

Mental Health Inventory (MHI)

by **James Lani**

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As a part of the National Health Insurance Study, the **Mental Health Inventory (MHI)** is a method for evaluating mental health issues such as anxiety, depression, behavioral control, positive affect, and general distress. This instrument helps in the measure of overall emotional functioning.

The Mental Health Inventory includes 38 items in which the respondent uses a 6-point Likert-style response and it can generally be done without help. The test takes approximately 5-10 minutes to administer. There is an abbreviated version of the MHI which has only 5 items.

Author

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Obtaining the MHI

[The Mental Health Inventory](#)

Validity and Reliability

According to the National Multiple Sclerosis Society, the Mental Health Inventory has a reported .93 Cronbach alpha rating whereas its abbreviated version has .82. This test is well-known and has been field tested in extensive populations. Also, the Mental Health Inventory showed a high correlation rating with [MSQLI](#), or Multiple Sclerosis Quality of Life Inventory.

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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References

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