

Article: 0287

Topic: EPO02 - e-Poster Oral 02: Cultural Psychiatry, Epidemiology and Social Psychiatry, Forensic Psychiatry and Neuroimaging

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## Cultural Validation of the Portuguese Version of the Multicultural Mental Health Awareness Scale - MMHAS

A. Monteiro<sup>1</sup>, A.B. Fernandes<sup>1</sup>

<sup>1</sup>Health Sciences Research Unit: Nursing, Escola Superior de Enfermagem de Coimbra/Coimbra Nursing School, Coimbra, Portugal

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### Introduction

Cultural competence is an essential component in rendering effective and culturally responsive services to culturally and ethnically diverse clients.

### Aims

The aim of this study was to evaluate the reliability and validity of the Portuguese version of the Multicultural Mental Health Awareness Scale – MMHAS (Khawaja, Gomes & Turner, 2008).

### Methods

After a process of translation and transcultural validation, the Portuguese version of MMHAS, along with a sociodemographic questionnaire, were applied to a sample of 306 Portuguese nurses, aged between 21 and 68 years, with an average age of 35,4 years and a standard deviation of 9,8 years; 25.2% female and 74.8% male. A psychometric research design was used with content and construct validity and reliability.

### Results

The factor analysis confirmed that the MMHAS has a three-factor of multicultural competencies (*Cultural Awareness*, *Cultural Knowledge* and, *Cultural Skills*) explaining 59.51% of the total variance. The Portuguese version of MMHAS has a strong internal consistency, with a Cronbach's alpha of 0.958 for total scale.

### Conclusion

The results supported the construct validity and reliability of the **Portuguese version of MMHAS**. The scale can be used to evaluate the effectiveness of the multicultural competency training programs in mental health nursing.