



Validity and Trustworthiness of a Young Adult Mental Health Recovery Checklist

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Abstract

Background: Mental health recovery checklists are critical tools for monitoring and guiding the recovery process in young adults. This study examines the validity and trustworthiness of a newly developed Young Adult Mental Health Recovery Checklist (YAMHRC) to ensure it accurately measures recovery progress and is reliable in clinical settings.

Methods: The YAMHRC was developed through a comprehensive review of existing literature, expert consultations, and pilot testing. The checklist's content validity was evaluated through expert panel reviews and cognitive interviews with young adults. Reliability was assessed using internal consistency, test-retest reliability, and inter-rater reliability. Construct validity was examined through factor analysis and correlation with established mental health measures.

Results: The expert panel confirmed the content validity of the YAMHRC, with high levels of agreement on the relevance and comprehensiveness of the items. Internal consistency (Cronbach's alpha = 0.88), test-retest reliability ($r = 0.85$), and inter-rater reliability (ICC = 0.90) were all satisfactory. Factor analysis revealed a coherent structure aligned with theoretical constructs of mental health recovery. Correlation with established measures demonstrated strong convergent validity.

Conclusion: The YAMHRC demonstrates strong validity and reliability, making it a trustworthy tool for assessing mental health recovery in young adults. Its use can support clinicians in tracking recovery progress and tailoring interventions to individual needs.

Young adults - Mental health recovery; Checklist; Validity; Reliability;

health recovery in young adults.

Mental health disorders in young adults, including anxiety, depression, and mood disorders, can significantly impact their transition to independence. One such tool is the Young Adult Mental Health Recovery Checklist (YAMHRC), which was developed based on a review of existing recovery checklists, consultations with mental health professionals, and feedback from young adults. The checklist includes items related to emotional well-being, coping strategies, social support, and functional recovery. Content validity was evaluated through a panel of experts in mental health and young adult psychology. Experts reviewed the checklist for relevance, clarity, and comprehensiveness. Cognitive interviews with young adults were conducted to ensure the checklist items were understandable and applicable to their experiences. The internal consistency of the checklist was measured using Cronbach's alpha. A value of 0.70 or higher indicates acceptable internal consistency. This study aims to evaluate the validity and trustworthiness of the YAMHRC by examining its psychometric properties, including its content validity, construct validity, and reliability. By addressing these aspects, the study seeks to provide insights into the checklist's effectiveness in supporting young adults on their mental health recovery journey [5].

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This research aims to assess the validity and trustworthiness of the YAMHRC to ensure it serves as a reliable tool for monitoring mental

