

The Japanese version of Cutaneous Body Image Scale

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Cutaneous body image is defined as the individuals' mental perception of the appearance of their skin, hair, and nails. The concept of cutaneous body image is an important psychodermatological element both in skin diseases that can affect the patients' appearance and in body dysmorphic disorders. To measure individuals' cutaneous body image, practical and accurate instrument is necessary. In this study, we translated into Japanese, Cutaneous Body Image scale, 7-item instrument originally created by Gupta et al. using forward- and back-translation method. Six bilingual persons whose primary language was Japanese translated the instrument into Japanese and produced a unique translation by consensus. Two bilingual persons whose primary language was English carried out back-translations of the first Japanese version. The original Canadian author of the instrument reviewed both of the first back-translations. Four doubtful items required a second back-translation to reach satisfactory agreement with the original instrument. The Japanese version was pre-tested in a pilot group composed of Japanese adults with and without skin diseases and revealed to be comprehensive and have no problematic item for adaptation to Japanese culture. In conclusion, we have developed a semantically equivalent translation of Cutaneous Body Image scale into Japanese. The instrument seemed to be practical and useful to measure cutaneous body image of Japanese dermatological patients, though further evaluation of the measurement property is necessary.