Title: Translation, cross-cultural adaptation, and psychometric validation of the Malay version of the Occupational Balance Questionnaire-11 among Malaysian retirees

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Abastact: Introduction: Occupational balance reflects both satisfaction with and proportional distribution of daily activities. The Occupational Balance Questionnaire-11 (OBQ11) is widely applied internationally but has not been available in Malay. Debate also persists on whether occupational balance is a unidimensional or multidimensional construct. This study aimed to translate and culturally adapt the OBQ11 into Malay (OBQ11-M) and to evaluate its psychometric properties among Malaysian retirees.

Methods: The OBQ11 was translated and harmonised using established guidelines. Nine occupational therapists reviewed the content validity, and 20 retirees assessed the face validity. With 122 retirees purposively recruited, this study evaluated internal consistency, test-retest reliability, known-group validity, and concurrent validity with the Malay version of the Satisfaction With Life Scale (SWLS-M). Dimensionality was explored with exploratory factor analysis, whereas item functioning was examined with the partial credit model (PCM).

Consumer and community involvement: There was no consumer and community involvement in the development or implementation of research or writing of this manuscript.

Results: The OBQ11-M demonstrated excellent internal consistency ($\alpha = 0.956$) and good test-retest reliability (intra-class correlation coefficient [ICC] = 0.799, 95% confidence interval [CI]: 0.738-0.847). Known-group validity distinguished community-dwelling from institutionalised retirees ($P < 0.001$, $r_{rb} = 0.876$), and concurrent validity was supported by correlation with SWLS-M ($r = 0.68$, $P < 0.001$). Parallel analysis supported a dominant unidimensional structure (66.9% variance explained), though exploratory results suggested two conceptually coherent dimensions: (i) occupational satisfaction and (ii) occupational proportion. PCM analyses indicated ordered thresholds, satisfactory fit, and high person reliability (0.896).

Conclusion: The OBQ11-M is a reliable and valid measure of occupational balance among Malaysian retirees. Although unidimensionality is justified, the theoretical distinction between satisfaction and proportion warrants confirmatory testing in larger samples.

Keywords: Malay; occupational balance; psychometric validation; retirees; translation**.**

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