

**Adaption and Validation of the Birleson Depression Self-Rating Scale  
for Children**

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## Abstract

The adaptation of scales is a very important process since it provides clinicians with valid, reliable tools for the assessment of clinical disorders. This thesis is aimed at providing a Sinhala version of the Birlleson Depression Self-Rating Scale for Children. The study involved the translation of the scale into Sinhala, as well as validating the translated instrument by assessing the applicability of the scale to the Sri Lankan context using the Delphi Method. The translated scale was also administered to a sample of children to assess the reliability of the scale.

The Birlleson-Sinhala appears to have good face validity and was deemed acceptable and appropriate for use in the Sri Lankan context. However, the reliability analysis did not produce a globally acceptable value for the alpha coefficient.

Whilst the Birlleson-Sinhala scale would require further investigation, it can be used as an effective screening instrument to identify depressive disorders in children and adolescents. The aim of such a scale is not to provide a diagnosis but to identify those who would benefit from further clinical investigation.