

<i>ECHIM Indicator name</i>	<b>B) Health status</b> 39. Psychological well-being
<i>Relevant policy areas</i>	- Healthy ageing, ageing population - Health inequalities (including accessibility of care) - Mental health
<i>Definition</i>	To be developed, e.g. occurrence and extent of psychological well-being during past month.
<i>Key issues and problems</i>	Topic needs further development: - In the European Health Interview Survey (EHIS) wave I, variables for computing psychological distress were gathered by means of the Energy and Vitality Index (EVI) scale of the RAND Short Form 36. Though this is a well-validated instrument in Western countries, problems were encountered with its application in Eastern European countries. Based on these experiences, the plan for EHIS wave II is to drop the EVI scale from the questionnaire and to not replace it with an alternative for measuring generic mental health. - What instrument should we use for gathering data on psychological well-being in Europe, now that the EVI has proven inadequate in practice? - What data source to use now that EHIS will no longer provide data?
<i>Preferred data type and data source</i>	Preferred data type: Health Interview Survey Preferred source: ?
<i>Data availability</i>	No data available in the international databases.
<i>Rationale</i>	Psychological well-being is an important indicator of positive mental health and thus one of the core indicators to cover the mental health issue. Psychological well-being is linked to better general and mental health. Promotion and prevention activities may increase the level of well-being.
<i>Remarks</i>	- Perceived experience of energy and vitality is an important indicator of psychological well-being and positive mental health. However, cultural variations in experiencing and expressing the inner feelings and emotions have to be taken into account when interpreting the results.. - EHIS wave I questions (corresponding to the EVI score from the RAND Short Form 36) SF.2-SF.10: How much of the time, during the past 4 weeks: SF.2 Did you feel full of life? SF.6 Did you have a lot of energy? SF.8 Did you feel worn out? SF.10 Did you feel tired? The five response categories are: 1. All of the time; 2. Most of the time; 3. Some of the time; 4. A little of the time; 5. None of the time. - Recommendation by Mindful/Working Party Mental Health: a mean score of 62 or less on the Energy and Vitality Index (EVI) score (from the RAND Short Form 36 (SF-36 v1.0) questionnaire) is taken to indicate Psychological well-being. The score for EVI is computed by adding the scores of each question item and then transforming the raw scores to a 0–100-point scale. NB: SF-36 uses six answering categories, EHIS wave I used 5.
<i>References</i>	- EHIS standard questionnaire (version of 11/2006, used in first wave): <a href="http://ec.europa.eu/health/ph_information/implement/wp/systems/docs/ev_20070315_ehis_en.pdf">http://ec.europa.eu/health/ph_information/implement/wp/systems/docs/ev_20070315_ehis_en.pdf</a> - EHIS 2007-2008 Methodology: Information from CIRCA : <a href="http://circa.europa.eu/Public/irc/dsis/health/library?!=/methodologiessandsdatasc/healthsinteriewssurvey/ehis_wave_1/2007-2008_methodology&amp;vm=detailed&amp;sb=Title">http://circa.europa.eu/Public/irc/dsis/health/library?!=/methodologiessandsdatasc/healthsinteriewssurvey/ehis_wave_1/2007-2008_methodology&amp;vm=detailed&amp;sb=Title</a> - MINDFUL project: <a href="http://www.stakes.fi/mindful">http://www.stakes.fi/mindful</a> - RAND SF-36: <a href="http://www.rand.org/health/surveys_tools/mos/mos_core_36item.html">http://www.rand.org/health/surveys_tools/mos/mos_core_36item.html</a>
<i>Work to do</i>	- Investigate whether any existing tool is suitable for measuring psychological well-being across EU countries, if not, a new tool has to be developed and validated. - Incorporate (new) tool into regular data collections (→ discuss with international stakeholders).