

Minute Meeting 03.03.2009

Participants: Seppo Koskinen; Noora Kuosmanen; Päivikki Koponen; Jaana Suvisaari; Satu Viertiö; Sebastian Pena¹

Meeting place: Institute for Health and Welfare, meeting room C1

Time: 8.30-10.00

1. The aim of this meeting was to select the measurements of mental health for the core survey.
2. It was not possible to discuss pending issues from the last meeting with Päivi Sainio from 8.15.
3. Sebastian Pena presented briefly about:
 - a. The need to reduce the length of the measurements for the follow-up study
 - b. Mental health measurements in the Health 2000 survey
 - c. Comparison with EU recommendations

Health examination.

4. The M-CIDI could be reduced to three core sections: Depressive disorders, alcohol abuse and dependence and anxiety disorders. The sections about bipolar disorders, psychosis and drug use could be left out.
5. Within each section, it is difficult to reduce the number of questions, because the M-CIDI was programmed in Germany as well as reliability problems. Jaana will ask Sami Pirkola about this, but prefers to drop another section instead of shortening them.
6. The second section of depressive disorders asks about dysthymia and should also be included. At the end, there might be questions that could be removed.
7. The possibility that only a subgroup of the sample will undergo a health examination is not problematic. Although it is possible to include some instruments in the interview (such as K6/K10), the GHQ-12 covers those aspects very well and might be enough.

Main Questionnaire

8. Conclusions:
 - a. **Included:** GHQ-12, Beck's depression inventory (BDI) and the Maslach burnout scale (MBS-QS) are the most important ones and should be included. The question about last-month quality of life will also be included (Q1.3).
 - b. **Perhaps:** Other instruments that perhaps should be included: TAS-20; 15D and Euro-QOL; SPAQ; Social environment during growth years and Sarason's social support questions; trust and social capital (Q1.81).
 - c. **Excluded:** SCL-12; Antonovsky coherence scale; Whiteley health index.
9. Discussion:
 - a. 15D has been used for research; the Euro-QOL has not been validated and has a ceiling effect. Samuli Saarni might be helpful in this topic.
 - b. Use of alcohol will be discussed during the health habits meeting. Health 2000 participants felt pestered by repeated questions about alcohol. Responses for questions 56 and 57 might be too rare.
 - c. Social environment during growth years (Q1.67) is useful and could be included to test reliability. It is retrospective and at risk of recall bias. Sarason's social support has also been used and would be important to have it. The NAPS study included several questions of social support and could be useful to compare Sarason's with other similar questions.

¹ Writer of this minute.

- d. Questions about trust are used to measure social capital. This is an important determinant although frequently understood as a characteristic of the environment. Tarja Nieminen and Tuija Martelin are experts in this area.
 - e. We did not discuss job perception and job strain in detail. Kirsi Ahola is an expert in this area.
 - f. SPAQ has been used a lot. It provides continuous variables on a scale of 30 points.
 - g. Q3.21 (experiences of the influence of alcohol) also annoyed Health 2000 participants.
 - h. TAS-20 has been widely used for research, particularly by Matti Joukamaa and Antti Jula. Even though it might be the first follow-up population study in this topic, including this instrument will depend on funding.
10. Jaana suggested including questions about suicide and eating disorders. Not much information of eating disorders (specially binge eating) is available in Finland; for this purpose, the SCOFF questionnaire has been validated in Finland and could be carried out for the young adults (at baseline).

Health interview.

11. Question B25 (and subsections) will be included. The section about mental health services has been extensively used by Juha Hämäläinen.

Funding

12. A longitudinal study should be more attractive for funders than cross-sectional ones. However, other types of studies (especially genetic studies) are more fashionable. Adding questions about gambling problems might be a good strategy.