A Single-Item Measure of Self-Rated Mental Health (SRMH) In the Chinese Context: Reliability and Mental Health Correlates

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Self-rated mental health (SRMH) assessments provide a simple yet valuable tool for understanding individuals' subjective perceptions of their mental well-being. This research aims to develop and validate a single-item meainglegrehtns1grehttns1greei FRUUHODWLRQ ZLWK PHQWDO KHDOWK LQGLFDWRU DQGHU FRUHLWD DOLGLW TKHM QGLQJV UJHWWKDWWKHL VQJOHLWHP 650+ PHDXHKROG SRWHQWLDO IRU HFLHQWDQG FXWX DOOQLWLM PHQWDOKHDOWKDMHQWLQ KLQHM SRSXODWLRQV

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SRMH and various mental health's correlates. Specically, higher SRMH scores were positively correlated with greater life satisfaction (r = -0.56, p < .001) and perceived social support (r = 0.62, p <0.001), and negatively correlated with psychological distress (r = -0.45, p < .001) and perceived stress (r = -0.38, p <0.001).

Regression analysis further conrmed these associations, with SRMH signicantly predicting psychological distress (= 0.32, p <0.001), life satisfaction (= 0.48, p <0.001), social support (= 0.51, p <0.001), and perceived stress (= -0.27, p <0.001) aer controlling for demographic variables.

Discussion

e ndings of this study provide support for the reliability and validity of a single-item SRMH measure tailored to the Chinese context. e measure demonstrated satisfactory internal consistency and showed meaningful associations with various mental health indicators, including psychological distress, life satisfaction, social support, and perceived stress.

e positive correlations between SRMH and life satisfaction, as well as perceived social support, are consistent with previous research highlighting the importance of positive mental health perceptions in promoting overall well-being. Conversely, the negative associations between SRMH and psychological distress, as well as perceived stress, underscore the signicance of subjective mental health assessments in identifying individuals at risk for mental health problems. Overall, the single-item SRMH measure oers a brief yet eective tool for assessing mental health perceptions in Chinese popu life s.Tws and lrtalicof a