

## RESEARCH POSTER PRESENTATION II: MENTAL HEALTH

124.

### VALIDATION OF THE ASK SUICIDE-SCREENING QUESTIONS (ASQ) AS A SUICIDE SCREENING TOOL FOR ADOLESCENTS IN THE OUTPATIENT POPULATION OF A TERTIARY HOSPITAL

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**Purpose:** Suicide is the second leading cause of death among people 15–29 years of age according to the 2014 Global Report on Preventing Suicide by the WHO. A short screening tool that is translated and validated is needed for early screening of adolescents at risk of suicide. This will be the first study to translate the ASQ or the Ask Suicide-Screening Questions, a 4-item suicide risk screening instrument, into Filipino and then validate it among Filipino adolescents. It will also look into the validity of the English version of the ASQ among Filipino adolescents. To date, no similar study has been done in the local setting.

**Methods:** This is a cross-sectional instrument validation study. The ASQ was translated into Filipino using internationally recommended standards. There were 215 adolescents included in the study. The subjects were randomly assigned to answer either the English ASQ or the Filipino ASQ. They were also asked to answer the PHQ-9.

**Results:** Item-level content validity index (I-CVI) was computed using the proportion of experts who agree that the item is quite or highly relevant. An I-CVI of 0.80 means that 80% of the experts felt that the item was either quite or highly relevant. With each of the items having an I-CVI exceeding 0.80, the experts deemed the Filipino ASQ to have adequate content validity. Descriptive statistics was used to summarize the feedback of the patients regarding the questionnaire. For concurrent validity, the point-biserial correlation between the ASQ items and PHQ-9 were computed, which showed weak concurrent validity. Confirmatory factor analysis (CFA) was done to determine the construct validity of the questionnaire. Absolute fit indexes such as chi-square goodness of fit, root mean square error of approximation, and standardized root mean square residual were calculated. The CFA turned out to be acceptable. For internal consistency, the overall Kuder Richardson coefficient of reliability for the final ASQ was 0.366. A higher coefficient was found in the English version (KR20 at 0.531) as compared to the Filipino version (KR20 at -0.056). Majority of subjects were in the 12–14 yrs with slight preponderance of females and forty five percent (45%) had medical problems. The median PHQ-9 was zero.

**Conclusions:** The Filipino version of the ASQ had acceptable content and face validity, CFA was a good fit, construct validity was acceptable. However, the ASQ had weak concurrent validity against the PHQ-9 and internal consistency was low which may be due to inconsistencies in answering, interpretation of terms and the nature of the construct of interest which was suicide. Despite these limitations,

the results suggest that the Filipino ASQ has a potential to be a viable tool to assist health care workers in screening for suicide among adolescents. Our effort to validate the ASQ is a useful step in this direction. We believe this study will encourage additional interests on mental health and suicide research among Filipino adolescents.

**Sources of Support:** Self-funded.

125.

### EVALUATION OF AN ARTS-BASED EDUCATIONAL PROGRAM TO REDUCE MENTAL-HEALTH-RELATED STIGMA AMONG ADOLESCENTS IN INDIA

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**Purpose:** Youth avoid seeking help for mental health problems due to mental-health-related stigma. Unlike high income countries, limited studies assess the impact of arts-based educational interventions on reducing such stigma among youth in low- and middle-income countries. A mixed methods, pre-post control group study was conducted (July 2016 - October 2017) to evaluate a six-week, arts-based educational program aimed to reduce mental-health-related stigma among youth in India.

**Methods:** An arts-based educational program was developed based on health communication theories, a pilot intervention, a theory of change workshop with youth and two systematic reviews on mental-health-related stigma among youth. This program was delivered in four public and private colleges in Hyderabad, India in partnership with a community-based organization, artists and mental health counsellors. The main outcome related to reduced stigma was measured using the Reported and Intended Behavior Scale (a composite measure of self-reported willingness to live with, work with, live nearby or continue a relationship with someone having a mental health problem). A higher score indicates lower stigma and more favorable intended behavior towards people living with mental health problems. Participant responses were measured at baseline and post-intervention after six weeks. Intervention feasibility and acceptability was assessed through weekly feedback forms and focus group discussions with participants. We assessed whether outcome measures differed from pre- to post- among the groups using multi-level mixed-effects regression models clustered on the school level and adjusting for relevant confounders.

**Results:** The study involved a total of 432 participants in three groups: participants creating art on the theme of mental-health-related stigma (n=123), a student audience attending an art show by participants (n=244) and a control group (n=65). We collected 745 feedback forms from participants creating art after every session. Between baseline and post-test, workshop participants showed significantly more favorable intended behavior towards people with mental health problems than members of the control group (coefficient=1.55, 95%CI 0.06–3.04, p=0.041). Improvement in workshop