

# **A Discussion on the Webinar on Mental Health and Well-being during the Pandemic**

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# Summary and Contributions

- Aim: Translate and validate DASS-21 into five Philippine languages
  - Standards in translating and adapting tests
- Contributions
  - Validating translated test vs common practice
    - Translate test without validating them afterwards
    - Assume same properties as original test
  - Five languages
  - Promote ethics in the practice of psychology
  - Useful during and after the pandemic

# Reporting Standards on Quantitative Research

- Sample size and power: intended and achieved sample size, determination of sample size (power analysis)
- Demographics among samples
- Reliability coefficients: alpha and omega
- Missing data

<https://www.apa.org/pubs/journals/releases/amp-amp0000191.pdf>

<https://www.journals.uchicago.edu/doi/pdfplus/10.5243/jsswr.2010.8>


# Other Points to Consider

- Characteristics of translators
- Dialect
- Measurement invariance
- Properties at the item level

# Dealing with mental health concerns

- Facebook pages
  - Psychological Association of the Philippines
  - Philippine Mental Health Association
  - Etc.

# Dealing with mental health concerns



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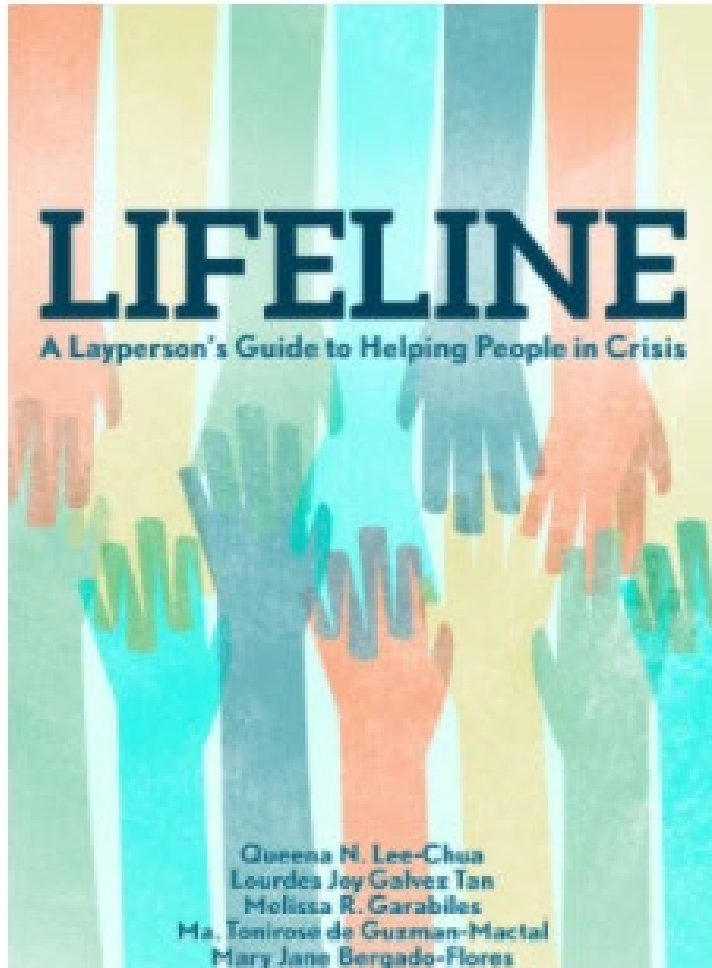
to help take care of your mental  
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# Dealing with mental health concerns



- **Control social media exposure**
  - Minimize use
  - Read trustworthy news. Share trustworthy news.
- **Be kind to self and to others:**
  - Keep in touch with others – from a distance
  - Set boundaries to minimize stressors (limit work hours, avoid toxic people/situations)
  - Donate if you can, what you can
  - Get vaccinated as soon as possible
  - Register and vote in 2022