Adaptation and validation of the Portuguese version of the functional assessment short test (FAST) in bipolar patients

A Cacilhas*, KM Cereser*, AC Andreazza*, AR Rosa*, J Walz*, Á Martinez-Áran*, F Wayne*, L Da Silveira*, A Santin*, E Vieta1 and F Kapczinski*

*Universidade Federal do Rio Grande do Sul, Porto Alegre, RS, Brazil, †Hospital Clinic, University of Barcelona, IDIBAPS, Barcelona, Spain

Background: Functional Assessment Short Scale (FAST) is a simple interview-administered instrument that assess six specific areas of functioning: autonomy, occupational functioning, cognitive functioning, financial issues, interpersonal relationships and leisure time. These are very important areas of a person’s routine life, and it worthwhile knowing better how Bipolar Disorder (BD) affects them and interferes on patient’s daily psychosocial functioning. The original Spanish version is validated in psychiatric population, but a validated Portuguese one is not yet available.

Methods: We evaluated 100 outpatients with Bipolar Disorder and 100 controls matched by sex, age and instruction level, using the FAST, HDRS (Hamilton Depression Rating Scale); HAM-A (Hamilton Anxiety Scale), YMRS (Young Mania Rating Scale), GAF (Global Assessment Functioning), Sheehan Disability Scale. All patients had SCID (Structured Clinical Interview for DSM-IV) diagnosis of BD. Control group had no history of BD or schizophrenia, neither had personal or familiar history of neurological disorder.

Results: FAST presented a consistent internal validity (Cronbach’s alpha of 0.952). Concurrent validity showed highly significant negative correlation within patient group (r = -0.840, P < 0.001). FAST also showed highly positive significant with all other scales applied within patient group (HDRS = 0.766; HAM-A = 0.687; YMRS = 0.486; SHEEHAN WORK = 0.710; SHEEHAN SOCIAL = 0.723; SHEEHAN FAMILY = 0.690; P < 0.001 for all). Test-retest evaluation showed significant correlation BETWEEN patient and control groups (r = 0.900; P = 0.001 for Patients; r = 0.870; P = 0.001 for Controls). Bipolar patients showed increased values in all FAST areas compared with controls.

Conclusions: Our results suggested that Portuguese version of FAST has a very good internal validity, correlates well with GAF, and seems to be an excellent measure of psychosocial functioning of BP.

Keywords: functional assessment, bipolar, cognition, autonomy