

# Validation of a Social Emotional Health Survey among Japanese Junior High School Students

Junko Iida (University of Tsukuba) · Ikuko Aoyama (Tsuru University) · Kie Sugimoto (Mejiro University)

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## Purpose

- The Social Emotional Health Survey (SEHS; Furlong et al., 2014) has been used globally for measuring students' mental health wellness.
- SEHS can be used with distress scale to screen students based on Dual-Factor Model of mental health (Fig. 1; Greenspoon & Saklofske, 2001).
- The purpose of the present study was to extend SEHS-S research by validating the SEHS-S with a nonwestern sample of Japanese junior high school students.

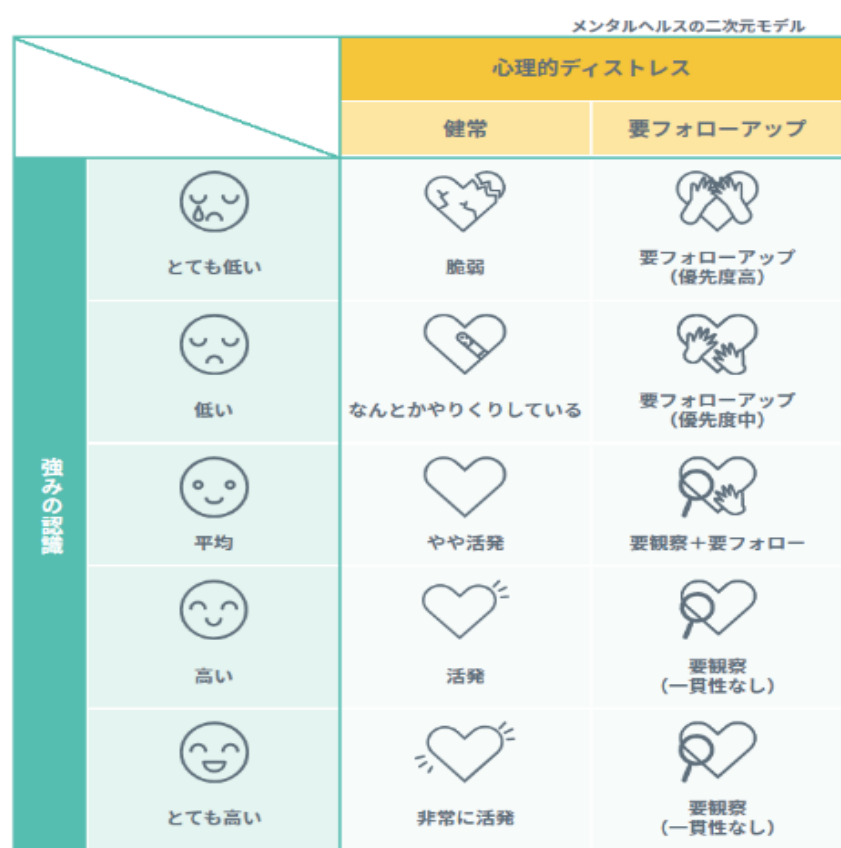
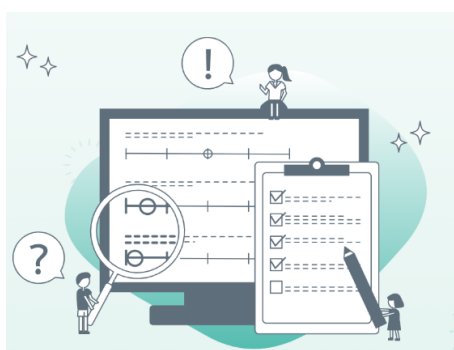


Fig. 1 Dual-Factor Model of mental health

## Method

- Conducted online survey to 1,181 Japanese junior high school students ages 12-15 (Male = 550; Female = 553; not identified = 78) from 3 public schools in Kanto region and 1 in Chugoku region.



## Results



- CFA supported the internal validity of the SEHS-S with a second-order model.
- Higher covitality predicted higher well-being and lower problems, evidence of concurrent validity (Fig. 2).
- Analyses supported the factorial invariance for different gender and grade level.
- Females reported higher BO and EC and lower BS and EL than males.
- Grade 9 students reported higher Covitality, BS, EC, BO than Grade 8 students.

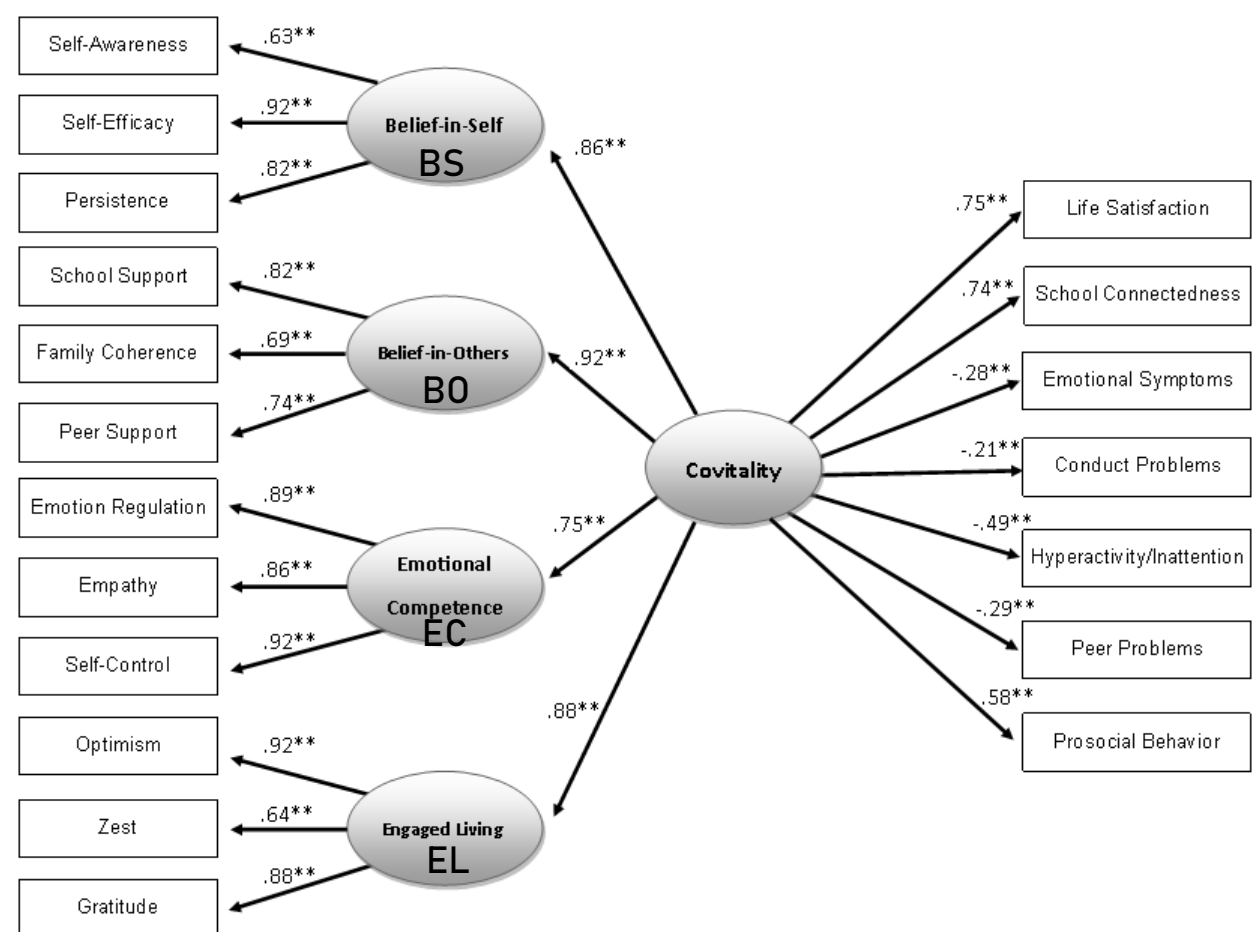


Fig. 2 SEHS hierarchical covitality model

## Conclusion

- Results support expanding the use of the SEHS-S as a universal wellness screener in Japan.
- Further study is needed to establish how to use the SEHS-S most effectively with Japanese junior high school students in a culturally sensitive manner.