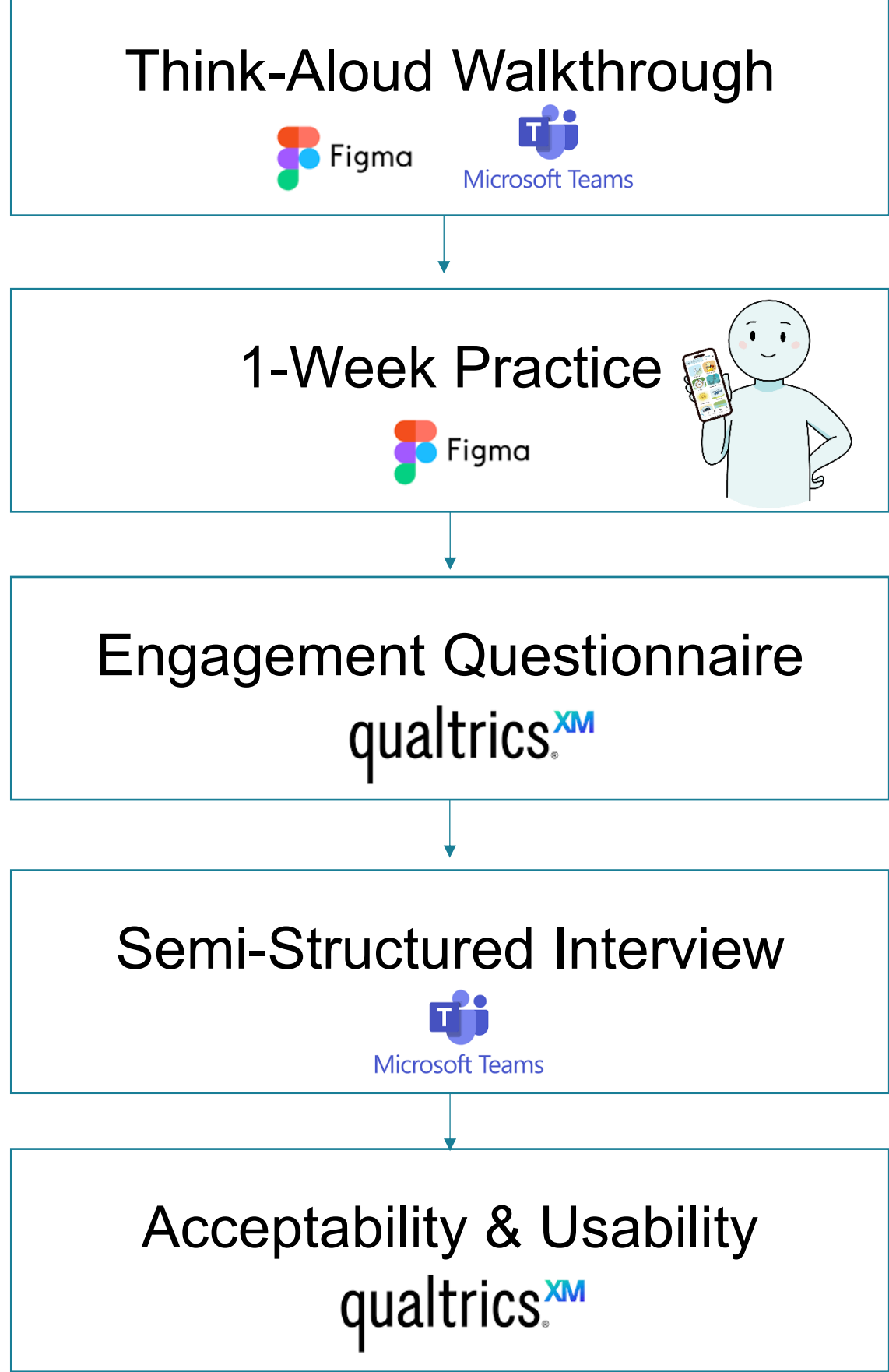
BACKGROUND & OBJECTIVES

- ACTaide** = Mobile application on Acceptance and Commitment Therapy¹ available in English
- Multinational and multicultural increase of mobile applications in mental health care²
- Few studies of cross-cultural adaptation of mental health apps²
- Obesity-Related Behavioral Intervention Trials (ORBIT) Phase I³: This project aims to culturally adapt and translate **ACTaide** into French.
- Study involved internal beta testing through 1-week naturalistic use of two French-language prototypes.
- Following 1-week use, initial feedback gathered on acceptability, usability, and cultural relevance.

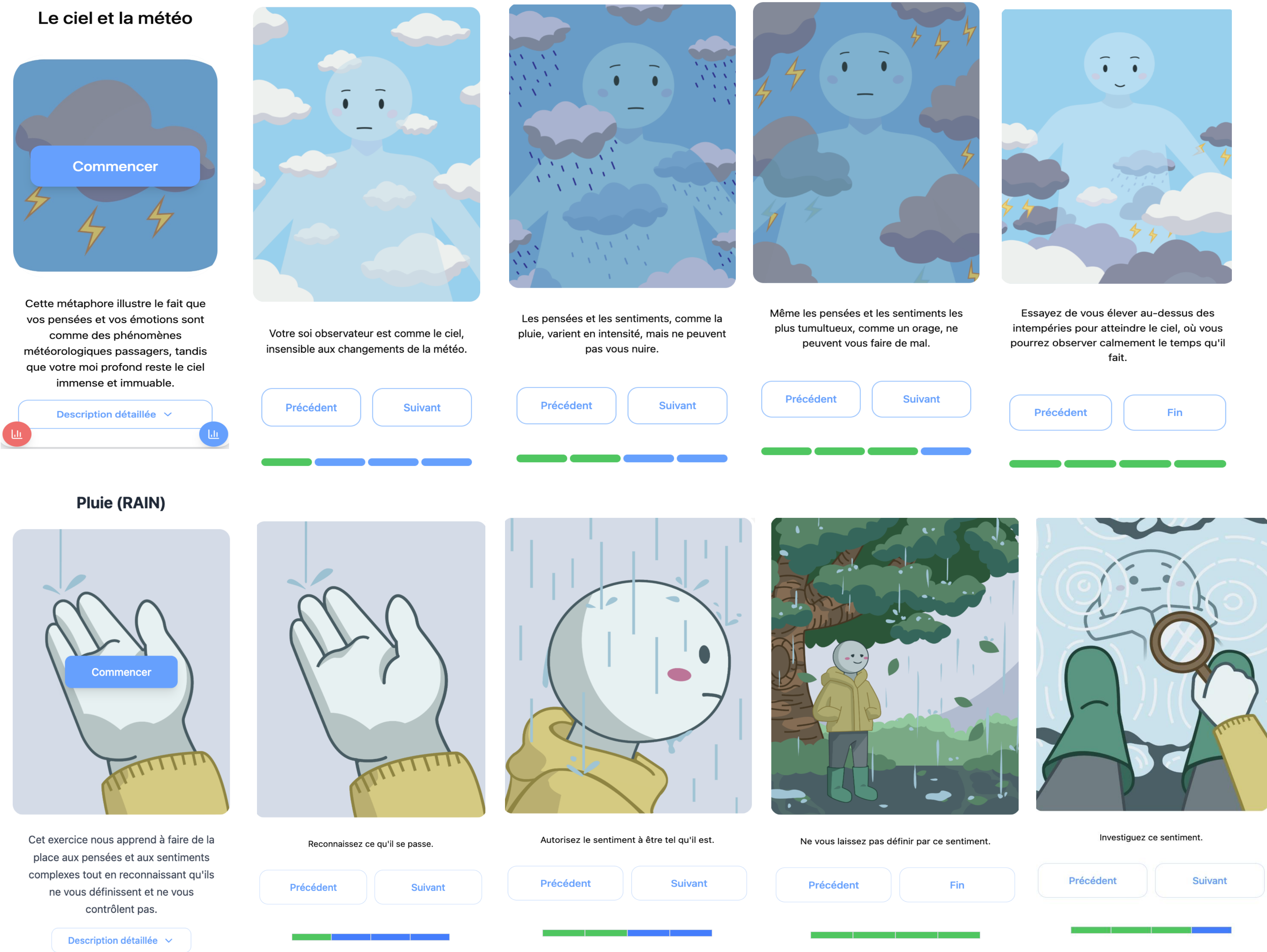
THEORETICAL FRAMEWORK²



STUDY FLOW



APP PROTOTYPES



METHODS

Measures:

- Think-Aloud Walkthroughs
- Acceptability and Usability Questionnaire⁴
- Engagement Questionnaire
- Semi-structured cultural relevance interview^{5,6}

Data Analysis:

- Descriptive statistics
- Thematic Analysis⁷

RESULTS – THEMATIC ANALYSIS

Conceptual Equivalence of the Metaphors	Comprehension (<i>n</i> = 5)	"I don't interpret it weird or differently in French."
	Imagery (<i>n</i> = 6)	"Same imagery, same thought process."
Cultural Resonance of the Visuals and Metaphors	Visuals (<i>n</i> = 4)	"Now that you are saying it, I'm thinking, because [of] the character, one could be reminded of Caillou."
	Metaphors (<i>n</i> = 4)	"I've definitely heard, people say removing yourself from the emotions, like separating yourself from the emotions."
Naturalness and Clarity of the French Language	Naturalness (<i>n</i> = 6)	"I didn't think of it as translated, no."
	Clarity (<i>n</i> = 6)	"It was clear and easy to follow."
	Disruption of the Naturalness (<i>n</i> = 3)	"I was wondering why it was called rain if it was in French."
Universality of the Concepts used in the Exercise	Visuals (<i>n</i> = 6)	"I think it's super clear and it's not made for a specific culture or anything."
	Metaphors (<i>n</i> = 2)	"Everybody knows what the sky is. Everybody knows what the weather is."
Broad Accessibility Across Demographic Groups	Limitations of the Universality (<i>n</i> = 2)	"That outfit is something more western definitely."
	Across Age Groups (<i>n</i> = 6)	"I think these specific exercises, particularly, are not very prone to age effects."
	Across SES (<i>n</i> = 5)	"I don't think there's going to be any difference in how it's going to be received by any SES groups in that way."

RESULTS DESCRIPTIVE STATISTICS

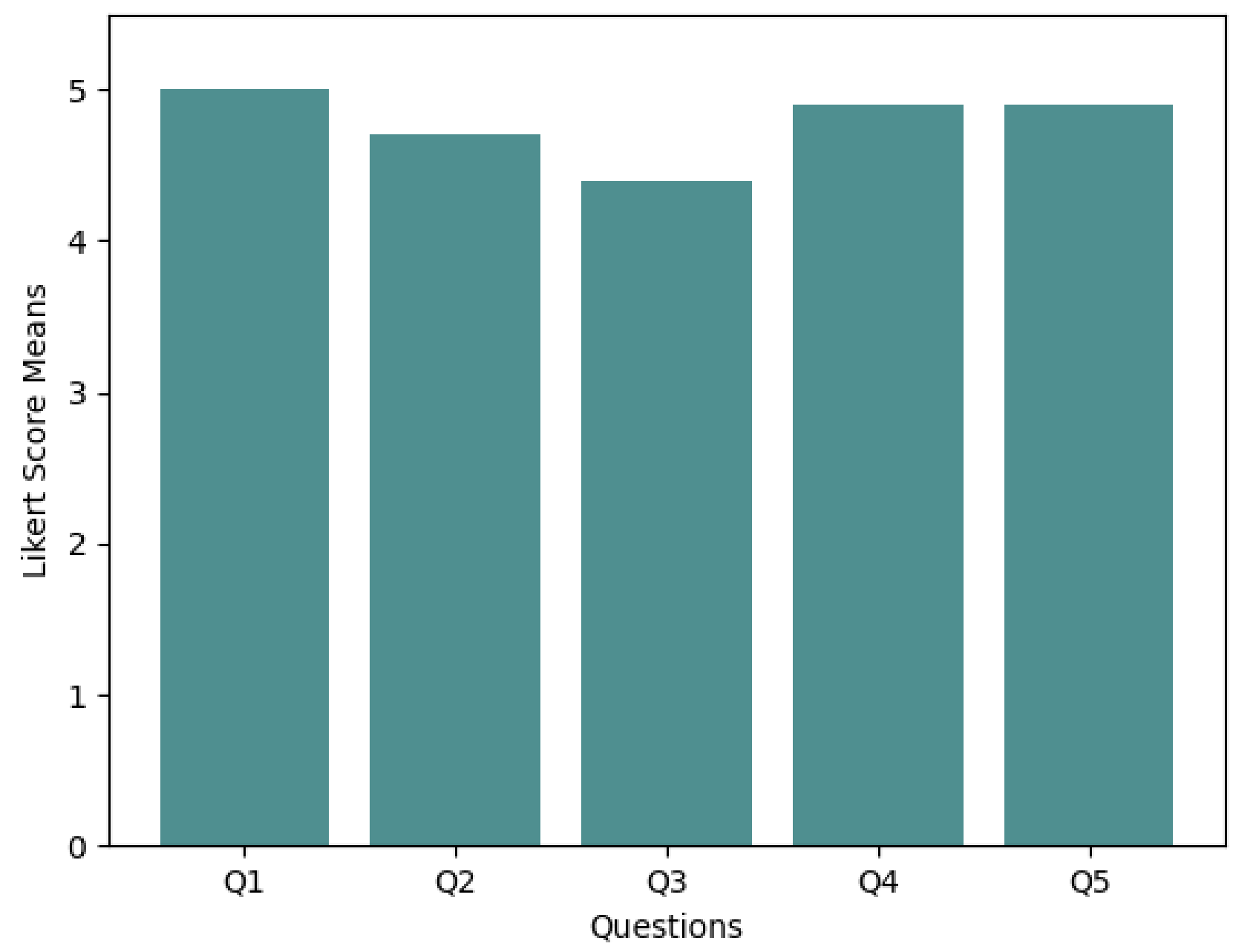
Participants

Characteristics	Results
Age	<i>M</i> = 29.33, <i>SD</i> = 15.46
Ethnicity	66% European
Proficiency in French	33% Native Speaker, 33% Bilingual, 33% intermediate

Engagement Questionnaire

Statistics	Sky & Weather	Rain
Mean	1.73	1.91
SD	2.69	2.59
Range	0-10	0-10

Acceptability and Usability Questionnaire Histogram



Q1: How usable is the app prototype overall?
[1 = Not usable at all; 5 = Very usable]

Q2: How acceptable is the content?
[1 = Not acceptable at all; 5 = Very acceptable]

Q3: How clear and easy to understand is the text?
[1 = Not clear at all; 5 = Very clear and easy to understand]

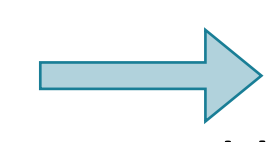
Q4: How well does the text support the images?
[1 = Not well at all; 5 = Very well]

Q5: What is your overall rating of the app prototype?
[1 = Very negative; 5 = Very positive]

- Beta testing with ACT therapists
- Beta testing with ACT clients

References

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- Interested in translating, adapting, or testing **ACTaide** in your language or cultural context?
- Contact us  To collaborate and help expand access to ACT-based digital tools.

