



Cross-Cultural Adaptation Challenges in Psychological Assessment Tools for African Populations: A Tanzanian Perspective

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Abstract

African populations face unique cultural and linguistic diversity that can impact the effectiveness of psychological assessment tools developed for Western contexts. Qualitative interviews were conducted with psychologists and cultural experts to understand the issues faced during the adaptation process of standardised psychological tests. Interviews revealed that language barriers significantly hindered the translation and interpretation of test items, particularly in idiomatic expressions common to Tanzanian culture. The study highlights the need for culturally tailored assessments to improve reliability and validity in cross-cultural applications. Psychologists should prioritise cultural sensitivity training and collaborative development processes when adapting psychological assessment tools for African contexts.

Keywords: *Cultural Relativism, Ethnocentrism, Cross-Cultural Psychology, Linguistic Anthropology, Grounded Theory, Phenomenology, Symbolic Interactionism*

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