The Mental Health Profile of Etindele Questionnaire (MHPE) offered a new tool for detection of cognitive decline and mental health. It permits an easy and precise investigation of the early symptoms of neurodegenerative disease, as well as cognitive decline; for both healthy and unhealthy population. It is mainly used for sleep disorders. It can be use online, in interview, by phone, by the participant himself or the therapist, clinician or researcher. Recent published articles demonstrated that, MHPE allows an efficient collection of data on principles mood disorders like depression, anxiety and well-being [1-13]. It also allows to investigate early signs of neurological dysfunctions like sleep disorders, while in the same time it provides sociodemographic measure of the participant [1,6,8]. Accuracy and utility of Mental Health Profile of Etindele should be validate in other languages like Spanish, Arabic and English. The global score and categories will be upgraded to include comorbidities risk factors metabolic diagnosis and obesity, which can clearly impact the trajectory of diseases and may increase the quality of the current questionnaire. A wide use of this questionnaire will spread his different applications in the field of psychology, dementia, neurology and sociology.

References