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Translation Certificate of the Borg CR10 Scale®.

The Borg CR10 Scale® is a very special scale. The construction is based on theories, methods, experiments and applications in psychophysics and psychometry, linguistics, physiology and medicine, and my personal knowledge. Many studies have been performed and the scale has been presented in articles, books, congresses and international lectures. The studies give a great support for the reliability and validity of the scale.

Translations of the scale with instructions are often difficult to make so they satisfy my demands. Professional translators or professors of linguistics do not have a good knowledge of quantitative semantics. My way to secure a good translation is the following: I have a good translation company with many translators all over the world. I get a translation from my English version (that is the same as my Swedish). I then get an independent back-translation. They seldom agree well enough. I then have to check and tell about my special demands for “quantitative semantics”, that is my method for “measuring” interpretation and preciseness with psychophysical methods. This means determination of the kind of experience in question, and the quantity, the position of the words in the total subjective dynamic range from zero to a schematized conception, maximal heaviness, e.g. “Strong” – “Heavy” about 50% of “Maximal” (etc. for all anchors) to get a congruence in meaning between the anchors and the numbers. The “preciseness” I have defined as intersubjectivity (interindividual agreement, e.g. small coefficient of variation). With the help of the coordinator I then have the translators and back-translators come back with comments and we all can come to a translation as good as possible. For some European languages this is not too difficult but for others very difficult, time-consuming and expensive. As a leading scientist in this field and one of the founders of the ISP (Int. Soc. for Psychophysics, its chairman and organizer of international conferences, and also former member of the Executive Committee of IAAP (Int. Ass. of Appl. Psychol.)). I have a big international network of scientists that also can help me to check the correctness.

Because of several misuses I have had to secure my rights according to immaterial law. The ©-right is secured not only depending upon “What” I did scientifically but also “How” I did it with all my years of experiences from applied work. I have then also obtained the trademark ®. There is no simple way that a common translation company can use to make a correct translation

By this document I certify that the scales and instructions you have obtained are correct.

Sincerely

A handwritten signature in blue ink that reads "Gunnar Borg".

Gunnar Borg

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