

## **ABSTRACT**

RESEARCH: Validity and Reliability of a Mental Health Recovery Checklist for Young Adults

STUDENT: Brianna Cerrito

DEGREE: Master of Science, Quantitative Psychology

DEPARTMENT: Educational Psychology

DATE: July 2023 (Graduation)

PAGES: 15

The present study aimed to evaluate the reliability and construct validity of a Mental Health Recovery Checklist (MHRC), which assesses six domains (i.e., family/relationships, occupation/school, physical health, mental health, spirituality, and social support systems) related to the mental health recovery process. Archival data from a total of 400 young adult clients, ages 18 to 35, who previously sought treatment at an intensive outpatient mental health treatment program for young adults was analyzed. The results demonstrated evidence of a unidimensional scale, indicating that the MHRC may be useful as a unified measure for evaluating clinical progress of clients in treatment for mental health recovery. The results also demonstrated good reliability of the MHRC, providing further evidence for its usefulness in assessing the recovery process across multiple domains. This checklist may be particularly valuable in intensive outpatient mental health treatment settings, where ongoing monitoring and evaluation of clients' progress is essential for mapping trajectory and prognosis as it relates to treatment planning. Further research could explore the applicability of the MHRC in other settings and with different populations, as well as its sensitivity to changes in the recovery process over time. Overall, this study offers initial support for the validity and reliability of the MHRC and speaks to the importance of a standardized mental health checklist.