

MHPE: An Introduction to a Complete Evaluation Tool

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Introduction

The questionnaires are tools for evaluation close to the tests. Whereas the latter aim at highlighting aptitudes, the questionnaires extend to a more general use which understands the evaluation of the attitudes [1]. The questionnaires are very amply used to collect data in many disciplines and for many years. They allowed and make it possible to study many social phenomena, political and are at the base of very many decisions, as well in the social world as commercial. However, there is no measurement without error of measurement. A questionnaire is a series of questions methodically asked to define a case, a situation, a request among many possibilities. A questionnaire can be the object of a form, or a set of data-processing menus. One can regard it as model of an administrative course. The questionnaires are also research tools for the social sciences, in particular psychology, sociology, marketing and the geography [2]. The questionnaires do not escape this problem. But the size of the errors of measurement varies according to the exact formulation of the questions, the scales of answers suggested, the mode of data-gathering, etc. Consequently, there exists a full literature on how to formulate the questions to minimize these errors of measurement differently, or said, to maximize their quality.

General Advantages and Disadvantages of a Questionnaire

Classically, one will speak about questionnaires when the participant is alone to answer the asked questions. Some speak about questionnaires or 'spoken questionnaires' when they carry out maintenance of the directing type [3]. The writing or the oral examination, each individual answer the same questions, but in the order which it wishes. Compared to an investigation by talks, the use of the questionnaire allows working on a large sample.

The number of participants is not limited by time (the questionnaire is fast to diffuse, the participant answers its rhythm apart from the presence of the trainees) or by the costs (displacements, telephone expenses). A questionnaire allows to decrease effects related to the personality of the interviewers, to adapt to the rhythm and the timetable of the participant. On the other hand, the questionnaire does not allow to restart and to reformulate to help the participant to express his point of view.

The other inconvenient is the fact that, it does not ensure that the questions will be correctly indicated and without lapses of memory (when a question is inappropriate, tedious or asking too much effort, the people can decide to stop the questionnaire or to pass to easier things). Investigators cannot know which answers truly and cannot control the rate of answers. The questions can relate to personal facts, facts concerning of other people, the facts concerning of the things or the organizations, the attitudes, the opinions, the beliefs, or of knowledge. According to what one wishes to collect and of the treatment of the answers considered, one can adopt a particular formulation. One indeed distinguishes two forms from questions: opened and closed. The closed questions understand several subcategories: lists, rankings, scale, etc. to know the principle, advantages, limits and possibilities of exploitation: to see an example... Another example makes it possible to appreciate the advantages and disadvantages of various formulations of the same question.

The Mental Health Profile of Etindele Questionnaire

The Mental Health Profile of Etindele questionnaire (MHPE) offered a new tool for detection of cognitive decline and mental health. It permits an easy and precise investigation of the early symptoms of neurodegenerative disease, as well as cognitive decline; for both healthy and unhealthy population [4]. Major brain disorders as well as central nervous or cognitive failure, have common signs they shared each other. It remains important to evaluate precisely without or before invasive investigations, which profile the disease hides behind the symptoms in front [1-4]. Monitoring the mental state contributes both to prevention and; monitoring early manifestations of cognitive decline will decrease considerably memory complaints and prevent the onset of mental disorders [5]. Early detection of cognitive impairment can improve handling of dementia and associated illness [5-7]. The questionnaire Mental Health Profile of Etindele (MHPE) computed and grouped most of these signs and symptoms and sort out the more precise and useful scale in mental health field. Demographic and clinical data, well-being, drug usage associated with cognitive impairments, gender, level of education, family history disorders, memory deficiency and cognitive disorders, sleep disorders, suicidal behavior and tendencies, as well as physical activity data were collected and computed in one scale [4,8,9]. Its psychometrics properties are described by Etindele Sosso et al. [4,9]. Many studies were leads to validate his psychometric

properties [1,2,4,8-10]. MHPE is precise, trustable and applicable in many contexts in research or clinical investigation.

It is mainly used for sleep disorders. It can be used online, in the interview, by phone, by the participant himself or the therapist, clinician or researcher. Recent published articles demonstrated that, MHPE allows an efficient collection of data on principle mood disorders like depression, anxiety and well-being [4,8-12]. It also allows to investigate early signs of neurological dysfunctions like sleep disorders, while in the same time it provides sociodemographic measure of the participant. Accuracy and utility of Mental Health Profile of Etindele should be validated in other languages like Spanish, Arabic and English. The global score and categories will be upgraded to include comorbidities risk factors metabolic diagnosis and obesity, which can clearly impact the trajectory of diseases and may increase the quality of the current questionnaire. A wide use of this questionnaire will spread his different applications in the field of psychology, dementia, neurology and sociology [13-16].

Conclusion

The MHPE will affect for sure, practice and research; if it is optimizing in different languages and release in shorter format by the author. Currently the French version contains 72 questions and this can discourage people to fill it. In the other hand, the questionnaire collects a lot of data and helps researchers to save time. More projects should be made with the questionnaire to estimate the impact on the future.

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