

Mental Health Continuum Short and Long Form (MHC- SF)



This instrument measures emotional, social, and psychological wellbeing via 14 items that participants respond to on a 6-point Likert scale from *never* to *every day*. Items are summed for a total score out of 70, with higher scores indicating greater wellbeing. It is available in French, Korean, Chinese, Japanese, Dutch, Norwegian, Swedish, and Finnish, with more translations coming as researchers continue to translate it for their use. It has been used in hundreds of studies over the two decades since its creation. There is also a longer form with 40 items.

Pros for Schools

**Cons for
Schools**

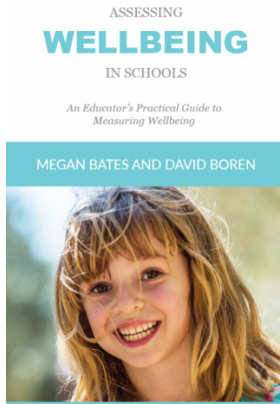
Multiple translations available
Although used primarily with adults, also
useful for 12-18-year-olds
Extensive overview of wellbeing for =
relatively few items
Long and short forms available

Suggestions for Further Research

Keyes, C. L. M. (2009). Atlanta: Brief description of the Mental Health Continuum short form (MHC-SF).

<https://edtechbooks.org/-gEPU>

Lee Kum Sheung Center for Health and Happiness. Mental Health Continuum Short Form. <https://edtechbooks.org/-DqM>.



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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