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University of Deusto



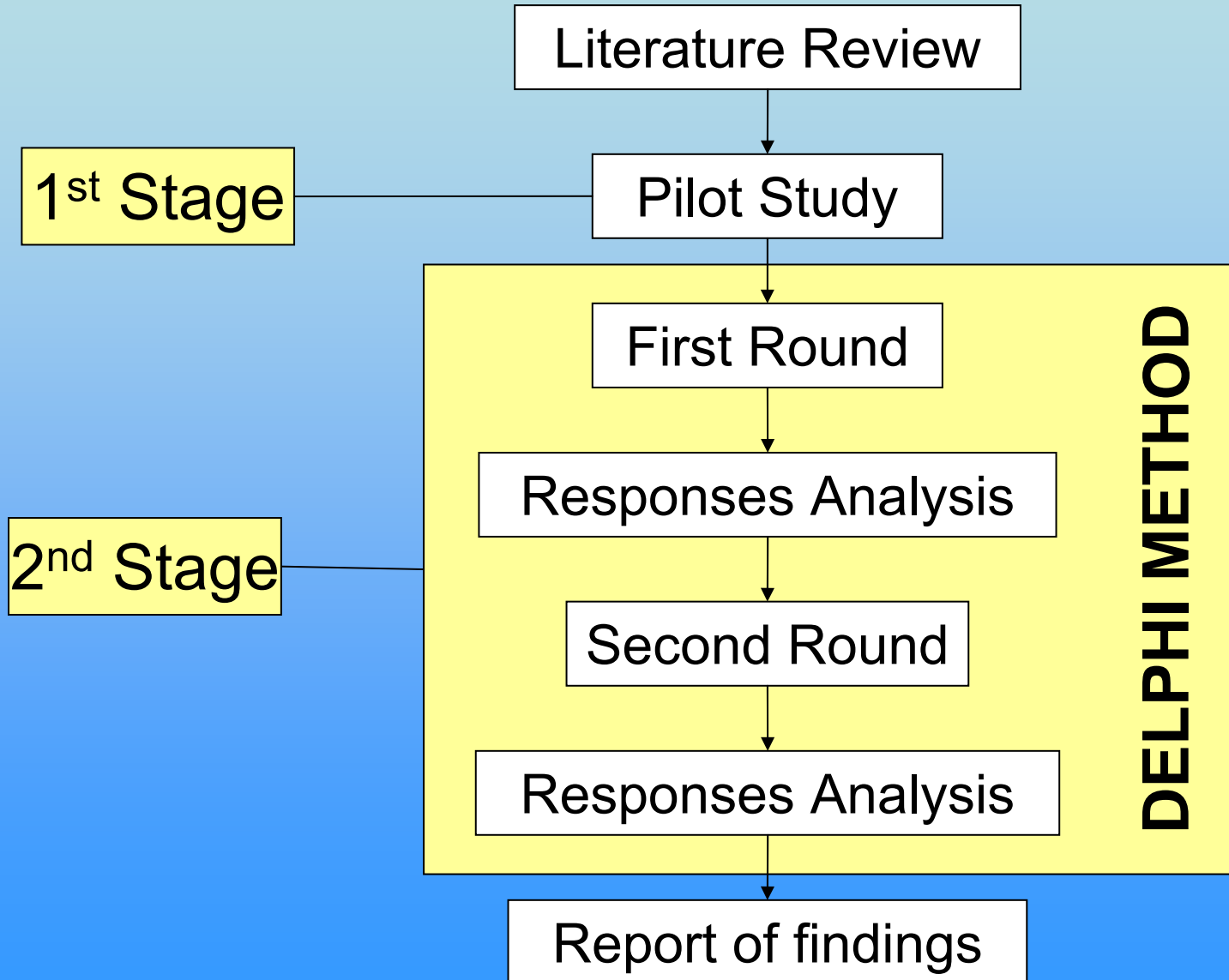
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# **Monitoring Positive Mental Health ANALYSIS OF THE QUESTIONNAIRE**

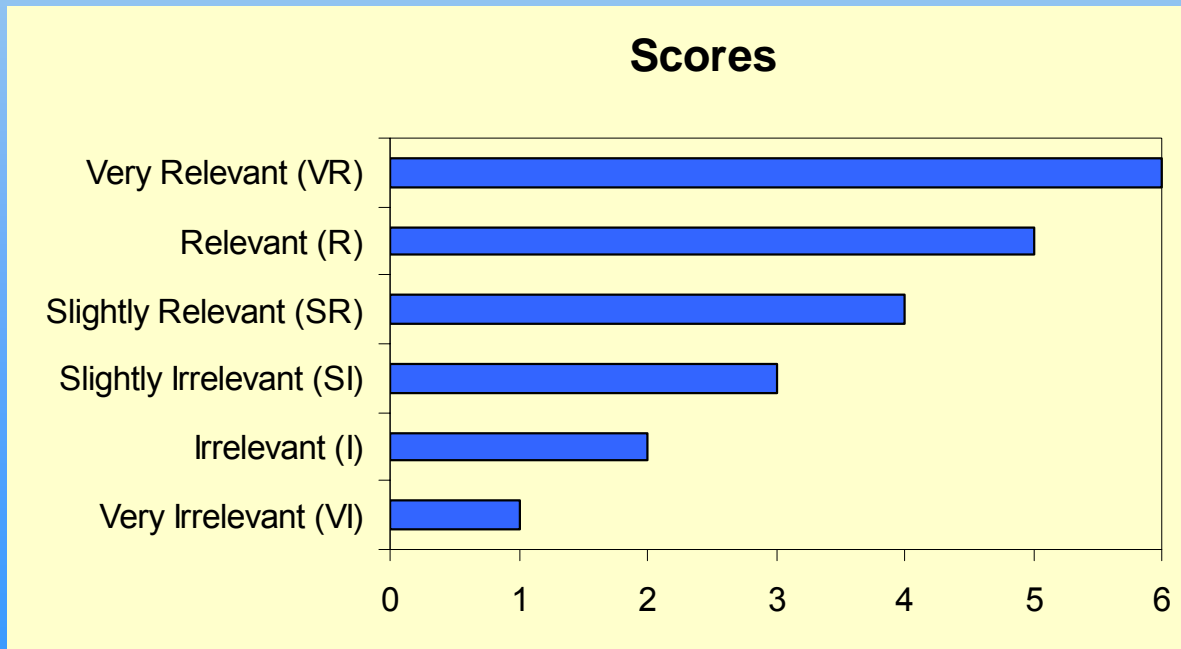
MINFUL meeting, Paris 1st-2nd June 2006

# PROCESS



# LITERATURE REVIEW:

The forth meeting was held with project team members on the 1<sup>st</sup> of December to present the results of literature review, a definitive version of the draft tool and discuss further actions such as Delphi Method.



# CALENDAR

## FIRST STAGE:

- Testing the questionnaire Dicember 2005-January 2006

## SECOND STAGE:

- First Delphi round: 31<sup>st</sup> of January - 8<sup>th</sup> of April.
- Analysis of the responses from the first Delphi round: 24<sup>th</sup> of April.
- Second Delphi Round: 4<sup>th</sup> of May - 20<sup>th</sup> of May.
- Analysis of the responses from the second Delphi round: 25<sup>th</sup> of May.

# ANALYSIS

*Global analysis must assure the presence of at least one representative indicator in each of the proposed domains.*

## A. QUANTITATIVE ANALYSIS:

Statistical score analysis of indicators.

## B. QUALITATIVE ANALYSIS

Study of suggestions and comments

# A. QUANTITATIVE ANALYSIS

1. Calculate the *score of each indicator* as a weighted arithmetic mean:

$$X_i = \frac{\sum_{j=1}^N p_j}{N}$$

Where:

$x_i$ : score of each indicator  $i$

$p_j$ : score of each stakeholder  $j$  for the indicator  $i$

$N$ : number of respondents.

## 2. Calculate *mean of the scores* of the indicators:

$$\mu = \frac{\sum_{i=1}^M x_i}{M}$$

Where:

$\mu$ : mean of the scores  $x_i$

$x_i$ : score of each indicator  $i$

$M$ : number of indicators.

## 3. Calculate the *variance*:

$$\sigma = \sqrt{\frac{\sum_{i=1}^M (x_i - \mu)^2}{M}}$$

Where:

$\sigma$ : variance of the sample

$\mu$ : mean of the scores  $x_i$

$x_i$ : score of each indicator  $i$

$M$ : number of indicators.

## 4. Indicators evaluation depending on the score:

**a)** If  $x_i \leq (\mu - \sigma)$ :

indicator could be refused if in the same domain there were another indicator with higher score

**b)** If  $x_i > (\mu - \sigma)$ :

indicator is selected

## **B. QUALITATIVE ANALYSIS**

**1. First of all, we need to clarify, summarize and condensate the comments received.**

**2. Then, comments and suggestions are studied taking two types of actions:**

a) Addition of new indicator to the following questionnaire

b) New redaction of already existing items

# FIRST ROUND ANALYSIS

# QUANTITATIVE ANALYSIS

1. Calculate the *score of each indicator* as a weighted arithmetic mean:  $x_i$
2. Calculate *mean of the scores of the indicators*:  $\mu = 4.75$
3. Calculate the *variance*:  $\sigma = 0.4$

## QUANTITATIVE ANALYSIS

**4. Indicators evaluation depending on the score:  $\mu - \sigma = 4.30$**

- a) If  $x_i \leq 4.30$  the indicator could be deleted for the following round**
- b) If  $x_i > 4.30$  the indicator is selected**

# **OBSERVATIONS**

## **MOST SCORED INDICATORS**

- Proportion of people without work
- Society's knowledge of and attitude towards mental health
- Respect for diversity and tolerance
- Proportion of population living in poverty
- National development of human rights
- Access to home visits to support older people<sup>14</sup>

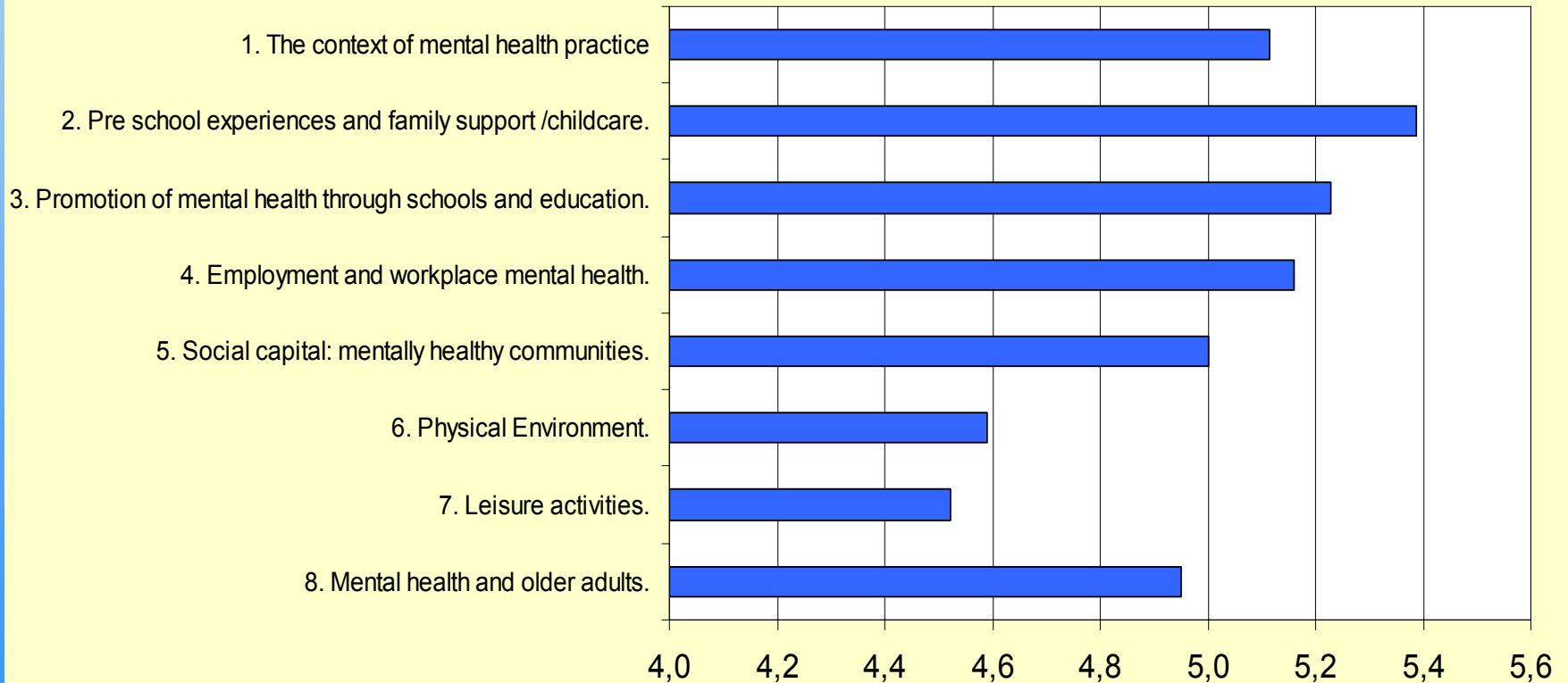
# **OBSERVATIONS**

## **LEST SCORED INDICATORS**

- Proportion of women who exclusively breastfeed their infant for a minimum of 4 months or longer.
- Proportion of children with responsibility for a pet.
- Household density.
- Number of hours spent in cultural activities (cinema / theatre / dancing, etc.).

# OBSERVATIONS

## Domains



## GLOBAL ANALYSIS

We reduced the indicators **from 89 to 41** for the second round of the questionnaire assuring the presence of at least one representative indicator in each of the proposed domains.

# SECOND ROUND ANALYSIS

## QUANTITATIVE ANALYSIS

**4. Indicators evaluation depending on the score:  $\mu - \sigma = 4.40$**

- a) If  $x_i \leq 4.40$  the indicator could be deleted for the following round**
- b) If  $x_i > 4.40$  the indicator is selected**

# QUANTITATIVE ANALYSIS

1. Calculate the *score of each indicator* as a weighted arithmetic mean:  $x_i$
2. Calculate *mean of the scores of the indicators*:  $\mu = 4.8$
3. Calculate the *variance*:  $\sigma = 0.4$

# OBSERVATIONS

## MOST SCORED INDICATORS

- Proportion of schools offering counselling and emotional support to children aged 5-16 years (5.3).
- Existence and extension of supported employment programmes for people with long term mental problems (5.4).
- Proportion of people without work (5.4).
- Existence of legislation and policies promoting social inclusion (5.3).
- Access to home visits to support older people (5.3).<sup>21</sup>

# OBSERVATIONS

## INDICATORS LEST SCORED

- Proportion of women who breastfeed their infant for a minimum of 4 months or longer (4.3).
- Access to part time working (4.3).
- **Rate of signed agreements between unions and sectorial employers (3.8).**
- Average of household density (4.3).
- Number of hours spent in cultural activities (cinema / theatre / dancing, etc.) (4.3).

## **National M.H. framework**

- % of national budget of the Health System that is destined to mental health promotion.
- Interaction of systems of health care, social care, educational system, handicapped care, police, justice, youth care.
- Training programs in mental health for professionals in educational and social services fields.
- Existence of Mental Health Promotion Policy in some of the main 4th TV Channels

# Pre school experiences and family support/childcare

- Proportion of mothers who undergo a simple check soon after giving birth, to ensure they are capable of meeting the infant's basic needs.
- Proportion of women who breastfeed their infant for a minimum of 4 months or longer.
- Access to child centred services for pre-school children.

# MHP through school and education

- Proportion of children and teenagers (8-16 years) who are members of a team club.
- Proportion of schools with mental health promotion activities in their curriculum.
- Proportion of schools offering counselling and emotional support to children aged 5-16 years.
- Mental Health Support in Schools.
- Proportion of population that complete secondary education

# Employment and workplace MH

- **Access to part time working**
- Prevalence of programmes to promote mental health and address psychosocial risk factors in the workplace
- Satisfaction with the work environment (Could be assessed through Quality Insurance strategies)
- Existence and extension of supported employment programmes for people with long term mental problems
- Proportion of people without work

## Employment and workplace MH

- Stability of employment (Levels of temporary employment)
- Statutory income for long term sickness / disability as a % of average income
- **Rate of signed agreements between unions and sectorial employers**
- Existence of Mental Health Promotion as part of Health and Safety at Work Legislation

# **Social Capital: Mentally healthy communities**

- **Proportion of people who volunteer in non-profit organisations and community groups**
- Self help groups to cope with adversities and transitional situations
- Social support networks
- Society's knowledge of and attitude towards mental health
- Respect for diversity and tolerance
- Proportion of population living in poverty
- National development of human rights
- Existence of legislation and policies promoting social inclusion

# Physical environment

- Promotion of safety in vulnerable population
- Proportion of green spaces with public access
- **Level of Noise**
- **Proportion of households with heating**
- **Household density**

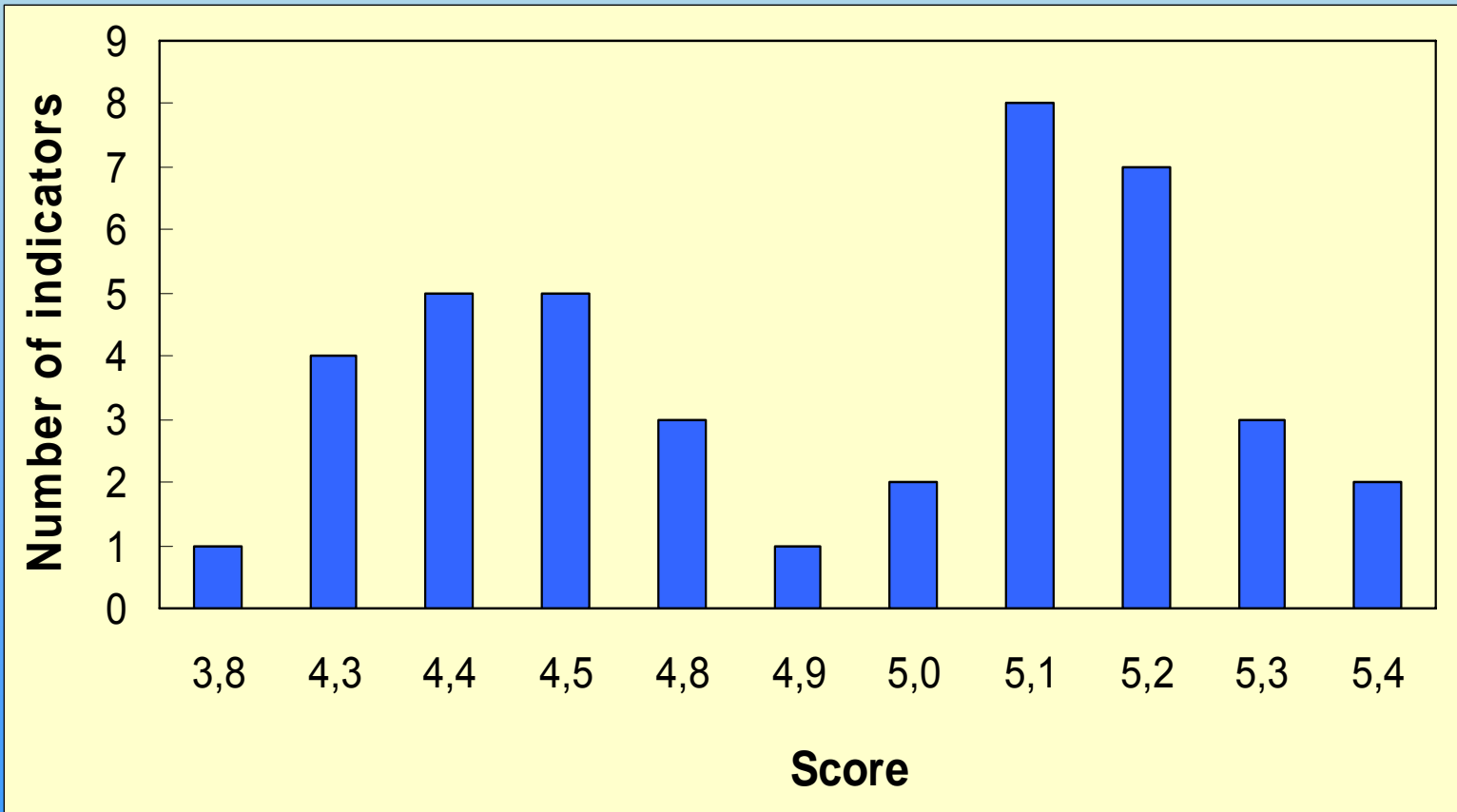
# Leisure Activities

- Frequency of participation in sporting activity
- Number of hours spent in cultural activities (cinema / theatre / dancing, etc.)

# MH and older people

- Access to social clubs, centres, etc for older adults
- Proportion of people over 65 engaged in training or education (eg. University studies, local classes)
- Access to home visits to support older people
- Adequacy of pensions
- Rate of large families including old people

## OBSERVATIONS



## GLOBAL ANALYSIS

We reduced the indicators **from 41 to 31** assuring the presence of at least one representative indicator in each of the proposed domains.

# PROCESS

