

Sukoon Psychosocial Illness Scale

The following statements reflect your mental health. Please read these carefully and chose only one of the seven responses for each statement.

- | | | | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | I mostly remain sad. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | I am usually tensed. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | I stay worried all the time. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | I have lost interest in life. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | I am unhappy with my life. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | I cannot manage my stress easily. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | My sexual performance is unsatisfactory. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | I am unable to perform well sexually. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | I get tensed because of my sexual performance. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | My life does not have any purpose. | | | | | | |
| | Very False | False | Slightly False | Not Sure | Slightly True | True | Very True |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- 11 I am a useless person.
 Very False False Slightly False Not Sure Slightly True True Very True
- 12 I don't care about the life hereafter.
 Very False False Slightly False Not Sure Slightly True True Very True
- 13 I do not go to the places where I get afraid.
 Very False False Slightly False Not Sure Slightly True True Very True
- 14 I avoid fearful situations.
 Very False False Slightly False Not Sure Slightly True True Very True
- 15 I do not want to meet with people who make me nervous.
 Very False False Slightly False Not Sure Slightly True True Very True
- 16 I am not interested in understanding spirituality.
 Very False False Slightly False Not Sure Slightly True True Very True
- 17 I don't believe in metaphysics.
 Very False False Slightly False Not Sure Slightly True True Very True
- 18 I am not interested in thinking about my existence.
 Very False False Slightly False Not Sure Slightly True True Very True
- 19 I don't have enough money to satisfy my family.
 Very False False Slightly False Not Sure Slightly True True Very True
- 20 I have financial problems.
 Very False False Slightly False Not Sure Slightly True True Very True
- 21 I have problems at work.
 Very False False Slightly False Not Sure Slightly True True Very True

Psychometric Properties

Scale: Sukoon Psychosocial Illness Scale (SPIS)

Description: The SPIS is a multidimensional instrument designed to evaluate psychosocial illness by systematically assessing disturbances across six core domains: emotional, sexual, religious and moral, social, spiritual, and professional functioning. Each domain reflects a critical facet of psychosocial health, offering a comprehensive understanding of the non-biomedical dimensions of mental disorders. By incorporating culturally and contextually salient dimensions—such as religious and moral concerns or spiritual dissonance—the SPIS provides a more ecologically valid and culturally sensitive approach to mental health assessment, particularly in non-Western, collectivist, or spiritually-oriented societies. The scale represents a paradigm shift in conceptualizing and diagnosing mental disorders, moving beyond symptom-based psychiatric nosology toward a more integrative, person-centered model. It captures the lived experiences of individuals navigating psychosocial challenges in dynamic social, moral, and existential environments. The SPIS emerges as a valuable tool for both researchers and clinicians seeking to understand and intervene in psychosocial illness from a holistic framework. Its application holds promise in broadening the diagnostic lens and informing therapeutic strategies that align with the individual's sociocultural and spiritual realities. By contributing to the evolving landscape of psychological assessment, the SPIS underscores the necessity of embracing diverse and interconnected dimensions of psychosocial functioning in the pursuit of optimal mental health and wellbeing.

Language: English

Items: 21

Sub-scales: emotional problems (items 1-6), sexual problems (items 7-9), religious and moral problems (items 10-12), social problems (items 13-15), spiritual problems (items 16-18), and professional problems (items 19-21)

Reverse coded items: Nil

Response sheet: very false (scored 1), false (scored 2), slightly false (scored 3), not sure (scored 4), slightly true (scored 5), true (scored 6), very true (scored 7)

Participants: 684 (Men=297; Women=387; Age range=18-55 years; Mean Age=23 years; Education range=Matriculation to Doctorate; Average education=Graduation)

Reliability:

Cronbach's alpha: Sukoon psychosocial illness scale = 0.886; emotional problems =0.879; sexual problems =0.914; religious and moral problems =0.736; social problems =0.786; spiritual problems =0.693; professional problems = 0.794

Item-total correlations range from 0.283 to 0.730 with $p < 0.01$ (mean=0.546)

Item-scale correlations range from 0.675 to 0.944 with $p < 0.01$ (mean=0.824)

Construct Validity: Chi-square test: Baseline model: $\chi^2 = 2990.936$, $df = 210$, Factor model: $\chi^2 = 333.915$, $df = 174$, $p < 0.001$; Additional Fit Measures: Comparative Fit Index (CFI): 0.942; Tucker-Lewis Index (TLI): 0.931; Bentler-Bonett Non-normed Fit Index (NNFI): 0.931; Bentler-Bonett Normed Fit Index (NFI): 0.888; Parsimony Normed Fit Index (PNFI): 0.736; Bollen's Relative Fit Index (RFI): 0.865; Bollen's Incremental Fit Index (IFI): 0.943; Relative Noncentrality Index (RNI): 0.942; Information Criteria: Log-likelihood: -10961.466, Number of free parameters: 78, Akaike (AIC): 22078.931, Bayesian (BIC): 22367.827, Sample-size adjusted Bayesian (SSABIC): 22120.457; Root mean square error of approximation (RMSEA): 0.055; RMSEA 90% CI lower bound: 0.046; RMSEA 90% CI upper bound: 0.064; RMSEA p-value: 0.159; Standardized root mean square residual (SRMR): 0.052; Hoelter's critical N ($\alpha = .05$): 185.878; Hoelter's critical N ($\alpha = .01$): 198.937; Goodness of fit index (GFI): 0.957; McDonald fit index (MFI): 0.766; Expected cross-

validation index (ECVI): 1.633; Kaiser-Meyer-Olkin (KMO) Test: Overall KMO: 0.861; KMO for individual indicators ranged from 0.726 to 0.931; Bartlett's Test of Sphericity: $\chi^2 = 2902.869$, $df = 210$, $p < 0.001$; R-Squared: Explained variance (R^2) for each factor ranged from 0.415 to 0.740

Convergent Validity: Significant positive correlation with psychological distress ($r=0.699$, $p<0.01$)

Discriminant Validity: Significant inverse correlation with psychosocial health ($r= -0.270$, $p<0.01$)

Interpretation of Results:

21 to 42 = No significant psychosocial illness

43 to 63 = Slight psychosocial illness

64 to 105 = Moderate psychosocial illness

106 to 147 = Severe psychosocial illness

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