

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

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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