

# **CARLA Seminar \* CePCO conference**

16 November 2020, 10h30-12h



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### **The Cascades Mental Health Assessment: Inventory Validation in the United States and in Namibia**

An efficient screening inventory for use in a normal adult population was developed with an eye to cross-cultural adaptation. Current measures of psychological disorders focus on a single domain, use vague response scales prone to reference-group effects, are very long, and/or focus on psychiatric-level problems. The CMHA was created to overcome these shortcomings, while providing comprehensive coverage of common problems. Items focus on specific behaviors, and the objective response scale assesses for concrete frequency in terms of days in the last month, to facilitate translation and adaption. Principal components analysis and IRT calibration were used to refine a preliminary version administered to 5,300 employees in the United States. The final 59-item version was administered to another large sample in the United States, and to three samples in Namibia ( $N = 1,912$ ), including speakers of English, Khoekhoe, and Oshiwambo. It provides an overall assessment, scores on three spectra (Internalizing, Externalizing, and Life Difficulties) and on nine subscales: substance abuse, anxiety, depression, post-traumatic stress, stress, sleep, anger, workplace disengagement, interpersonal conflict. Cross-group comparisons are drawn.

**Géopolis, Salle 4314 ou par Zoom:**

**<https://unil.zoom.us/j/94836632134> ID de réunion: 948 3663 2134**