

Person—self-assessed mental health status, MHI-38 score code N

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Person—self-assessed mental health status, MHI-38 score code N

Identifying and definitional attributes

Metadata item type:	Data Element
Short name:	MHI-38 score
Synonymous names:	MHI-38 rating, Mental Health Inventory rating, Mental Health Inventory score,
METEOR identifier:	737636
Registration status:	Health , Standard 09/12/2022
Definition:	A person's assessment of their own mental health status using the Mental Health Inventory (MHI-38) consumer-rated measure, represented by a code.
Data Element Concept:	Person—self-assessed mental health status
Value Domain:	MHI-38 score code N

Value domain attributes

Representational attributes

Representation class:	Code
Data type:	String
Format:	N
Maximum character length:	1

	Value	Meaning
Permissible values:	1	Score of 1
	2	Score of 2
	3	Score of 3
	4	Score of 4
	5	Score of 5
	6	Score of 6
Supplementary values:	9	Not stated/missing

Collection and usage attributes

Guide for use:	<p>This code set is used to represent the answers a consumer may select on the Mental Health Inventory (MHI-38) survey instrument. Questions are asked of the consumer about the past month, with a single allowable response for each question.</p> <p>The MHI-38 measures general psychological distress and well-being and includes positive aspects of well-being (such as cheerfulness, interest in and enjoyment of life) as well as negative aspects of mental health (such as anxiety and depression).</p> <p>The response scales are from 1-6, noting different labels are used for different questions on the form (such as "Always", "All of the time", "Extremely so" and "Never", "None of the time", "Not at all").</p> <p>The two exceptions to this are questions 9 and 28, which measure from 1-5 only.</p> <p>Lower numbers denote that the consumer response to the question is more positive with higher numbers denoting a more negative response.</p>
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For some of the questions a score of 1 will denote better mental health and for some questions a score of 1 will denote poorer mental health.

The questions asked are:

1. How happy, satisfied, or pleased have you been with your personal life during the past month?
2. How much of the time have you felt lonely during the past month?
3. How often did you become nervous or jumpy when faced with excitement or unexpected situations during the past month?
4. During the past month, how much of the time have you felt that the future looks hopeful and promising?
5. How much of the time, during the past month, has your daily life been full of things that were interesting to you?
6. How much of the time, during the past month, did you feel relaxed and free from tension?
7. During the past month, how much of the time have you generally enjoyed the things you do?
8. During the past month, have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory?
9. Did you feel depressed during the past month?
10. During the past month, how much of the time have you felt loved and wanted?
11. How much of the time, during the past month, have you been a very nervous person?
12. When you have got up in the morning, this past month, about how often did you expect to have an interesting day?
13. During the past month, how much of the time have you felt tense or "high-strung"?
14. During the past month, have you been in firm control of your behaviour, thoughts, emotions or feelings?
15. During the past month, how often did your hands shake when you tried to do something?
16. During the past month, how often did you feel that you had nothing to look forward to?
17. How much of the time, during the past month, have you felt calm and peaceful?
18. How much of the time, during the past month, have you felt emotionally stable?
19. How much of the time, during the past month, have you felt downhearted and blue?
20. How often have you felt like crying, during the past month?
21. During the past month, how often have you felt that others would be better off if you were dead?
22. How much of the time, during the past month, were you able to relax without difficulty?
23. How much of the time, during the past month, did you feel that your love relationships, loving and being loved, were full and complete?
24. How often, during the past month, did you feel that nothing turned out for you the way you wanted it to?
25. How much have you been bothered by nervousness, or your "nerves", during

the past month?

26. During the past month, how much of the time has living been a wonderful adventure for you?

27. How often, during the past month, have you felt so down in the dumps that nothing could cheer you up?

28. During the past month, did you think about taking your own life?

29. During the past month, how much of the time have you felt restless, fidgety, or impatient?

30. During the past month, how much of the time have you been moody or brooded about things?

31. How much of the time, during the past month, have you felt cheerful, lighthearted?

32. During the past month, how often did you get rattled, upset or flustered?

33. During the past month, have you been anxious or worried?

34. During the past month, how much of the time were you a happy person?

35. How often during the past month did you find yourself trying to calm down?

36. During the past month, how much of the time have you been in low or very low spirits?

37. How often, during the past month, have you been waking up feeling fresh and rested?

38. During the past month, have you been under or felt you were under any strain, stress or pressure?

Further information about the MHI-38 can be found at [Mental Health Inventory Survey | RAND](#).

More detailed information about scoring and interpretation of this measure for the National Outcomes and Casemix Collection (NOCC) can be found in [Mental Health National Outcomes and Casemix Collection: Overview of Clinician-Rated and Consumer Self-Report Measures V1.50](#).

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Reference documents: Australian Mental Health Outcomes and Classification Network (2021). Mental Health National Outcomes and Casemix Collection: Overview of Clinician-Rated and Consumer Self-Report Measures V.2.1. https://www.amhocn.org/sites/default/files/publication_files/nocc_clinician_and_self-report_measures_overview_v2.1_20210913_1.pdf

RAND Corporation (2022). Rand Medical Outcomes Study: Mental Health Inventory Survey. https://www.rand.org/health-care/surveys_tools/mos/mental-health.html viewed 12 July 2022

Data element attributes

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Relational attributes

Related metadata references:

See also [Collection occasion—measure completion status, mental health code N Health](#), Standard 09/12/2022

See also [Collection occasion—survey version, mental health code XX\[XXX\] Health](#), Standard 09/12/2022

Implementation in Data Set Specifications:

[National Outcomes and Casemix Collection NBEDS 2023-24 Health](#), Superseded 06/12/2023

Implementation start date: 01/07/2023

Implementation end date: 30/06/2024

Conditional obligation:

In the National Outcomes and Casemix Collection (NOCC) NBEDS, this data element should be collected where:

Setting: inpatient, residential or ambulatory

Occasion: admission, review, and discharge*

Age group: adults or older persons

* Discharge ratings for the Mental Health Inventory (MHI-38) are not required by the ambulatory service or the consumer respectively, when the reason for the closure of the ambulatory episode is transfer to a bed-based treatment service setting of that organisation (i.e., psychiatric inpatient or community residential service).

Discharge ratings for the MHI-38 are not required for [brief ambulatory episode of mental health care](#) where the number of days between admission to and discharge from the episode of care is 14 days or less duration.

Consumers will be offered to complete MHI-38 at the specified Collection occasion but completion by the consumer is not mandatory. There are circumstances where offering such measures will not be appropriate and special considerations apply to the collection of consumer rated measures.

For more information on setting, occasion, or age groups, see the Mental Health National Outcomes and Casemix Collection, Technical specification of State and Territory reporting requirements <https://docs.validator.com.au/nocc/02.10/> (Australian Mental Health Outcomes and Classifications Network, 2022).

DSS specific information:

For the National Outcomes and Casemix Collection (NOCC), this data element is used to represent questions 1-38 of the Mental Health Inventory (MHI-38) survey instrument. Questions are asked of the consumer about the rating period, with a single allowable response for each question. This data element is re-used 38 times to represent all questions in the measure.

The rating period for the MHI-38 is the past month.

[National Outcomes and Casemix Collection NBEDS 2024-25 Health](#), Standard 06/12/2023

Implementation start date: 01/07/2024

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