



Appendix A: Mental Health Inventory – 5 (MHI-5)

  
 TEXAS TECH UNIVERSITY  
 HEALTH SCIENCES CENTER.


**Date:** \_\_\_\_\_ **Log#:** \_\_\_\_\_

**Mental Health Inventory – 5 (MHI-5)**

**Instructions:**  
Please read each statement and select the response that best describes how you have felt during the past month. Circle the number corresponding to your response. **If you would not like to answer, put an "X" in the space provided** \_\_\_\_\_.

<p><b>1. During the past month, how much of the time have you been a very nervous person?</b></p> <ul style="list-style-type: none"> <li>• Never (0)</li> <li>• Rarely (1)</li> <li>• Sometimes (2)</li> <li>• Often (3)</li> <li>• Always (4)</li> </ul>	<p><b>4. During the past month, how much of the time have you been a happy person?</b></p> <ul style="list-style-type: none"> <li>• Never (0)</li> <li>• Rarely (1)</li> <li>• Sometimes (2)</li> <li>• Often (3)</li> <li>• Always (4)</li> </ul>
<p><b>2. During the past month, how much of the time have you felt calm and peaceful?</b></p> <ul style="list-style-type: none"> <li>• Never (0)</li> <li>• Rarely (1)</li> <li>• Sometimes (2)</li> <li>• Often (3)</li> <li>• Always (4)</li> </ul>	<p><b>5. During the past month, how much of the time have you felt so down in the dumps that nothing could cheer you up?</b></p> <ul style="list-style-type: none"> <li>• Never (0)</li> <li>• Rarely (1)</li> <li>• Sometimes (2)</li> <li>• Often (3)</li> <li>• Always (4)</li> </ul>
<p><b>3. During the past month, how much of the time have you felt downhearted and blue?</b></p> <ul style="list-style-type: none"> <li>• Never (0)</li> <li>• Rarely (1)</li> <li>• Sometimes (2)</li> <li>• Often (3)</li> <li>• Always (4)</li> </ul>	<p><b>Total Score:</b> _____</p> <div style="text-align: right;">                       Please scan for resources or provide feedback                 </div>


Updated 01/13/25  
The questions in this questionnaire are for research purposes only. SignatureCare assumes no liability for the responses provided. This document is associated with Texas Tech University Health Sciences Center.

  
 TEXAS TECH UNIVERSITY  
 HEALTH SCIENCES CENTER.

**Date:** \_\_\_\_\_ **Log#:** \_\_\_\_\_

**Inventario De Salud Mental-5 (MHI-5)**

**Instrucciones:**  
Por favor lea cada declaración y seleccione la respuesta que mejor describa cómo se ha sentido durante el último mes. Marque con un círculo el número correspondiente a su respuesta. **Si no desea responder, coloque una "X" en el espacio proporcionado** \_\_\_\_\_.

<p><b>1. Durante el último mes, ¿cuánto tiempo ha sido una persona muy nerviosa?</b></p> <ul style="list-style-type: none"> <li>• Nunca (0)</li> <li>• Raramente (1)</li> <li>• Algunas veces (2)</li> <li>• Frecuentemente (3)</li> <li>• Siempre (4)</li> </ul>	<p><b>4. Durante el último mes, ¿cuánto tiempo ha sido una persona feliz?</b></p> <ul style="list-style-type: none"> <li>• Nunca (0)</li> <li>• Raramente (1)</li> <li>• Algunas veces (2)</li> <li>• Frecuentemente (3)</li> <li>• Siempre (4)</li> </ul>
<p><b>2. Durante el último mes, ¿cuánto tiempo se ha sentido tranquilo y en paz?</b></p> <ul style="list-style-type: none"> <li>• Nunca (0)</li> <li>• Raramente (1)</li> <li>• Algunas veces (2)</li> <li>• Frecuentemente (3)</li> <li>• Siempre (4)</li> </ul>	<p><b>5. Durante el último mes, ¿cuánto tiempo se ha sentido tan deprimido que nada podría animarlo?</b></p> <ul style="list-style-type: none"> <li>• Nunca (0)</li> <li>• Raramente (1)</li> <li>• Algunas veces (2)</li> <li>• Frecuentemente (3)</li> <li>• Siempre (4)</li> </ul>
<p><b>3. Durante el último mes, ¿cuánto tiempo se ha sentido desanimado y triste?</b></p> <ul style="list-style-type: none"> <li>• Nunca (0)</li> <li>• Raramente (1)</li> <li>• Algunas veces (2)</li> <li>• Frecuentemente (3)</li> <li>• Siempre (4)</li> </ul>	<p><b>Total Score:</b> _____</p> <div style="text-align: right;">                       Por favor, escanea para acceder a recursos o para dar su opinión.                 </div>

Updated 01/13/25  
Las preguntas de este cuestionario son solo para fines de investigación. SignatureCare no asume ninguna responsabilidad por las respuestas proporcionadas. Este documento está asociado con el Centro de Ciencias de la Salud de la Universidad Tecnológica de Texas.

### Scoring Guide

#### Step 1: Verify Questionnaire Completion

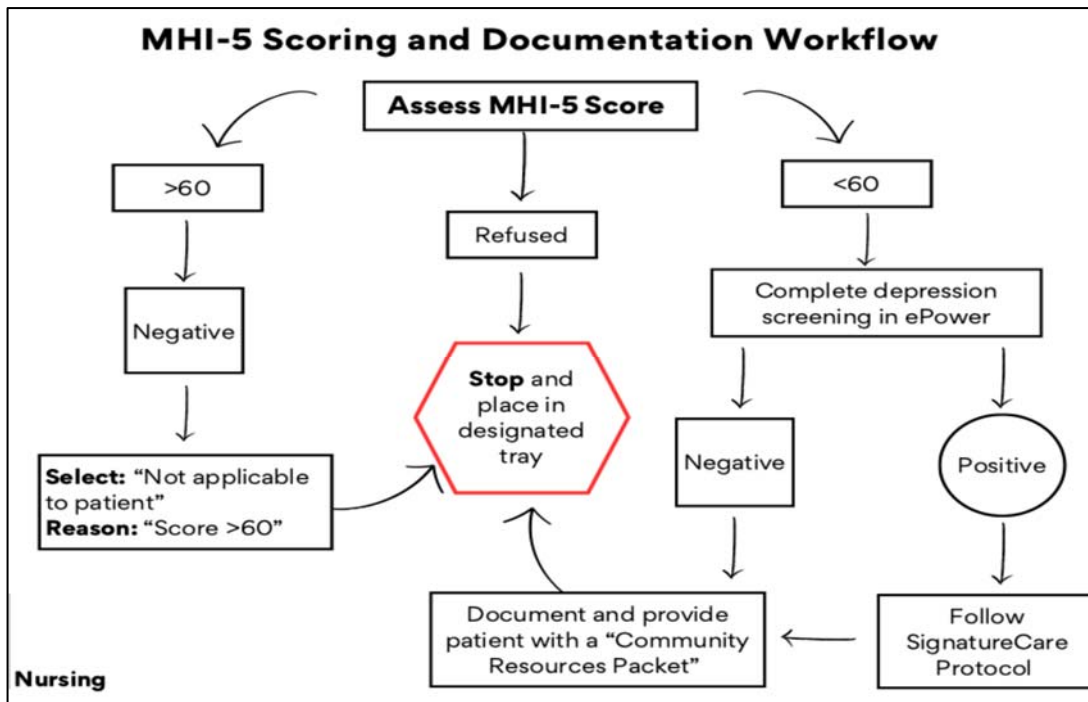
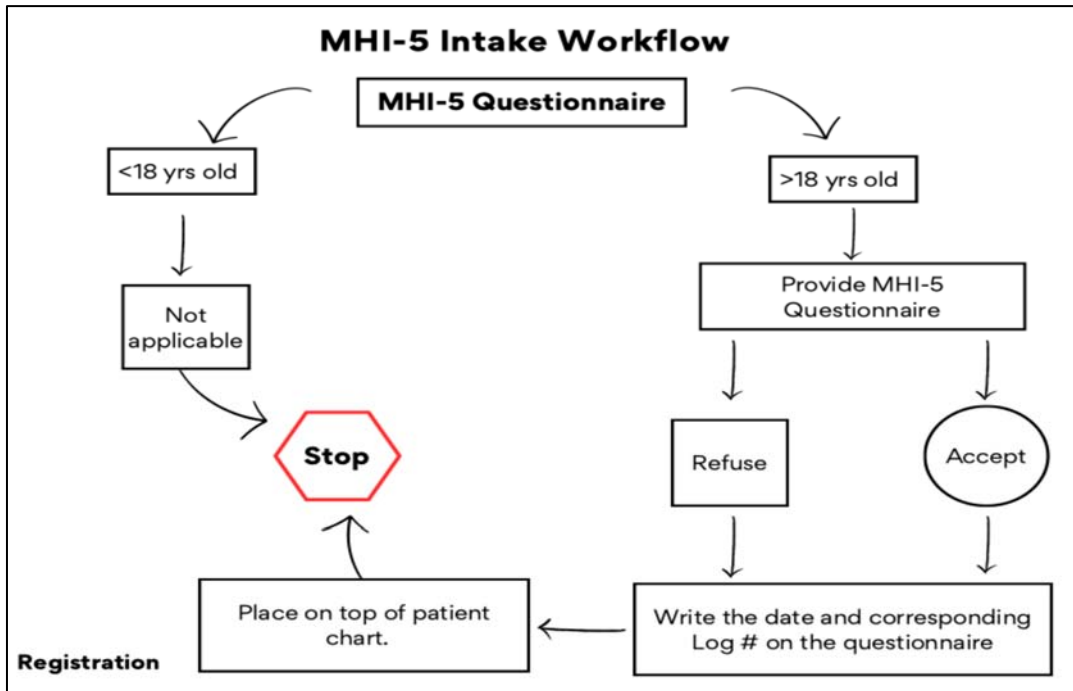
- Check that all five questions are answered.
- If any responses are missing or unclear, kindly ask the patient to complete or clarify.

#### Step 2: Calculate the Total Score

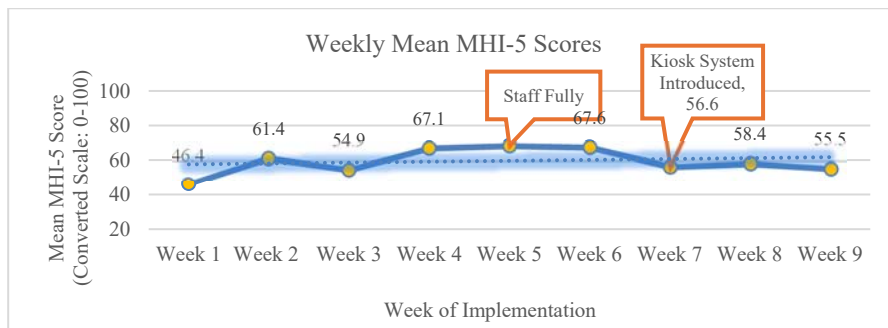
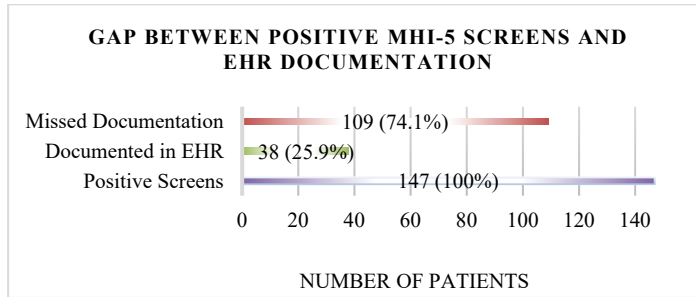
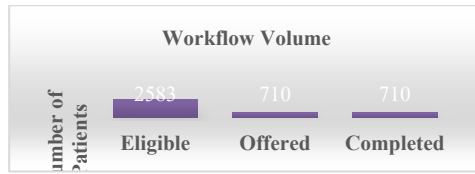
- Add the quick score from all five questions.
- **Reverse Score question # 2 and # 4:**
  - “During the past month, how much of the time have you felt calm and peaceful?”
  - “During the past month, how much of the time have you been a happy person?” Reverse scoring:
    - Never = 4, Rarely = 3, Sometimes = 2, Often = 1, Always = 0.
- Quick Score / 20 X 100 = Final Score
  - Example: Quick Score = 12
    - $12 / 20 \times 100 = \text{Final Score}$
    - $0.6 \times 100 = 60$
    - Final Score = 60

#### Step 3: Interpret the Score

- **MHI-5 Score  $\geq 60$  (No Concern):**
  - Interpretation: No significant mental health concerns.
  - Action:
    - Document: “**MHI-5 score  $\geq 60$ : No concern**” in ePower.
    - Select “**Not applicable to patient**” in the depression screening section.
- **MHI-5 Score  $\leq 60$  (Concern Present):**
  - Interpretation: Potential mental health concerns requiring further evaluation.
  - Proceed with integrated facility PHQ-2 questionnaire and procedural flow chart.



Appendix C: Results



Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			Sig. F Change	
					R Square Change	F Change	df1		
1	.840 <sup>a</sup>	.706	.702	1.897	.706	186.681	7	544	<.001

a. Predictors: (Constant), Mental\_Doc\_num, Age, Sex\_num, Medication\_History\_num, Lan\_eng, Final\_result\_num, Medical\_History\_num

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
		B	Std. Error				Lower Bound	Upper Bound
1	(Constant)	16.764	.446		37.549	<.001	15.887	17.641
	Age	.020	.006	.079	3.365	<.001	.008	.031
	Lan_eng	-.751	.360	-.049	-2.087	.037	-1.459	-.044
	Sex_num	.540	.164	.078	3.303	.001	.219	.862
	Final_result_num	-6.243	.193	-.795	-32.427	<.001	-6.622	-5.865
	Medication_History_num	.043	.210	.005	.204	.838	-.369	.455
	Medical_History_num	-.914	.397	-.061	-2.301	.022	-1.693	-.134
	Mental_Doc_num	-.149	.196	-.018	-.759	.448	-.535	.237

a. Dependent Variable: total\_score

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
total_score	.123	553	<.001	.942	553	<.001

a. Lilliefors Significance Correction

Hypothesis Test Summary

	Null Hypothesis	Test	Sig. <sup>a,b</sup>	Decision
1	The distribution of total_score is the same across categories of Week.	Independent-Samples Kruskal-Wallis Test	.019	Reject the null hypothesis.

a. The significance level is .050.

b. Asymptotic significance is displayed.

**Relationship of Chief Complaint with Positive Screen**

