

Positive Mental Health Instrument

People do a lot of things when they feel stressed.

Below is a list of things that people do.

Thinking over the last 4 weeks, please circle a number showing how much the statements describe you.

	When I feel stressed	Not at all like me	Very slightly like me	Slightly like me	Moderately like me	Very much like me	Exactly like me
1	I try to move on	1	2	3	4	5	6
2	I try not to let it bother me	1	2	3	4	5	6
3	I tell myself that things would get better	1	2	3	4	5	6
4	I criticize myself	1	2	3	4	5	6
5	I try to relax	1	2	3	4	5	6
6	I try not to take it too seriously	1	2	3	4	5	6
7	I do something to get my mind off the situation	1	2	3	4	5	6
8	I get upset	1	2	3	4	5	6
9	I try to see it in a positive light	1	2	3	4	5	6
10	I try to see the humorous side of the situation	1	2	3	4	5	6
11	I try to solve the problem one step at a time	1	2	3	4	5	6

Thinking over the last 4 weeks, please circle a number showing how much the statements describe you in general.

	In general...	Not at all like me	Very slightly like me	Slightly like me	Moderately like me	Very much like me	Exactly like me
12	I spend time with people I like	1	2	3	4	5	6
13	I try to get emotional support from family and friends	1	2	3	4	5	6
14	I find comfort in my religion or spiritual beliefs	1	2	3	4	5	6
15	I hardly ever expect things to go my way	1	2	3	4	5	6
16	I get along well with others	1	2	3	4	5	6
17	I have people in my life who give me support	1	2	3	4	5	6
18	I have nobody to turn to in times of need	1	2	3	4	5	6
19	I have a close family	1	2	3	4	5	6
20	When I have a problem there is someone I can go to for advice	1	2	3	4	5	6
21	There is someone to cheer me up if I am having a bad day	1	2	3	4	5	6
22	When I am in a difficult situation there is someone I can rely on	1	2	3	4	5	6
23	I make friends easily	1	2	3	4	5	6
24	I make an effort to help others	1	2	3	4	5	6

In general...		Not at all	Very slightly	Slightly	Moderately	Very much	Exactly
		like me	like me	like me	like me	like me	like me
25	I try to accept people as they are	1	2	3	4	5	6
26	I am not a spiritual person	1	2	3	4	5	6
27	I am willing to compromise with people	1	2	3	4	5	6
28	I try to be patient with others	1	2	3	4	5	6
29	I like to go off on my own without other people	1	2	3	4	5	6
30	I am willing to give up something if it makes my family or friends happy	1	2	3	4	5	6
31	I have no trouble keeping friends	1	2	3	4	5	6
32	I am willing to share my time with others	1	2	3	4	5	6
33	I hesitate to ask others to help me	1	2	3	4	5	6
34	I believe God has a plan for me	1	2	3	4	5	6
35	I set aside time for meditation or prayer	1	2	3	4	5	6
36	I believe there is a higher being who looks after me	1	2	3	4	5	6
37	I feel God's presence in my life	1	2	3	4	5	6
38	I rely only on myself	1	2	3	4	5	6

In general...		Not at all	Very slightly	Slightly	Moderately	Very much	Exactly
		like me	like me	like me	like me	like me	like me
39	I gain spiritual strength by trusting in a higher power	1	2	3	4	5	6
40	My religious beliefs influence the way I live	1	2	3	4	5	6
41	I have confidence in the decisions I make	1	2	3	4	5	6
42	I feel comfortable expressing my opinions	1	2	3	4	5	6
43	I am able to control many situations around me	1	2	3	4	5	6
44	I have freedom to make choices that concern my future	1	2	3	4	5	6
45	I have nothing to look forward to	1	2	3	4	5	6
46	I feel in control of my life	1	2	3	4	5	6
47	I work hard to achieve my goals	1	2	3	4	5	6
48	I am clear about what I want in life	1	2	3	4	5	6
49	I am able to solve my own problems	1	2	3	4	5	6
50	I am focused on what I want to do in life	1	2	3	4	5	6
51	I have little control over the things that happen to me	1	2	3	4	5	6
52	I know what I need to do to reach my goals	1	2	3	4	5	6

How often in the past 4 weeks have you felt....

		Never or very rarely	Rarely	Sometimes	Often	Very often or always
53	Calm	1	2	3	4	5
54	Happy	1	2	3	4	5
55	Peaceful	1	2	3	4	5
56	Relaxed	1	2	3	4	5
57	Enthusiastic	1	2	3	4	5

Positive Mental Health (PMH) instrument: Scoring script

Recode items as below:

Item numbers 53 – 57

1 = 1

2 = 2.25

3 = 3.50

4 = 4.75

5 = 6

Item numbers 4, 8, 15, 18, 26, 29, 33, 38, 45, 51

1 = 0

2 = 0

3 = 0

4 = 0

5 = 0

6 = 0

For rest of the Items

1 = 1

2 = 2

3 = 3

4 = 4

5 = 5

6 = 6

To calculate PMH scores:

	1. Add recoded item scores for the item numbers listed below	2. Divide by
Total PMH	All the recoded items	47
General Coping	1,2,3,5,6,7,9,10,11	9
Emotional Support	12,13,17,19,20,21,22	7
Spirituality	14,34,35,36,37,39,40	7
Interpersonal Skills	16,23,24,25,27,28,30,31,32	9
Personal Growth and Autonomy	41,42,43,44,46,47,48,49,50,52	10
Global Affect	53,54,55,56,57	5

Scores range from: 1(lower PMH) to 6 (higher PMH)

Positive Mental Health Instrument

© Institute of Mental Health All rights reserved.

Unless otherwise agreed in writing with the Institute of Mental Health (“IMH”), IMH authorizes you to use this Positive Mental Health Instrument (the “Instrument”) only for personal and non-commercial purposes. This authorization is not a transfer of copyright in the Instrument and is subject to the following restrictions:

- 1) you must retain, on all copies of the Instrument reproduced, all copyright and other proprietary notices contained in the Instrument;
- 2) you may not modify the Instrument in any way or reproduce or publicly display, perform, or distribute or otherwise use them for any public or commercial purpose;
- 3) you will not create any publication or derivative works based on the Instrument without permission from IMH;
- 4) any work based on the Instrument shall acknowledge the authors of the Instrument and IMH by means of bibliographic citations, which must appear in footnotes or in the reference section of publications; and
- 5) you must not distribute or provide access to the Instrument to any other person unless you give them notice of, and they agree to accept, the obligations arising under these terms and conditions of use.
- 6) you should quote the following reference in your publication(s):
Vaingankar JA, Subramaniam M, Chong SA, Abdin E, Orlando Edelen M, Picco L, Lim YW, Phua MY, Chua BY, Tee JYS, Sherbourne C. The Positive Mental Health Instrument: Development and validation of a culturally relevant scale in a multi-ethnic Asian population. *Health and Quality of Life Outcomes* 2011, 9:92
- 7) you will provide a copy of your published article to Dr Mythily Subramaniam

The Instrument is protected by worldwide copyright laws and treaty provisions. You agree to comply with all copyright laws worldwide in your use of the Instrument and to prevent any unauthorised copying of the Instrument.

If you wish to use, reproduce or modify the Instrument in a manner outside the scope of the above authorization, please contact:

Dr Mythily Subramaniam
Research Division
Institute of Mental Health, Singapore
Tel +65 63893633
Fax +65 63892795
Email mythily@imh.com.sg