

# Indicator descriptions & shortlist MINDFUL

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# *Indicator domains*

- ▶ Mortality
- ▶ Positive mental health
- ▶ Morbidity
  - ▶ generic
  - ▶ illness specific
- ▶ Social stress
- ▶ Social interaction
- ▶ Use of services
- ▶ Promotion & prevention

# *ECHI shortlist: section 1*

- ▶ Data readily available and reasonably comparable
  - Deaths: suicide, undetermined, drugs (deaths: mental/behavioural causes: poor validity, should be deleted)
  - Hospital beds
    - ▶ residential facilities should not be included
  - Hospital inpatient discharges
    - ▶ only discharges from hospitals should be included

# New survey indicators



# *Alcohol dependence*

- ▶ AUDIT-5
- ▶ self-report or interview scale
- ▶ A screening instrument for hazardous and harmful alcohol consumption.
- ▶ Items 1, 2, 4, 5 and 10 from the original version. Definition: Survey item; AUDIT-5
  - CAGE not the best choice for use in general population

# AUDIT-5

- ▶ 1. How often do you have a drink containing alcohol?
- ▶ 2. How many drinks containing alcohol do you have on a typical day when you are drinking?
- ▶ 4. How often during the past year have you found that you were not able to stop drinking once you started?
- ▶ 5. How often during the past year have you failed to do what was normally expected of you because of your drinking?
  - Choice: never, less than monthly, weekly, daily or almost
- ▶ 10. Has a relative or friend or a doctor or other health worker been concerned about your drinking or suggested you cut down?
  - No, yes, but not in the past year, yes during past year

# *Alcohol dependence*

## ▶ Validity

- CIDI diagnosis and clinical symptoms as gold standard
  - ▶ Area under receiver operating characteristic (ROC) curve was 0.931 (95%CI: 0.919 – 0.944)

## ▶ Reliability

- Using five points as a cut-off point gave sensitivity of 0.79 and a specificity of 0.95

## ▶ Recommendation: a cut-off point of 5

## ▶ Data not available

# *Social support*

- ▶ Brief Social Support Questionnaire (data not available)
- ▶ Six item survey indicator,
  - an abridged of SSQ (27 items)
- ▶ Pending choice between Oslo-3 and BSSQ
  - BSSQ: information on 1) structure and 2) perception
  - Good test-retest reliability.
  - Internal reliability ranges from 0.90 to 0.93 for both number and satisfaction
    - ▶ Oslo-3 Crohnbach  $\alpha = 0.6$
- ▶ negatively associated:
  - anxiety and depressions measures, loneliness, shyness, state-trait anxiety, parent overprotection
- ▶ positively associated
  - parental care, perceived social support from friends, mother, father and family

**TABLE 3**

**Six-item short form of the Social Support Questionnaire (SSQ6);  
full-scale SSQ item numbers in parentheses**

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Whom can you really count on to distract you from your worries when you feel under stress? (9)

Whom can you really count on to help you feel more relaxed when you are under pressure or tense? (17)

Who accepts you totally, including both your worst and your best points? (19)

Whom can you really count on to care about you, regardless of what is happening to you? (20)

Whom can you really count on to help you feel better when you are feeling generally down-in-the-dumps? (23)

Whom can you count on to console you when you are very upset? (25)

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Potential sources: 1) spouse, 2) close relative, 3) close friend, 4) co-worker or superior, 5) neighbour, 6) someone else who is close, 7) none

Responder may choose several for each question

# Self-esteem

- ▶ 10-item survey indicator
- ▶ Available in most Indo-European languages
- ▶ Recently used in a survey study among 53 nations from different cultures
- ▶ Validity:
  - Factor structure well replicated across many European nations (average Tucker's congruence = 0.987).
  - Negatively associated with neuroticism and positively associated with extraversion
- ▶ Reliability across several nations  $\alpha = 0.81$
- ▶ Good availability

# SES

## ▶ Self-esteem

- Rosenberg Self-esteem Scale (RSE; Rosenberg 1965)
  - ▶ 10 statements dealing with belief about him/herself
  - ▶ Cronbach  $\alpha = 0.77 - 0.88$ , test-retest correlation  $0.82 - 0.88$
  - ▶ Has been used in non-psychiatric populations
    - Schmitt DP, Allik J. Simultaneous administration of the Rosenberg Self-Esteem Scale in 53 nations: exploring the universal and culture-specific features of global self-esteem. *J Pers Soc Psychol.* 2005;89:623-42.
  - ▶ Universal bias for self-serving positive appraisals
    - Meta-analysis: *Psychol Bull.* 2004 Sep;130(5):711-47
  - ▶ Decrease in self-esteem (SE) is found in all mood disorders during inter-episode phases

To be considered



# KIDSCREEN

- ▶ 10-dimension survey measure, 52 items
- ▶ Global uni-dimensional latent trait of mental and psychological well-being
- ▶ Validity
  - Correlation with KNDL scores:  $r=0.51-0.68$
- ▶ Reliability
  - Cronbach's  $\alpha = 0.77-0.89$

# KIDSCREEN

- ▶ Physical & psychological well-being
- ▶ Moods & emotions
- ▶ Self-perception
- ▶ Autonomy
- ▶ Parent relation and home life
- ▶ Social support and peers
- ▶ School environment
- ▶ Social acceptance (bullying)
- ▶ Financial resources

# Strengths and difficulties questionnaire (SDQ)

- ▶ SDQ screens for internalizing, externalizing, conduct and attention deficit disorders
- ▶ Behavioural screening questionnaire
  - 3-16 year olds, 5 minutes
- ▶ 25 items
  - emotional, conduct, hyperactivity/inattention, and prosocial behavior, assessment of 5 domains of functioning
- ▶ SDQ-self report scores have the comparable AUC-values to YSR/CBCL-scores in predicting clinical diagnosis
- ▶ Data available from European surveys

# Cantrill's ladder (minors)

- ▶ survey measure of general life satisfaction
- ▶ “In general, where on the ladder do you feel you stand at the moment?”
  - The responder is provided with a picture of a ladder with choices from 1 indicating worst possible life to 10 indicating best possible life
- ▶ scores  $\geq 7$  is used as indication of good life satisfaction

# Childhood adversities

- ▶ Significantly associated with both physical and mental ill health
  - major depression (OR= ca. 3) and cardiovascular diseases (OR= ca. 9)
- ▶ No short scales available
- ▶ Use of ad hoc questions common

# Childhood adversities

- ▶ NCS items
- ▶ 1. Someone had sexual intercourse with you when you did not want to by threatening you or using some degree of force (<18 years of age)
- ▶ 2. Someone touched you or felt your genitals when you did not want them to (<18 years of age)
- ▶ 3. You were physically abused as a child
- ▶ 4. You were seriously neglected as a child

# Previously defined indicators



# *Major depression & GAD*

- ▶ CIDI-SF
- ▶ Validity of CIDI has been found to be good using Present State Examination, Schedules for Clinical Assessment in Neuropsychiatry, clinician's checklists or LEAD (longitudinal, expert, all data) as a gold standard
- ▶ Overall classification of the CIDI-SF accuracy: 93% for major depressive episode, over 99% for generalized anxiety disorder
- ▶ Probability of CIDI major depression caseness using CIDI-SF was between 0.8895 and 0.9083

# *Psychological distress*

- ▶ MHI-5
- ▶ Spearman rank correlation -0.73 with GHQ-12 scores
- ▶ Reliability estimates have exceeded 0.7 in diverse populations
- ▶ Good availability

# *Energy, vitality*

- ▶ 4 item survey measure
- ▶ Associated positively with other measures of quality of life and low level of symptomatology
- ▶ Reliability estimates have exceeded 0.7 in diverse populations

# Role limitation due to emotional problems

- ▶ Three item survey measure
- ▶ Associated positively with measures of disability and mental ill health
- ▶ Reliability estimates have exceeded 0.7 in diverse populations

# *Sense of mastery*

- ▶ Proposed for ECHI shortlist, 2004
- ▶ Description: Sense of mastery is a form of perceived personal control. Predictor of health outcomes
- ▶ Definition: A health interview survey indicator, mean score of the 7-item version of the Sense of Mastery - questionnaire
- ▶ Age and sex adjusted score less than 20 indicates low sense of mastery, and score less than 12 indicates pessimism.
- ▶ Availability: DE, FI, FR, GR 2001; AT, BE, DE, DK, ES, FI, FR, GR, IE, IT, LU, NL, PT, SE, UK 2002

# *Negative life events*

- ▶ List of Threatening Life Events (LTE)
- ▶ 12-item survey measure
  - Sensitivity 0.89, specificity 0.74 LEDS as a gold standard
  - $\kappa$  values ranged between 0.78 and 1 for the 12 items
  - Agreement of LEDS interview with relative informants' LTE ratings at 3 months was 0.84 and at 6 months 0.66
- ▶ Availability

# Need for development

- ▶ **Mental health among the elderly**
- ▶ Level of functioning more readily influenced by symptoms of mental disorders
  - Need asses funtioning specifically among the elderly?
- ▶ Somatic comorbidity
- ▶ Depression, early dementia, vascular diseases overlap

# Shortlist

- ▶ MINDFUL needs to provide a shortlist of indicators (15-20): according to priority
- ▶ "A little bit of this and a little bit of that"
- ▶ Top-down & bottom-up"
- ▶ Basis for choosing between indicators:
  - Relevant domains
  - Public health perspective
  - Availability of data
  - Validity and reliability of measures
  - Brevity of measures
    - ▶ Easy to include in national surveys

# Shortlist

- ▶ 1. Psychological distress 5
- ▶ 2. Psychological impairment 3
- ▶ 3. EVI 4
- ▶ 4. Mental disorders among children and adolescents (generic) 25+5
- ▶ 5. Major depression
- ▶ 6. Any anxiety disorder
- ▶ 7. Hazardous and harmful drinking 5
- ▶ 8. Sense of mastery 7
- ▶ 9. Self-esteem 10
- ▶ 10. Social support 3
- ▶ 11. Negative life events 12
- ▶ 12. Childhood adversities 4
- ▶ 13. Suicide (Standardized mortality ratio)
- ▶ 14. Disability pensions due to mental disorders
- ▶ 15. Mental health promotion
- ▶ 16. Number of psychiatrists
- ▶ 17. Involuntary placements
- ▶ 18. Use of antidepressants
- ▶ 19. Use of anxiolytics
- ▶ 20. Alcohol related deaths

# Alternatives

- ▶ Childhood adversities =>
  - Use of antipsychotics
- ▶ Disability due to mental disorders =>
  - Deaths of undetermined intention (SDR)