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

**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 nor languishing.

**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. Brief Description of the Mental Health Continuum Short Form (MHC-SF). Available at: https://www.aacu.org/sites/default/files/MHC-SFEnglish.pdf

### Adolescent Mental Health Continuum-Short Form

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

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

Keyes, 2005, 2009