



MHI Mental Health Inventory as a reference to the EBEPS Criteria

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25 Abstract Presentation

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INTRODUCTION

The psychological well-being is an odd variable in the domain of health literacy by the importance that it assumes for the mental health of the subjects in the present day as literature reviewed in health evidence. The theoretical complexity of the well-being associated with the concrete demands of psychological evaluation with gains for health and quality of life led to the proposal of an evaluative format with multidimensional and quantitative characteristics in the specificity of the construct evaluated by the EBEPS (Psychosocial Wellbeing Scale.)

OBJECTIVES

Validate EBEPS Scale of Well-Being by reference to criteria Mental Health Inventory (MHI) to portuguese population.

METHODS

Sample: 157 students; 14-26 years old; 55,4% 9th grade schooling; 54,1% female; 45,9% male; 98,7% portuguese nationality; 93,6% healthy life; 78,3% life project. Instruments: EBEPS (Galinha SA & Loureiro MJ, 2006) self-response questionnaire well-being with 76 itens and a Likert scale with 5 points (alpha Cronbach=0,96) and MHI (Pais Ribeiro J, 2001) self-response questionnaire distress and psychological well-being with 38 itens (alpha Cronbach= 0,96).

Procedures: The application was done collectively during the study times and the subjects' participation was voluntary. The students were instructed to answer in the most sincere way possible, ensuring the anonymity and confidentiality of the information obtained. The data analysis was performed

using IBM SPSS Statistics software (version 25).

RESULTS

The mean values and respective standard deviations (sd) in the instruments EBEPS and MHI were respectively: 307,46 (sd=30,99) and 302,59 (sd=32,36). The diagnosis given by both instruments leads to coincident conclusions [correlation coefficients: 0,61-EBEPS (p-value=0,01); 0,546-MHI (p-value=0,01)].

CONCLUSIONS

The data obtained with the application of the MHI allow to validate by criterion the scale EBEPS: the scale EBEPS has adequate psychometric characteristics in health with conditions to be administered to young people. The data evidenced the existence of no

statistically significant differences in EBEPS with MHI and their correlation. Given the absence of the EBEPS scale for the senior population, the authors suggest the development and validation by criterion of a new EBEPS scale adapted for seniors in the near future.

REFERENCES

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