

TRANSLATION AND VALIDATION STUDY OF THE SUBJECTIVE HAPPINESS SCALE (SHS) IN GREEK GENERAL POPULATION, DIABETES MELLITUS AND PATIENTS WITH EMOTIONAL DISORDERS

G.N. Lyrakos^{1,2}, **H. Dragioti**³, **C. Batistaki**¹, **V. Spinaris**²

¹2nd Dep of Anesthesiology, Pain Unit, School of Medicine, University of Athens, Attikon Hospital, Athens, ²Psychiatric Department, General Hospital Nikaia Agios Panteleimon, Nikaia, ³Psychiatric Department, Sotiria Hospital, Athens, Greece

Introduction: The SHS is a brief four-item measure of global subjective happiness rated on a Likert scale from 1 (strongly disagree) to 7 (strongly agree). SHS is suited for different age, occupational, linguistic, and cultural groups, is easy to implement and its short form possesses measurement accuracy.

Objectives: To test the psychometric properties of SHS.

Aims: To validate an easy to use and valid measurement, for primary care and during treatment assessment in psychiatric patients with emotional disorder (PPED) and general population (GP) in Greece.

Methods: Translation was performed using the multiple forward and backward translation protocol. Life orientation test (GrLOT-R), Depression anxiety stress scale (DASS) and Satisfaction with life Scale (SWLS), was also administered to check construct validity of SWLS.

Results: 856 adults participated, 218 (25.5%) males, 638 (74.5%) females. The total scale of the SWLS had a coefficient alpha of .756. Item - total correlations where from .223-.735. Factor analysis has supported a unidimensional model with 1 factor explaining 59.4% of the total variance. Mean scores differed significantly between GP (M=18.4±4.4) and PPED (M=15.2±4.2) (Mean differences=4.622 p< .001). There was significant negative correlation with stress (r=-.443 p< .001) anxiety (r=-.350 p< .001) and depression (-.416 p< .001) and positive with GrLOT-R (r=.574 p< .001) and SWLS (r=.678 p< .001).

Conclusions: The results of the current validation study suggest that the Greek translation of the SHS is both reliable and valid, with good construct and discriminant validity and psychometric properties close to those reported in the international literature.