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Translation, cross-language validation, and psychometric evaluation of the Spousal Social Support Questionnaire in Urdu

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ABSTRACT. Il presente studio ha mirato a tradurre e a convalidare in Urdu lo *Spousal Social Support Questionnaire* per utilizzarlo in un contesto culturale pakistano. Il questionario valuta cinque aspetti del sostegno coniugale: tangibile, informativo, relazionale, emotivo e di autostima. Per garantire l'equivalenza semantica e concettuale è stata seguita la metodologia di traduzione avanti-indietro di Brislin (1976). Per determinare l'equivalenza tra le lingue, gli stessi partecipanti (*N* = 365) hanno compilato il questionario nelle versioni originale in inglese, nella traduzione in Urdu (avanti) e in quella in inglese (indietro). L'analisi della coerenza interna, le correlazioni di Pearson tra le versioni linguistiche e l'analisi fattoriale confermativa (CFA) hanno costituito tutti elementi della valutazione psicometrica. I risultati hanno dimostrato che la versione in Urdu presenta una eccellente affidabilità per la valutazione dell'assegno di mantenimento al coniuge in Pakistan.

SUMMARY. In order to use the Spousal Social Support Questionnaire (Xu & Burleson, 2001) in a Pakistani cultural setting, the current study sought to translate and cross-language validate it into Urdu. Five aspects of spousal support are evaluated by the questionnaire: tangible, informational, network, emotional, and esteem support. To ensure semantic and conceptual equivalency, bilingual experts and subject matter specialists were involved in the translation process, which adhered to Brislin's (1976) forward-backward translation methodology. To determine cross-language equivalency, the same participants (N = 365) filled out the questionnaire in its original English, forward-translated Urdu, and backward-translated English versions. Internal consistency analysis, Pearson correlations between language versions, and confirmatory factor analysis (CFA) were all part of the psychometric evaluation. The results demonstrated that the Urdu version had excellent reliability (Cronbach's α = .86-.96). Strong and statistically significant cross-language correlations were found between the total and subscale scores, indicating that the versions were equivalent. With a good model fit (χ^2/df = 2.1, CFI = .94, RMSEA = .05), CFA validated the initial five-factor structure. Significant positive correlations with the Satisfaction with Life Scale (r = .63, p<.01) provided additional support for convergent validity. Overall, results show that the Spousal Social Support Questionnaire in Urdu is a valid and dependable tool for evaluating spousal support in Pakistan.

Keywords: *Spousal support, Scale translation, Cross-language validation, Psychometric properties, Confirmatory factor analysis, Urdu version, Pakistan*

INTRODUCTION

Within the realm of psychology, studies conducted internationally, collaboratively, and across different cultures emphasize the significance of translating and validating psychological measures in the native language of the target culture under investigation (Maneesriwongul & Dixon, 2004). This approach serves to surmount language obstacles and guarantees precise evaluation of study variables within distinct cultural frameworks, including the context of Pakistan.

The technique stated by Brislin (1976) is followed for translating research instruments into Urdu, the national language of Pakistan. In cross-cultural research, this process ensures the high quality of instrument translation. However, it is crucial to get an agreement among experts on translation-related issues and carefully record the proof of the validity and reliability of the translated instruments (Maneesriwongul & Dixon, 2004).

In their work, Jamadin and Noordin (2018) presented a concise summary of the techniques and procedures employed in translating scales. Additionally, they shed light on the obstacles encountered during the translation process. Bilingual and bicultural experts frequently utilize diverse approaches when translating quantitative research instruments, as recommended by various field experts (Mallinckrodt & Wang, 2004).

The process of indigenizing psychological instruments, including their content, should be accompanied by strong psychometric properties, as emphasized by Khan and Batool (2013). This ensures that the translated instruments maintain reliability and validity as measures within the particular cultural context.

Translation and validation of the Xu and Burleson (2001) *Spousal Social Support Questionnaire* are the main goals of the current study. This questionnaire comprises two parts: the Experienced part assesses the level of spousal social support individuals receive from their partners, while the Desired part determines the level of spousal social support they desire to receive.

In modern marriage relationships, Information and Communication Technologies (ICTs) are at the forefront in determining the ways in which couples offer and receive support. ICTs encompass devices like mobile phones, instant messaging software (e.g., WhatsApp, Telegram), video calling apps (e.g., Zoom, Skype, Google Meet), and social networking platforms (e.g., Facebook, Instagram). These sites enable spouses to trade emotional support (in the form of affectionate messages), instrumental support (exchanging reminders or organizing household chores online), and informational support (passing on health- or work-related information). For spouses living apart because of work, studies, or migration, ICTs are the main medium for sustaining marital relationship and emotional health (Coyne, Stockdale, Busby, Iverson & Grant, 2011; Hertlein & Stevenson, 2010; Stafford, 2010). Therefore, ICTs directly correspond to the constructs assessed in the Spousal Social Support Questionnaire, further justifying the need for translating this instrument into Urdu to measure culturally appropriate assessment.

The assessment of spousal social support in our study will utilize the Spousal Social Support Questionnaire developed by Xu and Burleson (2001). Since 2001, this scale has been translated into several languages, including Chinese, Turkish, Hindi, among others, to examine levels of spousal support across various cultural contexts.

The questionnaire focuses on five domains of marital life, each representing a specific type of support:

- emotional support: demonstrating care and compassion for another person;
- esteem support: providing messages that promote one's skills, abilities, and intrinsic value;
- network support: creating a sense of social connection and belonging;
- informational support: providing factual information, advice, and appraisals for situations of concern;
- tangible support: offering material assistance, such as goods, services, or resources.

By employing this questionnaire, the study aims to assess the levels of spousal support in these five domains within the context of our specific sample.

PROCEDURE

In present study, the Spousal Social Support Questionnaire was translated into Urdu language so that to be used in Pakistani context for locally married individuals. The authors of original questionnaire in English have passed away and the scale is considered as open to be used by any researcher, so there was no need to attain formal permission from authors for translation of questionnaire into Urdu

language. Following protocols were undertaken to translate the questionnaire into Urdu language.

Phase I: Urdu language translation of the questionnaire

Step 1: Selection of translators. Team of translators was selected keeping in view their education (at least post graduation), proficiency in both source (English) and target (Urdu) language (bilingual), and technical knowledge of the subject (psychology and linguistics). Forward translation design was used in order to minimize the drawbacks of design, the translators were selected on the basis above mentioned criteria. Five translators were selected (one Urdu linguistic professional, two English language professionals, and 3 PhD scholars in Psychology). Instructions regarding aim and process of research were given in both verbal and written format to all the selected translators individually.

Step 2: Process of translation. Individual translation and feedback were received from all the translators individually. After compiling all translation versions into one document, experts of judges/subject matter experts (SMEs) were approached for the selection of best translated items of questionnaire.

Step 3: Subject matter experts' opinion. The team of three members (one Professor in Psychology, one Lecturer in Psychology and one PhD scholar) who were bilingually proficient was constituted as Subject Matter Experts (SMEs). The committee reviewed all the translations and selected the best translated item,

Step 4: Back translation. To assess the compatibility of translated (Urdu) with the original (English) version, items of Spousal Social Support Questionnaire were back translated (English) by four team members, following the procedure that has been mentioned in step 1. These team members were different from those who did forward translations.

Step 5: Subject matter experts' opinion. Three expert opinions were taken from one Professor and two PhD scholars to review the back translations.

Results. The Spousal Social Support Questionnaire was successfully translated into Urdu language, keeping in mind the Pakistani context regarding spousal relationships.

Phase II: Evaluation of the scales' cross-language validity

In order to gain cross-language validity, a deep back-translation and equivalence-testing process was utilized. Following the first translation into Urdu, a native English-speaking linguist with a background in psychology conducted the back translation of the Urdu version into English. The back-translated version was compared by an independent panel of bilingual professionals with the original to ascertain semantic, conceptual, and cultural equivalence. Differences were clarified and resolved through consensus.

The same participants filled out the Spousal Social Support Questionnaire in its original English, forward-translated Urdu, and backward-translated English versions in order to demonstrate cross-language equivalency. Direct comparison of participant responses across language versions was made possible by this within-subject design. To evaluate cross-language consistency, Pearson correlation coefficients between corresponding total and subscale scores were calculated. Further proof of structural equivalency between language versions was provided by confirmatory factor analysis (CFA), which was used to investigate whether the Urdu version maintained the original five-factor structure.

Phase III: Identifying the psychometrics of the scale's translated version

The reliability of the translated version of the scale was assessed using SPSS-26, a statistical software package commonly used for data analysis. This process involved calculating various measures of internal consistency, such as Cronbach's alpha, to determine the reliability of the scale items within each version.

Using AMOS-20.0, a programme frequently used for structural equation modelling, confirmatory factor analysis (CFA) was carried out to verify the factor structures of the scales. CFA is a statistical technique that examines the fit between the observed data and the hypothesized factor structure. It allows researchers to assess whether the data support the proposed factor structure of the scales.

By conducting CFA in AMOS-20.0, researchers were able to test the goodness-of-fit of the factor structure and determine if the observed data align with the expected

relationships between the items and their respective factors. This analysis provided evidence of the validity of the factor structure of the scales, confirming that the items were appropriately grouped into their respective subscales.

RESULTS

The results of the study revealed significant positive correlations among the original version of the Spousal Social Questionnaire, the forward-translated Urdu version, and the backward-translated English version. These correlations were observed for both the overall scale and its individual subscales, including emotional support, esteem support, network support, informational support, and tangible support.

The significant positive correlations indicated in Table 1, that the measurements obtained from the different versions of the questionnaire were consistent with each other. This suggests that the translated versions captured the intended constructs of spousal social support in a manner that was like the original version. The correlations further support the validity of the translations and provide evidence for the cross-language equivalence of the questionnaire and its subscales.

The reliability coefficients and skewness range of the translated research instrument are presented in Table 2. The findings show that scale and its subscales have an adequate degree of reliability. The scale's internal consistency is shown by the Cronbach's alpha coefficients, which range from. 86 to .96. These values indicate that the translated instruments are reliable measures of the constructs under investigation.

Additionally, the skewness range provides information about the distribution of responses for each instrument. Skewness refers to the degree of asymmetry in the distribution of scores. The acceptable range of skewness depends on the specific context and sample size. However, if the skewness values fall within a reasonable range (e.g., between −2 and +2), it suggests that the distribution of responses is relatively symmetrical.

Overall, the high reliability coefficients suggest that the translated research instruments yield consistent and dependable results. This strengthens the confidence in using these instruments to assess the variables of interest in the study. The acceptable skewness range further supports the suitability of the instruments for data analysis and interpretation.

Five subscales (emotional support, esteem support, network support, informational support, and tangible support) were each scored by determining the mean score for items loading on each factor. This method was selected because it preserves comparability with the original scale development protocols (Xu & Burleson, 2001) and facilitates simple interpretation across samples and studies. Based on mean scores, as opposed to raw totals, the differences in the number of items across subscales will not artificially inflate or deflate the size of the scores.

In addition to the five first-order factors, overall spousal support as a higher-order construct was assessed. Theoretical and empirical rationale for this second-order factor lies in the fact that although emotional, esteem, network, informational, and tangible support are delineated dimensions, they are interrelated expressions of a larger underlying construct: the general perception of support within the marriage relationship (Cutrona & Russell, 1990; House, 1981). For instance, the spouses who show high levels of emotional support are also frequently seen to be more available in terms of tangible or informational support, indicating the interrelatedness of these areas.

Ascertaining the higher-order factor structure permitted us to test if the subscales operated independently but meaningfully added to a broad measure of spousal support. This hierarchical modeling approach aligns with best practice in psychometric validation, whereby subscale-specific variance is maintained but united under a broader construct (Brown, 2015; Kline, 2016). The existence of a higher-order factor gives very clear evidence that the Urdu version of the Spousal Social Support Questionnaire not only measures the subtleties of various types of support but also produces a reliable and valid composite measure of total spousal support in the cultural context of Pakistan.

Two models (see Table 3) were examined in the confirmatory factor analysis. Model 1 was the default five-factor structure of the Spousal Social Support Questionnaire with no modifications. The fit indices for Model 1, however, failed to achieve the suggested cut-off values for a good fit, which meant that the hypothesized model needed to be fine-tuned. To do this, modification indices (MIs) were considered because they offer statistical recommendations on parameters that, if estimated freely, would have a large impact on improving model fit (Byrne, 2016; Kline, 2016).

Table 1 – Inter-correlation of the scale and its subscales in their original, forward-translated, and backward-translated forms (N = 365)

No.	Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
		SSORG	OEMO	OEST	ONET	OINF	OTAN	USS	UEMO	UEST	UNET	UINF	UTAN	SSFWD	FEMO	FEST	FNET	FINF	FTAN
1	SSORG	–	.91**	.92**	.90**	.92**	.83**	.82**	.88**	.83**	.93**	.80**	.91**	.95**	.83**	.81**	.90**	.92**	.83*
2	OEMO		–	.88**	.72**	.81**	.66*	.77**	.85**	.61**	.74	.71*	.70	.70*	.88**	.95**	.72**	.81**	.69*
3	OEST			–	.79	.82**	.65*	.76	.95**	.66	.82**	.70**	.61	.87**	.76*	.83**	.79*	.82*	.52
4	ONET				–	.81**	.71*	.92**	.83	.74*	.90**	.72*	.91*	.91**	.51	.70	.90**	.81**	.72*
5	OINF					–	.71**	.65	.71*	.70*	.66	.63	.70	.64	.62*	.61	.81**	.90*	.66
6	OTAN						–	.62**	.85**	.91**	.83**	.71**	.74**	.51*	.61	.73**	.71**	.71**	.90**
7	USS							–	.89**	.90	.89*	.91*	.79**	.84**	.87	.89	.71*	.71	.78**
8	UEMO								–	.86**	.69**	.76	.59*	.64**	.92**	.77	.93**	.81**	.94**
9	UEST									–	.76*	.78**	.56	.57**	.85**	.86	.74	.46	.70*
10	UNET										–	.80**	.66*	.60**	.60	.56	.60	.62	.61**
11	UINF											–	.65	.79	.74*	.63	.52	.61*	.75**
12	UTAN												–	.85**	.83**	.71	.81**	.63	.64**
13	SSFWD													–	.88**	.90**	.61	.74	.79**
14	FEMO														–	.86	.90**	.92**	.57**
15	FEST															–	.80**	.81**	.55**
16	FNET																–	.81**	.62*
17	FINF																	–	.67
18	FTAN																		–

Legenda. SSORG = Spousal Social Support Questionnaire (Original); OEMO = Emotional support (Original); OEST = Esteem support (Original); ONET = Network support (Original); OINF = Informational support (Original); OTAN = Tangible support (Original); USS = Spousal Social Support Questionnaire (Urdu version); UEMO = Emotional support (Urdu); UEST = Esteem support (Urdu); UNET = Network support (Urdu); UINF = Informational support (Urdu); UTAN = Tangible support (Urdu); SSFWD = Spousal Social Support Questionnaire (forward translation); FEMO = Emotional support (forward translation); FEST = Esteem support (forward translation); FNET = Network support (forward translation); FINF = Informational support (forward translation); FTAN = Tangible support (forward translation).

Note. **Correlation is significant at the .01 level (2-tailed). *Correlation is significant at the .05 level (2-tailed).

Correlations represent within-subject associations between different language versions of the same scale. The same participants (N = 365) completed the original English version, the forward-translated Urdu version, and the backward-translated English version of the Spousal Social Support Questionnaire.

Table 2 – Alpha coefficients of the scale and subscales in the translated Urdu version (N = 365)

Scale	*k*	*M (SD)*	α	Range		Skewness	Kurtosis
				Potential	Actual		
Spousal Social Support Questionnaire (Urdu)	35	106.55(33.94)	.96	35-175	39-173	−.16	−.70
Emotion support (Urdu)	7	23.15(8.02)	.90	7-35	7-35	−.40	−.93
Esteem support (Urdu)	7	21.55(7.33)	.86	7-35	7-35	−.37	−.57
Network support (Urdu)	7	18.59(7.66)	.88	7-35	7-35	.24	−.97
Informational support (Urdu)	7	22.24(7.72)	.89	7-35	8-35	−.10	−.93
Tangible support (Urdu)	7	21.01(7.90)	.86	7-35	7-35	.28	−.92

Legenda. k = No of items; *M* (*SD*) = Mean (Standard Deviation); α = Cronbach's alpha.

Table 3 – Fit indices of Spousal Social Support Questionnaire and its subscales (N = 365)

Scale	χ^2	*df*	CMIN/*df*	IFI	NFI	CFI	RMSEA
Model 1	2052.49	527	1.90	.68	.51	.67	.15
Model 2	173.19	584	8.24	.94	.87	.94	.06

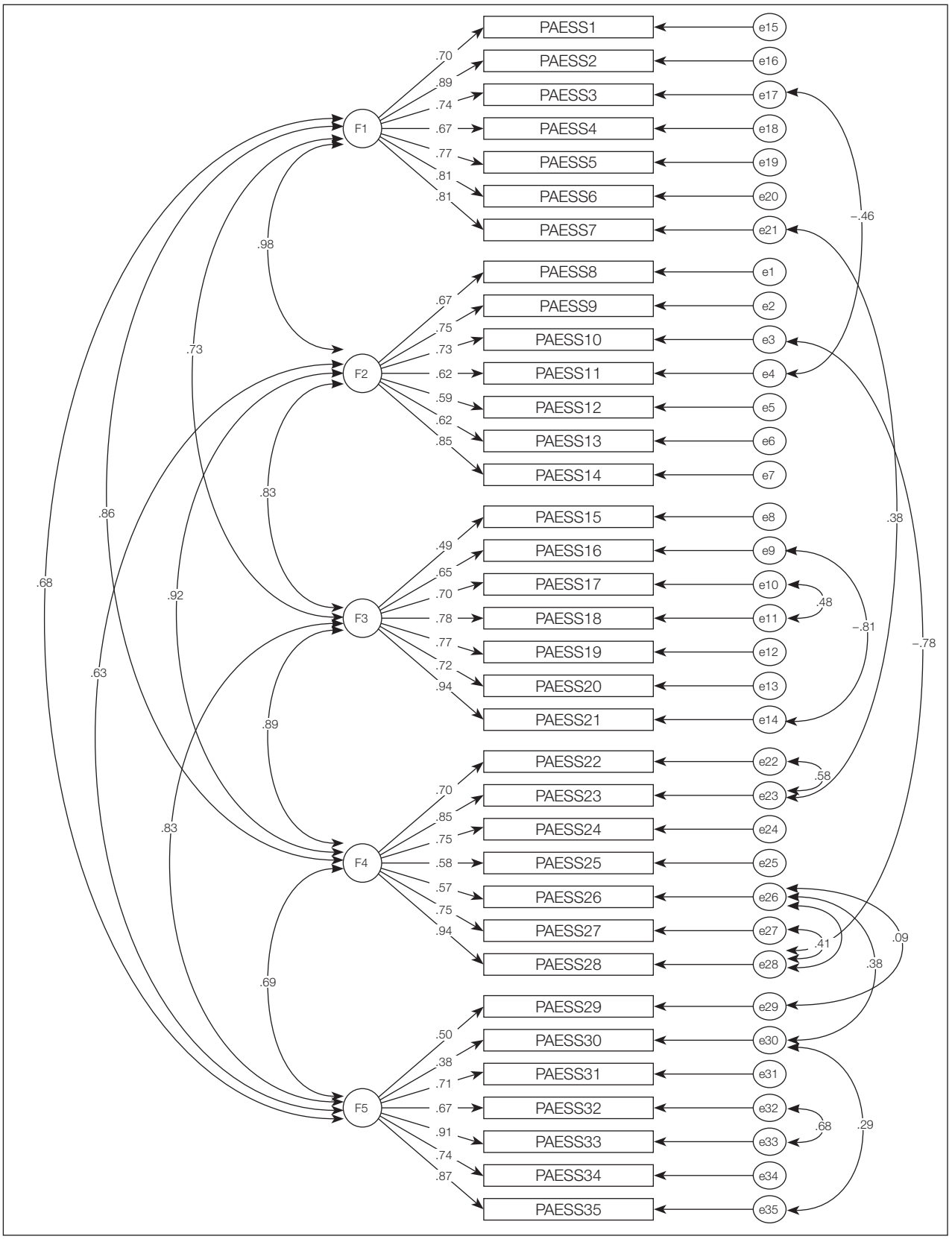
L*egenda. df* = degree of freedom; IFI = Incremental Fit Index: NFI = Normed Fit Index; CFI = Comparative Fit Index; RMSEA = Root Mean Square Error of Approximation.
Note. Model 1: default model of CFA; Model 2: model after adding covariances.

According to both the MI values and theoretical rationale, some error covariance terms were added in Model 2. Adding these additions significantly enhanced the fit indices (χ^2/df = 2.1, CFI = .94, RMSEA = .05), and it showed that the revised model yielded a better fit to the data while remaining theoretically equivalent to the initial structure. This is in line with best practice in CFA where modification indices are cautiously employed, but only if they are commensurate with substantive theory (Brown, 2015).

These findings provide support for the appropriateness of the Urdu translated versions of the scale and its subscales in measuring spousal social support in the specific cultural context of the study.

Five theoretically defined factors make up the Spousal Social Support Questionnaire. Emotional support is represented by items 1-7, esteem support by items 8-10, network support by items 15-21, informational support by items 22-28, and tangible support by items 29-35. The confirmatory factor analysis of the Urdu version kept these item-factor groupings, which were predetermined based on the original scale development (Xu & Burleson, 2001) (see Figure 1).

Figure 1 – Five factor structure solution of the translated Spousal Social Support Questionnaire



Legenda. F1 = Emotional support; F2 = Esteem support; F3 = Network support; F4 = Informational support; F5 = Tangible support.

The standardised factor loadings are shown in Table 4, and the conclusions are consistent with the findings of the reliability study. Additionally, factor loadings revealed that all of the questions on the Spousal Social Support Questionnaire that were translated into Urdu had acceptable factor loadings, which are above.3, and were internally consistent.

In the present study, the convergent validity of the Spousal Social Support Questionnaire (Urdu version) was assessed through correlation analysis. To validate the translated scale, the Satisfaction with Life Scale (Urdu version) was utilized. The Satisfaction with Life Scale was originally developed by Diener and colleagues (Diener, Emmons, Larsen & Griffin, 1985) and subsequently translated into Urdu by Barki and colleagues (Barki, Choudhry & Munawar, 2020). This scale measures individuals' satisfaction with their life as a whole. The assumption in the present study was that if individuals receive appropriate levels of spousal support, they will experience higher satisfaction with their life. To examine this assumption, correlation analysis was conducted between the Spousal Social Support Questionnaire, its subscales, and the Satisfaction with Life Scale. The results, presented in Table 5, indicate adequate correlations among these measures, providing evidence of high convergent validity for the translated version of the scale. The significant correlations between the Spousal Social Support Questionnaire and the Satisfaction with Life Scale support the notion that receiving spousal support is positively associated with overall life satisfaction. This finding strengthens the argument for the convergent validity of the translated scale, suggesting that it effectively captures the construct of spousal support in relation to life satisfaction.

DISCUSSION

This study's goal was to adapt and validate the Spousal Social Support Questionnaire for use in Pakistan (Xu & Burleson, 2001). Given that Urdu is the preferred language for communication in Pakistan and that English is not the country's official language, it was crucial to translate the questionnaire into Urdu to ensure that participants would find it simple and accurate to respond.

The Spousal Social Support Questionnaire has been translated into various languages, including Chinese, Turkish, Hindi, and others, in order to examine levels of spousal support across different cultural contexts. In this study, the questionnaire was translated into Urdu to cater to the Pakistani population and to facilitate future research by providing a more accessible instrument for participants. Correlation and reliability analyses were performed to determine the translated questionnaire's psychometric qualities. The findings revealed a substantial positive correlation across the three language versions of the scale, proving consistency and coherence. Furthermore, the psychometric properties, including reliability, were found to be sound, indicating the questionnaire's consistency and stability in measuring the intended construct.

Confirmatory factor analysis (CFA) was carried out on a fresh sample to further validate the factor structure of the Urdu translated version. The explicit correspondence between items and their respective factors further supports the construct validity of the Urdu version and confirms the stability of the original five-factor structure across languages. The factor loadings were determined to be acceptable, and the models shown adequate fit on a variety of model fit indices. These results demonstrate the suitability and reliability of the translated instrument in the particular cultural setting of Pakistan. The reliability analysis results coincide with those of the confirmatory factor analysis, supporting the strong psychometric potential of the translated instrument.

In present research authors employed the method of convergent validity to establish the construct validity of the questionnaire. They examined the correlation coefficients between the Urdu version of the Spousal Social Support Questionnaire and the Satisfaction with Life Scale (Urdu). The results of the analysis revealed high correlation coefficients between the two scales, indicating strong construct validity. This implies that the Urdu version of the Spousal Social Support Questionnaire effectively captures the intended construct and aligns well with the concept of satisfaction with life, as measured by the Satisfaction with Life Scale (Urdu). The findings suggest that the forward-translated (Urdu) items of the questionnaire maintain the same meaning as the original version, fulfilling the primary objective of translation. The high construct validity indicates that the translated questionnaire accurately measures the construct it intends to assess, thus validating the adequacy of the translation process. By establishing convergent validity, this study confirms that the Urdu version of the Spousal

Table 4 – Standardized factor loadings for the five-factor structure of the Spousal Social Support Questionnaire (N = 365)

Factor name	Item No.	Factor loadings (*N* = 365)
		Spousal Social Support Questionnaire
Emotional support	Item 1	.70
	Item 2	.80
	Item 3	.74
	Item 4	.67
	Item 5	.77
	Item 6	.81
	Item 7	.81
Esteem support	Item 8	.67
	Item 9	.75
	Item 10	.73
	Item 11	.62
	Item 12	.59
	Item 13	.62
	Item 14	.85
Network support	Item 15	.49
	Item 16	.65
	Item 17	.70
	Item 18	.78
	Item 19	.77
	Item 20	.72
	Item 21	.94
Informational support	Item 22	.70
	Item 23	.86
	Item 24	.78
	Item 25	.58
	Item 26	.57
	Item 27	.75
	Item 28	.94
Tangible support	Item 29	.50
	Item 30	.38
	Item 31	.71
	Item 32	.67
	Item 33	.91
	Item 34	.74
	Item 35	.87
	K	35

Note. K = Number of items of the scales. Items 1-7 correspond to emotional support, items 8-10 to esteem support, items 15-21 to network support, items 22-28 to informational support, and items 29-35 to tangible support. All items loaded on their theoretically specified factors.
$p < .05$

Table 5 – Convergent validity of Spousal Social Support Questionnaire and its subscales (Urdu version)

	USS	UEMO	UEST	UNET	UINF	UTAN	SWLS
USS	–	.89**	.90**	.89**	.91**	.79**	.63**
UEMO		–	.86**	.69**	.76**	.59**	.61**
UEST			–	.76**	.78**	.56**	.66**
UNET				–	.80**	.66**	.54**
UINF					–	.65**	.52**
UTAN						–	.44**
SWLS							–

Legenda. USS = Spousal Social Support Questionnaire (Urdu version); UEMO = Emotional support (Urdu); UEST = Esteem support (Urdu); UNET = Network support (Urdu); UINF = Informational support (Urdu); UTAN = Tangible support (Urdu); SSFWD = Spousal Social Support Questionnaire (forward translation); SWLS = Satisfaction with Life Scale.
Note. **Correlation is significant at the .01 level (2-tailed).

Social Support Questionnaire captures similar aspects of spousal support as the original version and is related to overall satisfaction with life. These findings contribute to the existing research on spousal support and its impact on individuals' well-being, specifically within the cultural context of Pakistan.

Limitation

This study's generalizability is constrained by the fact that only Islamabad and the Rawalpindi District were used as the sample collection areas. It is essential to gather samples from all of Pakistan's provinces in order to broaden the applicability of the study's findings and create standards for the translated Urdu versions. Furthermore, because unrelated scales weren't used, it was unable to establish the discriminant validity of the scale through correlations.

Implications

The study has successfully introduced an Urdu-translated version of the scale, which is expected to encourage future research in the field of social psychology and facilitate comprehensive data collection from diverse segments of the population. This scale can be effectively employed in both clinical and non-clinical settings to evaluate the extent of support married individuals receive from their spouses.

CONCLUSION

The study's findings support the validity and reliability of using the research instrument's Urdu translation to measure spousal social support in Pakistan. The findings also demonstrate that this measure is not culturally exclusive and may be valid across all cultures.

Data availability statement: The data supporting the findings of this study are available upon request from the corresponding author. The data include survey responses used to generate the results and conclusions reported in this article. Access to the data will be granted upon reasonable request and in accordance with any applicable data protection and privacy regulations. **Conflict of interest:** The authors declare that they have no conflict of interest that could have influenced the outcomes or interpretation of this study. **Informed consent:** All participants involved in this study provided informed consent prior to their participation. The nature and purpose of the study, as well as the potential risks and benefits, were clearly explained to the participants. They were also informed of their rights to withdraw from the study at any time without penalty or loss of benefits. Confidentiality and anonymity of the participants were strictly maintained throughout the research process, and all data collected were used solely for the purpose of this study. **Ethical approval:** This study was conducted in accordance with the ethical principles outlined in American Psychological Association's (APA) Ethical Considerations. The research protocol and informed consent procedures were reviewed and approved by the ethics committee and institutional board of National Institute of Psychology, Quaid I Azam University, Islamabad, Pakistan.

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