

## 2026 IBTN Conference Abstract

**Title:** French Translation of *ACTaide*: Cultural Adaptation of an Acceptance and Commitment Therapy Mobile Application

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**Background:** Digital mental health interventions are increasingly disseminated across linguistic and cultural contexts, yet rigorous scientific methodologies for culturally adapting mobile applications remain limited. While cultural adaptation frameworks exist for questionnaires and educational tools, their application to digital psychological interventions, particularly mobile applications, are still evolving.

**Objective:** Situated within the Obesity-Related Behavioral Intervention Trials (ORBIT) Phase I (Define/Refine), this project aimed to culturally adapt *ACTaide*, a mobile application designed to support Acceptance and Commitment Therapy (ACT) through visual and experiential exercises, from English to French.

**Methods:** Guided by emerging best-practices guidelines for the cultural adaptation of mobile applications, *ACTaide* underwent forward translation, independent back-translation, and systematic evaluation by a bilingual committee with expertise in ACT and clinical psychology.

**Results:** The expert review focused on semantic, conceptual, experiential, and clinical equivalence, with particular attention to fidelity to core ACT processes. Iterative revisions were implemented based on consensus feedback. The validated French content was subsequently integrated into the application and internally tested for functionality, usability, and cultural appropriateness.

**Conclusion:** This cultural adaptation phase constitutes a key ORBIT refinement milestone and is informing integration and programming for the next stage: a pre-test feasibility study with French-speaking therapists and patients. Findings highlight a replicable and generalizable framework for the cultural adaptation of psychotherapeutic mobile health applications.

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