

Adolescent Mental Health Continuum-Short Form

OVERVIEW

- This questionnaire measures how often a positive mental health event occurs within the past month.
- Specifically, the measure assesses emotional well-being and aspects of psychological and social functioning in order to classify respondents' mental health:
 - 1) Flourishing
high positive emotions and functioning
 - 2) Languishing
low positive emotions and functioning
 - 3) Moderate
neither flourishing nor languishing

SUBSCALES

- Emotional Wellbeing
...interested in life?
- Social Wellbeing
...that the way our society works made sense to you
- Psychological Wellbeing
...confident to think or express your own ideas and opinions

STEPPING UP THEME(S) & OUTCOME(S)

- Health & Wellness
» Youth feel mentally well

TARGET POPULATION

- Youth 12 to 18 years of age

LENGTH & HOW IT IS MEASURED

- 14 items
- Self-report questionnaire; can be done orally or with pen and paper
- Multiple choice format measured on a 6-point scale: 1 (Everyday) to 6 (Never)
- **SCORING**
Flourishing requires a response of a 1 or 2 to one or more of the 3 emotional well-being questions, and to 6 or more of the 11 positive functioning questions.
Languishing requires a response of 5 or 6 to one or more of the 3 emotional well-being questions, and to 6 or more of the 11 positive functioning questions. (social and psychological well-being).
Moderate mental health refers to those who are neither flourishing or languishing
- Available in English, French, Korean, Chinese, Japanese, Dutch, Norwegian, Swedish, & Finnish

DEVELOPER

- Keyes, C. M., 2009
- Keyes, C. L. M., 2002 (original, full version)



GOOD TO KNOW

- Item 6 does not work in all cultural contexts. When using the measure, test both versions to see which one works best in your context
- **NOTE FROM THE AUTHOR:**
First test whether the existing measure works in your culture before you add, delete or modify the scale response categories or items. If the scale retains its validity and reliability in your culture, identify scale (MHC-SF) and then add your country's official acronym to it (e.g., the Dutch MHC-SF)



PSYCHOMETRICS

- **Reliability**
Internal consistency ($\alpha > .80$)
Test-re-test ($r = .57-71$)
- **Validity**
Discriminant Validity



LEARN MORE

- Keyes, C.L.M. (2009; reprint of journal article chosen as new entry in history of psychology book). The Mental Health Continuum: From languishing to flourishing in life. In B. F. Gentile & B. O. Miller (Eds.), *Foundations of Psychological thought: A history of psychology*. (pp. 601- 617). Los Angeles, CA: Sage.
- Keyes, C.L.M. (2005). The subjective well-being of America's youth: Toward a comprehensive assessment. *Adolescent and Family Health*, 4, 3-11.
- Keyes C.L.M. The Mental Health Continuum: From languishing to flourishing in life. *Journal of Health and Social Research* 2002; 43(June): 207-22.
- Keyes C.L.M. Brief Description of the Mental Health Continuum Short Form (MHC-SF). Available at: <https://www.aacu.org/sites/default/files/MHC-SFEnglish.pdf>
- Statistics Canada. (2015). Canadian community health survey (CCHS) – Mental health. Available at: <http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5>

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The following questions are about how you have been feeling during the past month.

	Every day	Almost every day	About 2 or 3 times a week	About once a week	Once or twice	Never
In the past month, how often did you feel...:						
1. ...happy?	1	2	3	4	5	6
2. ...interested in life?	1	2	3	4	5	6
3. ...satisfied with your life?	1	2	3	4	5	6
4. ...that you had something important to contribute to society?	1	2	3	4	5	6
5. ...that you belonged to a community (like a social group, your neighborhood, your city, your school)?	1	2	3	4	5	6
In the past month, how often did you feel...:						
6. ...that our society is a good place, or becoming a better place, for all people?	1	2	3	4	5	6
7. ...that people are basically good?	1	2	3	4	5	6
8. ...that the way our society works makes sense to you?	1	2	3	4	5	6
9. ...that you like most parts of your personality?	1	2	3	4	5	6
10. ...good at managing the responsibilities of your daily life?	1	2	3	4	5	6
In the past month, how often did you feel...:						
11. ...that you had warm and trusting relationships with others?	1	2	3	4	5	6
12. ...that you had experiences that challenged you to grow and become a better person?	1	2	3	4	5	6
13. ...confident to think or express your own ideas and opinions?	1	2	3	4	5	6
14. ...that your life has a sense of direction or meaning to it?	1	2	3	4	5	6