

## Translation of selected SWYC components into Polish

The Polish translation was prepared by the research team affiliated with the PREPARE Lab, Institute of Psychology, University of Silesia in Katowice in Poland, as part of the pilot project “*Infant Mental Health: adaptation of measurement tools, identification of risk groups, and associations with parental mental health,*” led by Dr. Anna Brandt-Salmeri. The project is funded by the National Science Centre (MINIATURA-8; No. PW-2403-401; decision No. DEC-2024/08/X/HS6/01662).

The SWYC is a broad developmental-behavioral screening system consisting of several components and age-specific forms. It can be used as a comprehensive screening tool, but individual components may also be used separately, depending on the aims of a study or the clinical context.

In our project, we translated only the SWYC components that were relevant to infants in the first year of life and that were used in the study. These were:

- Baby Pediatric Symptom Checklist (BPSC)
- Parent’s Concerns
- Family Questions
- Developmental Milestones (6–8 months)
- Developmental Milestones (8–11 months)

This means that our work does not constitute a full Polish translation of the entire SWYC battery. Rather, it is a translation of selected tools and forms needed for this stage of the project.

The translation process was carried out in several steps. First, the materials were translated into Polish by a sworn translator and a second translator. The two versions were then compared and discussed, and a joint working version was prepared. This was followed by an English back-translation in order to check whether the meaning of the original items had been preserved.

The translated materials were then reviewed by a group of competent judges consisting of three clinical psychologists and three fifth-year psychology students. Their role was to assess the wording of the items, their clarity, their consistency with the original meaning, and their appropriateness for use with Polish-speaking parents of infants. Their comments were used to introduce further revisions and prepare the final study versions.

In developing these translations, we were guided by the general recommendations described in the SWYC manual for translation and cultural adaptation into a new language or context. At the same time, we are aware that translated versions should be interpreted cautiously until proper validation work will be completed.

The focus of the translation process was on maintaining conceptual and semantic equivalence with the original English version, rather than a literal word-for-word translation.

At this stage, the Polish versions should be treated as preliminary, project-based translations prepared for research purposes rather than as fully standardized Polish versions of the SWYC. We are aware that translated versions cannot be assumed to be fully equivalent to the original

English-language instrument and should therefore be interpreted with caution. Further evaluation, including the assessment of reliability, validity, and, if feasible in future stages, the collection of data, is planned as part of the broader research program. In the future, we would also be very willing to undertake the translation and adaptation of the remaining SWYC components if sufficient funding becomes available.

We treat this translation as a first step toward a broader cross-cultural adaptation process that would require further methodological steps.