Poster

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Poster 35

[P-35-06] Cross-Cultural Adaptation and Validation of the ABLE Scale in Japan: Toward Global Understanding of Epilepsy Stigma

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キーワード：epilepsy stigma、ABLE-J、pubic health、measurement tool、cross-cultural adaptation

Background:Epilepsy stigma remains a significant public health concern worldwide. In Japan, misconceptions such as the belief that epilepsy is a mental illness are widespread. To address the lack of culturally relevant assessment tools, we adapted and validated the Japanese version of the Attitudes and Beliefs about Living with Epilepsy scale(ABLE-J) . Methods:An online cross-sectional survey was conducted with 400 Japanese adults from the general population. The ABLE scale was translated and culturally adapted following ISPOR guidelines. We examined construct validity using confirmatory factor analysis (CFA) and assessed internal consistency using Cronbach's alpha. Criterion-related validity was evaluated via correlations with epilepsy knowledge, cultural beliefs, and the Public Attitudes Toward Epilepsy Scale–Japanese version (PATE-J). Results:CFA supported a four-factor structure―Negative Stereotypes, Risk and Safety Concerns, Work and Role Expectations, and Personal Fear and Social Avoidance. The 27-item revised model demonstrated improved fit (CFI = 0.893, TLI = 0.880, RMSEA = 0.087). All subscales showed good to excellent reliability (α = 0.81–0.94). ABLE-J scores were positively correlated with PATE-J (r = 0.617) and cultural stigma (r = 0.489), and negatively with epilepsy knowledge (r = –0.326). No significant differences in stigma were found across demographic groups. Conclusion:The ABLE-J is a reliable and valid instrument to assess multidimensional public stigma toward epilepsy in Japan. It is applicable for evaluating public health interventions and enables cross-cultural comparisons. These findings underscore the need for culturally sensitive anti-stigma strategies in epilepsy care.