Indian Validation of Healthy-Unhealthy Music Scale (HUMS)

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Background

Healthy-Unhealthy Music Scale (HUMS) is a compact 13-item instrument developed for assessing musical engagement strategies which has in turn found to be an indicator of proneness for depression in youth (Saarikallio, Gold, & Mcferran, 2015). The scale has been constructed, tested and validated with Australian adolescents. Its intelligibility and comprehensibility opens up prospects for testing its adoption as a screening tool for maladaptive musical engagement in a cross-cultural context.

Aim

The objective of this study is to validate the HUMS scale for Indian population by replicating the original study and analysing its congruities and disparities with respect to its correlations to self-reported measures of depression, rumination, and mental well being and differences in its factorisation of sub-scales.

Method

141 individuals (mean age = 24.32, sd = 3.83 years, 80 males) participated in an online survey comprising
- HUMS questionnaire,
- Kessler Psychological Distress Scale (K10)
- Mental Health Continuum-Short Form (MHC-SF)
- Rumination-Reflection Questionnaire (RRQ)

Results

▷ *Cronbach alpha* for **healthy** and **unhealthy** scores was found to be 0.82 and 0.83 respectively, which is **higher than** those of the **original study** (0.78 and 0.83 respectively**)**

▷ *t*-tests revealed **significantly higher *K10*** scores in **females than males** while males displayed significantly higher *MHC-SF* scores than females as was found in the original study

▷ Stepwise-regression analysis to identify items explaining K10 scores revealed that **35% of the variance** was explained by items associated with **avoidance** (i.e., I hide in my music because nobody understands me, and it blocks people out; Music makes me feel bad about who I am; Music leads me to do things I shouldn't do) **rather than rumination**.

| Scales	Original Study		Current Study	
	Healthy	Unhealthy	Healthy	Unhealthy
Healthy	1		1	
Unhealthy	0.14*	1	0.21*	1
K10	0.18**	0.67**	0.01	0.54**
MHCSF	0.09	-0.48**	0.18*	-0.22*
Rumination	0.21**	0.50**	-0.06*	0.44**
Reflection	0.24**	0.01	0.01	0.03

*p < .05; **p < .01

Partial correlations (controlling gender) between various scales

1. When I listen to music I get **stuck** in bad memories.
2. When I try to use music to feel better I actually **end up feeling worse**.
3. I like to listen to songs **over and over** even though it makes me feel worse.
4. Music gives me an **excuse** not to face up to the real world.
5. It can be **hard to stop** listening to music that connects me to bad memories.
6. Music makes me feel **bad about who I am**.
7. I **hide** in my music because nobody understands me, and it blocks people out.
8. Music **leads me to do things** I shouldn't do.
9. I **feel happier** after playing or listening to music.
10. Music gives me the **energy** to get going.
11. When I'm feeling **tense** or tired in my body music helps me to **relax**.
12. Music **helps** me to **relax**.
13. Music helps me to **connect** with other people who are like me.

13-item HUMS questionnaire

Factor Analysis

original study / current study

2-Factor Model

3-Factor Model
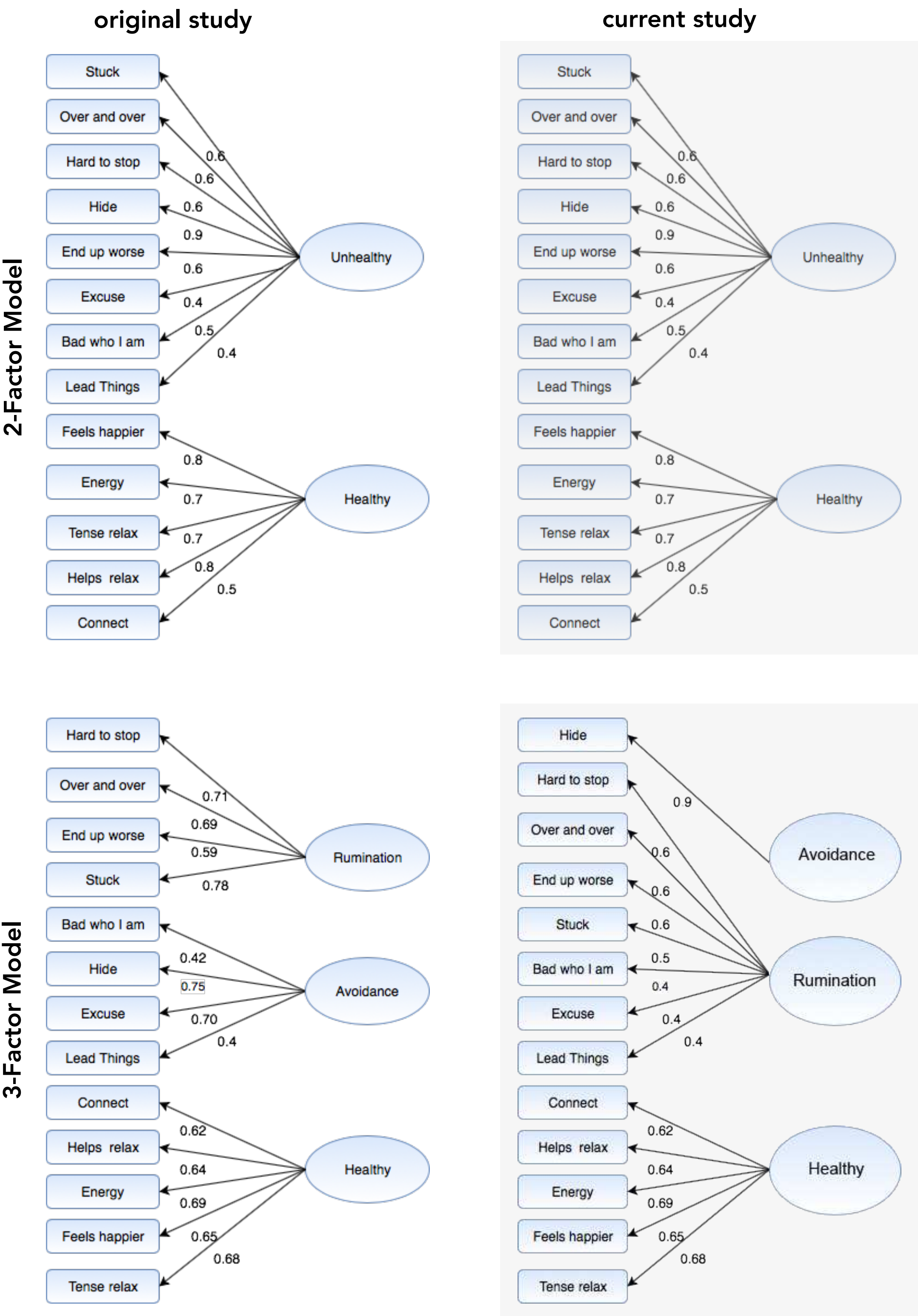
Conclusions

Overall, HUMS unhealthy appears to be valid and reliable for detecting proneness to depression in Indian population. However, the items of HUMS representing avoidance turn out to be better predictors of proneness to depression. To conclude, these results reflect how collective cultures, being more persistent in extracting socially relevant behaviour, promote avoidance as an individual response to asocial/depressive tendencies.

References

Saarikallio, S., Gold, C., & Mcferran, K. (2015). Development and validation of the Healthy-Unhealthy Music Scale. *Child and Adolescent Mental Health*, *20*(4), 210 - 217. http://doi.org/10.1111/camh.12109

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ICMPC15·ESCOM10 2018

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