

## **Psychological Happiness Assessment with Mental Quality and Capacity Instrument (MQCI)**

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### **Abstract**

Thai Gross Nation Happiness (GNH) with five components has developed and become the measure of country development. In the component of individual and family happiness, indicator for mental health or psychological happiness is very crucial especially the measure on positive aspect of mental health as mental quality and mental capacity. As the Department of Mental Health (DMH) developed the “Thai mental Health Indicator” (TMHI) 5 year ago, this instrument can be reviewed and retooled to fit in the new concept of Thai GNH.

**Objectives:** 1) To develop the new instrument calling “Mental Quality and Capacity Instrument” (MQCI) for measuring the positive aspect of psychological happiness in Thai GNH. 2) To test the instrument using the data TMHI study in 2003. 3) To use the instrument for assessing Thai people in 2003 and 2007.

**Methods:** 1) Constructing the MQCI by reanalysis from 80 items of IMHI focusing on two domains of mental quality and capacity 2) Assessing psychological happiness of Thai people using the sampling data of 2,378 analyze in 2003. 3) Conducting the assessment in 2007 and comparing with the result in 2003.

**Result:** The MQCI have 30 items with 15 items in each domain of mental quality and capacity. Using factor analysis , kappa statistic and Chronbach’s alpha, the mental quality have 4 factors of kindness and altruism, self esteem, faith , creative thinking and enthusiasm with 6,3,3,3 items respectively ; while the mental capacity also have 4 factors of interpersonal relationship , expectation a achievements congruence, confidence in coping , adequate mental mastery with 3,3,5,4 items respectively . The result of assessment in 2003 and 2007 will be compared and discussed in the presentation.

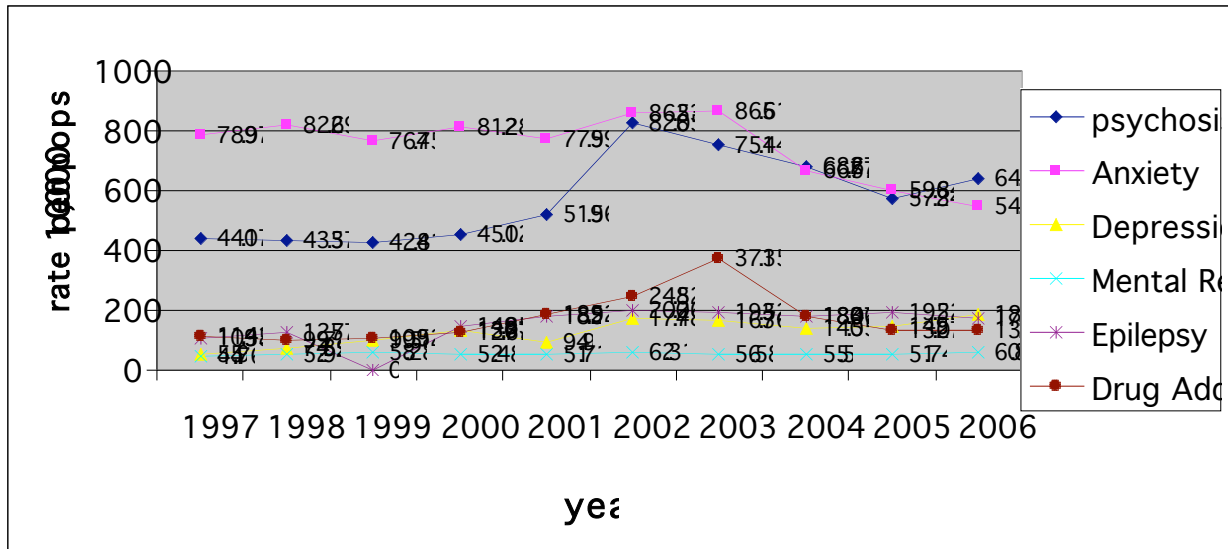
**Conclusion:** MQCI is a reliable instrument for assessing the psychological happiness. The yearly assessment should be conducted and the result can be considered to be one of the indicators for individual happiness.

**Keywords:** Thai GNH, psychological happiness, assessment, MQCI

**Introduction:** At part, mental health problem impact get involve global population, outcome over 1 % caused of death related with mental illness and 11 % were Global Burden of Disease, will over 15 % in 2002, Due to economic crisis, politics problem, suffering and pollution in Thailand increase the rate of violence, homicide and severity, Although suicide rate decrease but

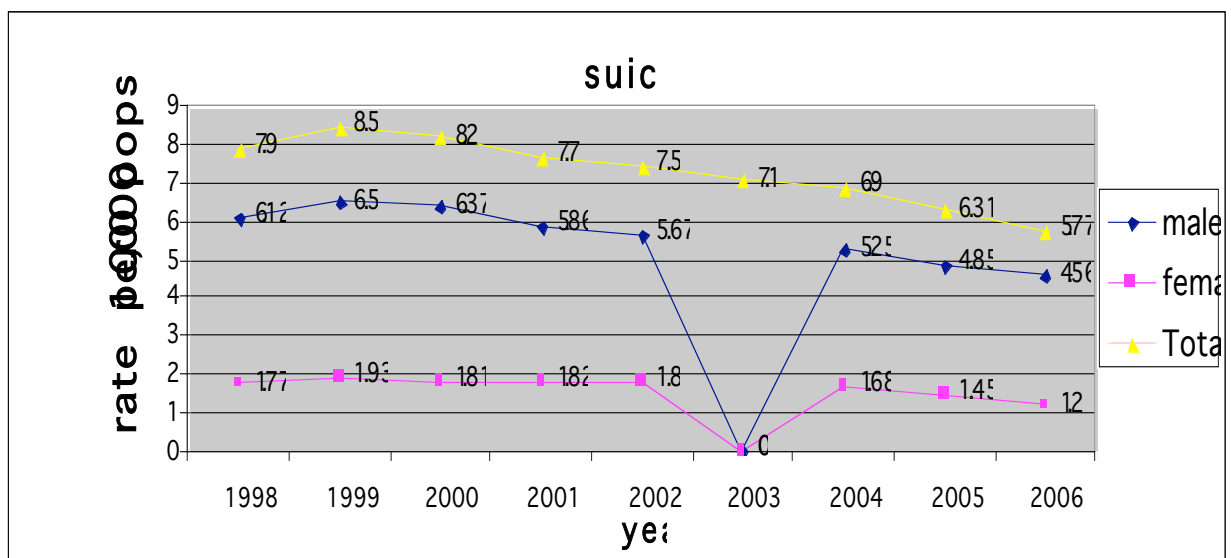
problem still remain. The increase trend of depression will be newly burden problem and spend more budgets of top 2 after heart disease within 10 years. The data show as following is outpatient service of the whole Thailand Population during the year of 1997 – 2006 in figure 1 and suicide rate data from Ministry of Interior in figure 2

Figure 1 Rate per 100,000 Populations Visit outpatients Service during 1997 – 2006



Reference : Mental Health Department, Ministry of Public Health<sup>(1)</sup>  
 Remarks : 1) Total population from Ministry of Interior at December, 31 each year.  
 2) Bangkok Metropolitan population covers only Mental Health Department Services  
 3) No report from Udonthani province in 2002  
 4) No report from Narathiwat province in 2004

Figure 2 Rate per 100,000 Populations Suicide death rate during 1997 - 2006



Reference : Mental Health Department, Ministry of Public Health<sup>(2)</sup>  
 Remarks : No report of Male and female in 2003

As above mental health problem indicated of mental health problem, so how to build up people mental and emotion in positive way due to stranger mental health promotion, fulfill and happiness as physical healthy is more challenge for people have an opportunity develop their potential coping with daily living under pressure society. Department of Mental Health (DMH) have to developing their academic roles in response holistic care both of mental health promotion, prevention, treatment and rehabilitation and awareness concern of dimension in mental health indicators developing as a screening tool.

A publishing and review document related in this development tool in National or local level find out that happiness indicators related physical health and mental health. In general indicators are both positive and negative indicator in level such as long life, so that mental health indicates in general well being affected in positive aspect. The negative health indicators are suicide rate and mental illness rate <sup>(3)</sup> but some suggestion explain the reason of high rate of mental illness due to good service approach more than higher cases of mental illness or poor mental illness. The best way to measuring mental health should be positive aspect of mental quality and capacity <sup>(4)</sup> that can descript mental quality is well-being characteristics mental health in daily life of their own and social and mental capacity is interpersonal relationship, confidence in coping of daily living <sup>(5)</sup>

In 2003 Apichai Mongkol and et al. <sup>(5)</sup> developed 4 domains of mental health indicators as 1) Mental state 2) Mental capacity 3) Mental quality 4) Supporting factors for those are support of this study in 2 domains on mental quality and mental capacity. The reason to continuous developing newly mental health indicators in this year base on good conceptual framework and structural design will benefit efficialey and effectively of this study.

**Objectives:** 1) To develop the new instrument calling “Mental Quality and Capacity Instrument” (MQCI) for measuring the positive aspect of psychological happiness in Thai GNH. 2) To test the instrument using the data TMHI study in 2003. 3) To use the instrument for assessing Thai people in 2003 and 2007.

**Methods:** Analytic study of TMHI version 2003 in 2 domains of mental quality and capacity of 80 items by Factor loading, , reliability by Chronbach’s alpha coefficient and norm in 3 stages as following.

1. Content validity test of 80 items test in 5 region of Thailand by Focus groups technique 40 groups of examples, 120 tests.

2. Construct validity of stage in Thai population of 2,024 samples divide in region, urban rural and economic areas (rich, middle, poor, economic GPA)

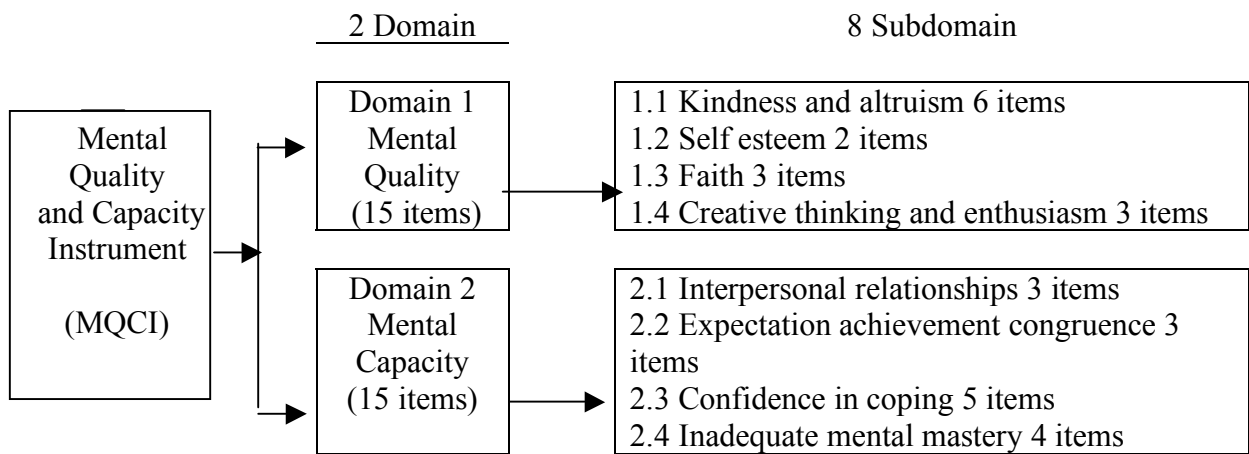
3. Normal distribution by norm, median, and 25<sup>th</sup>, 75<sup>th</sup> percentile at non – normal distribution

Statistic data testing by factor analysis, Chronbach’s alpha coefficient.

**Result:**

1. Psychological happiness assessment with mental quality and capacity instrument (MQCI) conduct of 30 items in 2 domains, 8 subdomains are mental quality domain of 15 items, 4 subdomains and mental capacity of 15 items, 4 subdomains show as figure as following

Figure 3 Domain and Subdomain of Mental quality and capacity instrument (MQCI)



2. Instrument reliability of domain 1 mental quality and domain 2 mental capacity in alpha coefficient are .87 and .81 respectively show as table 1

Table 1 Descriptive study and reliability result (n = 2,378)

Factor	Number of item	$\bar{x}$	S.D.	Potential rang	Obtained range	Cronbach's alpha coefficient
Domain						
1. Mental Quality	15	30.02	5.43	0-45	0-45	.87
2. Mental Capacity	15	23.47	4.35	0-45	0-45	.81

3. Normal distribution by norm of instrument (MQCI) of median scores of Non-normal distribution base on normal distribution of

59 – 90 score refer to more happiness than others general

49 - 58 score refer to same happiness as general

0 – 48 score refer to lower happiness than others general

Show as table 2

Table 2 The norm of The Mental Quality and Capacity Instrument (MQCI) (n = 2,378)

Statistic	Total	Mental Quality	Mental Capacity
Mean	54.49	30.02	30.02
Standard deviation	8.65	5.43	5.43
Median	53.00	30.00	30.00
25 <sup>th</sup> percentile	49	27	27
75 <sup>th</sup> percentile	58	33	33
Maximum	85	45	45
Minimum	0	0	0
Potential rang	0 – 90	0 – 45	0 – 45
Obtained range	0 – 85	0 – 45	0 – 45
range	85	45	45

**Conclusion:** MQCI is a reliable instrument for assessing the psychological happiness. The yearly assessment should be conducted and the result can be considered to be one of the indicators for individual happiness

**Reference**

1. Rate per 100,000 population in Out patient during 1998 – 2006 Available form : <http://www.dmh.go.th>
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