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Russian adaptation of Stress Mindset Measure-General (SMM-G)

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Introduction: The 8-item Stress Mindset Measure-General (SMM-G) is an instrument designed to assess stress-is-enhancing and stress-is-debilitating mindsets. The stress-is-enhancing stress mindset positively correlates with well-being indices and work productivity and negatively correlates with depression and anxiety scores. Mindset could be changed after a psychological, psychoeducational, or psychotherapeutic intervention.
Objectives: We aim to adapt the SMM-G for adolescents and to explore its factor structure and psychometric properties in a sample of Russian students.
Methods: A total of 564 Russian students (337 men, 229 women) from 9 universities aged 17 to 23 years (M=19,9) participated in the study. We computed reliability indicators, conducted exploratory factor analysis (EFA) and confirmatory factor analysis (CFA).
Results: Psychometric indicators are shown in Table 1. As a result of EFA (maximum likelihood, varimax rotation), two factors (eigenvalues 3,430 and 1,645) were extracted, accounting for 42,9% and 20,6% explained variance. Then, we tested the proposed model via CFA (Table 2).

Table 1. Psychometric indicators

Mean value ± std	Cronbach`s alpha	Test-retest reliability (n=179, one month between assessments)
1,175±0,165	0,805	0,563

The first factor includes all odd-numbered questions, while the second factor contains all even-numbered questions. This is consistent with the questionnaire's structure, leading to a natural interpretation of factors as the stress-is-enhancing and stress-is-debilitating mindsets.

Table 2. CFA results

Fit indices	Acceptable values	One-Factor Model	Two-Factor Model
CMIN/DF	≤5	7,516	4,298
GFI	≥0,9	0,895	0,959
AGFI	≥0,9	0,828	0,902
CFI	≥0,9	0,680	0,890
RMSEA	≤0,08	0,107	0,076

Conclusions: Russian adaptation of SMM-G has shown good psychometric characteristics and constitutes a useful assessment instrument.

Disclosure: No significant relationships.
Keywords: mindset; Stress; scale

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Stigma towards mental illness in med students: you label me, I label you?

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Introduction: Evidence suggests that besides having stigmatizing misconceptions towards people with mental illness, medical students and doctors often resist seeking help for their own mental issues. This is a vulnerable group for stress and other mental health problems, due not only to professional burden but also high perfectionism and low self-compassion.
Objectives: To analyse the relationship between mental health stigma (MHS) and other variables related to personality and emotional states in a sample of medical students.
Methods: 634 medicine and dentistry students (mean age = 21.6±6.9;81.4% female) answered to a survey including sociodemographic data, self-perception of psychological health/SPPH and the Portuguese validated versions of: Link's Perceived Discrimination and Devaluation (PDD) scale to assess MHS and its two dimensions - social stigma/SocS and self-stigma/SelS; Depression Anxiety Stress Scale (DASS-21); Neff's Self-Compassion Scale (SCS); and Big Three Perfectionism Scale (BTPS). Correlations, t-student tests and linear regressions were performed with SPSS 27.0.
Results: Stigma correlated negatively to SPPH and positively to DASS, the negative poles of SCS (self-judgement, isolation and over-identification) and BTPS second-order factors (all from p<.05 to p<.01). No gender differences in MHS were observed. Participants with higher mean levels of total and SelS had significantly higher scores in all DASS dimensions and lower SPPH; participants with higher SocS also scored higher in DASS, but didn't reveal lower SPPH. Isolation was a significant predictor of SocS (R2=2.8%;p<.05); isolation and narcissistic perfectionism were significant predictors of SelS (R2=11%;p<.01).
Conclusions: Our results highlight the importance of including MHS as a main need in the curricula of future doctors.

Disclosure: No significant relationships.
Keywords: Mental Health Stigma; psychological distress; perfectionism

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An Overview Of The Mental Health Problems Among Elite Athletes – Is It A Dream Or A Nightmare?

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Introduction: Mental health problems (MHP) are common among elite athletes (EA) and have received increased attention recently,