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The Reliability and Validity of the 5-Item Who Well-Being Index (WHO-5) amongst Doctors and Nurses in Nigeria

Fiabilité et Validité de l'Indice de Bien-Être de l'OMS en 5 points (OMS-5) chez les Médecins et les Infirmières du Nigeria

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ABSTRACT

BACKGROUND: The WHO-5 is a brief measure of psychological well-being. Validity studies for the WHO-5 are quite limited in sub-Saharan Africa and most importantly, no study has confirmed the unidimensional factor structure of the instrument in Nigeria. The aim of this research is to evaluate the reliability and determine the unidimensional factor structure of the WHO-5 well-being index in a population of medical doctors and nurses in Nigeria during the COVID-19 pandemic.

METHODS: Overall, 464 medical doctors and nurses from various parts of Nigeria, completed the assessment between April and July 2020. The participants completed the WHO-5 well-being index and the 9-item Patient Health Questionnaire (PHQ-9). Principal Component Analysis (PCA) was carried out. The internal consistency of the WHO-5 was measured and external validity was determined as well.

RESULTS: The inter-item correlations among the WHO-5 items ranged from 0.447 to 0.685. Internal consistency was adequate (Cronbach's alpha = 0.868). The corrected item-total correlations ranged from 0.596 to 0.750 with a mean of 0.693. PCA identified a single factor structure of the WHO-5. The WHO-5 significantly correlated with the PHQ-9 ($r = -0.590$), ascertaining convergent validity.

Conclusion: The WHO-5 demonstrated satisfactory reliability and validity in our study population. It is therefore a suitable measure for the assessment of the mental well-being of healthcare professionals in our environment. **WAJM 2022; 39(7): 708–713.**

Keywords: WHO-5, Well-being, Reliability; Validity; Nigeria.

RÉSUMÉ

CONTEXTE: L'OMS-5 est une brève mesure du bien-être psychologique. Les études de validité de l'OMS-5 sont assez limitées en Afrique subsaharienne et surtout, aucune étude n'a confirmé la structure factorielle unidimensionnelle de l'instrument au Nigeria. L'objectif de cette recherche est d'évaluer la fiabilité et la structure factorielle unidimensionnelle de l'indice de bien-être WHO-5 dans une population de médecins et d'infirmiers au Nigeria pendant la pandémie de COVID-19.

MÉTHODES: Au total, 464 médecins et infirmières de diverses régions du Nigeria, ont complété l'évaluation entre avril et juillet 2020. Les participants ont rempli l'indice de bien-être de l'OMS-5 et le questionnaire sur la santé des patients en 9 points (PHQ-9). Une analyse en composantes principales (ACP) a été réalisée. La cohérence interne de l'OMS-5 a été mesurée et la validité externe a également été déterminée.

RÉSULTATS: Les corrélations inter-items entre les items de l'OMS-5 varient de 0,447 à 0,685. La cohérence interne était adéquate (alpha de Cronbach = 0,868). Les corrélations item-total corrigées variaient de 0,596 à 0,750 avec une moyenne de 0,693. L'ACP a identifié une structure factorielle unique de l'OMS-5. L'OMS-5 a été significativement corrélé avec le PHQ-9 ($r = -0,590$), ce qui atteste la validité convergente.

CONCLUSION: L'OMS-5 a démontré une fiabilité et une validité satisfaisantes et la validité dans notre population d'étude. Il s'agit donc d'une mesure appropriée pour l'évaluation du bien-être mental des professionnels de santé dans notre environnement. **WAJM 2022; 39(7): 708–713.**

Mots-clés: OMS-5, Bien-être, Fiabilité, Validité, Nigeria.

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Abbreviations: PCA, Principal Component Analysis.