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ABSTRACT BOOK

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**TRANSLATION AND VALIDATION OF THE MALAY VERSION OF EXERCISE
DEPENDENCE SCALE 21 (EDS21-M)**

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Introduction: Exercise addiction is a behavioural addiction that can harm a person physically, emotionally and socially. Early detection of the risk of exercise addiction can help prevent its harmful effect. Furthermore, early intervention can be given. Unfortunately, there are no valid and reliable instruments for screening for the risk of exercise addiction in the Malay language that healthcare providers can use in the Malaysian population. **Methods:** The general objective was to translate and validate the Malay version of Exercise dependence Scale 21 (EDS21-M). This study involved 2 phases. Phase 1 is the 'Translation and Face validation phase' that involves forward translation from English to Malay language, back-translation, translation verification and preliminary testing. Preliminary testing by assessing the understanding and readability of every construct. Phase 2 is the construct validity and reliability testing. The EDS21-M was tested in the Malaysian population. The pilot testing with a small sample size was done to ensure no problems arose from the questionnaire. Afterwards, the primary data collection involved all selected subjects. They were then followed by an analysis determining EDS21-M constructability and reliability. **Results:** The study received a total of 297 respondents. Two hundred fifty-five respondents fulfilled the inclusion criteria and were used for the data analysis. Reliability testing using Confirmatory Factor Analysis (CFA) showed the results of RMSEA 0.071, CFI 0.945 and Chisq/df 2.291, which are good reliability results. The internal consistency was measured using Cronbach's alpha with an outcome of 0.94. These concluded that EDS-21M has good internal consistency. **Conclusion:** The Malay version of EDS21 is a valid, reliable, and locally accepted questionnaire that can be used in the Malaysian population. However, a locally developed questionnaire may be required in the future to produce a better statistical-accepted questionnaire.