

DEVELOPMENT OF THE 8 DIMENSION OF WELLNESS ASSESSMENT TOOL

FOR

REHABILITATION IN PEOPLE LIVING WITH COMMON SERIOUS MENTAL ILLNESS IN THAILAND

8DOW

BACKGROUND

Wellness characteristic in rehabilitation (WCR) for people with common serious mental illness in Thailand (PCSMIT) was studied. Wellness is a crucial part of recovery and rehabilitation in people with mental illness. There are multiple wellness domains. The wellness assessment tool will help the service providers to provide recovery-oriented service. In Thailand, there are limited assessment tools to measure wellness holistically in people with mental illness.

METHODS

The study was divided into 2 phases. Firstly, 8DoW was developed from WCR. Content validity, face validity, reliability, and item analysis were tested. Secondly, psychometric properties were examined. The samples were 278 PCSMIT and 310 people without mental illness, aged 18-59, between February and April 2024. Reliability was tested with Cronbach's alpha coefficients. Construct validity was analyzed with confirmatory factor analysis.

RESULTS/FINDINGS

The first draft consisted of 111 items. After content validity, face validity and reliability test, there are 92 items. The final version of 8DoW consisted of 8 domains including physical, mental, social, environmental, spiritual, financial, occupational, and welfare-state accessible domains. It has 78 items. Overall internal consistency was 0.973. Each domain has its internal consistency between 0.730 to 0.926. Confirmatory factor analysis found that the model fit with empirical evidence.

CONCLUSIONS

The 8DoW is a valid tool to measure wellness in both populations. The wellness was scaled into 4 levels.



OBJECTIVES

To develop a wellness assessment tool for PCSMIT and study its psychometric properties.

STEP 1 : ITEM DEVELOPMENT

- Create items based on WCR and related document (111 item)
- Content validity using IOC



STEP2 : SCALE DEVELOPMENT

- Item analysis using Cronbach's alpha and CITC



STEP3 : SCALE EVALUATION

- Examined construct validity using CFA



The 78-item 8 Dimension of Wellness Assessment Tool

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