

Psychometric Properties of The WHO-5 Well-Being Index in Vietnamese Undergraduate Students: Unidimensionality, Reliability and Measurement Invariance Across Gender, Academic Major and Area of Origin

Thi My Luong Tran¹ & Dang Trung Nguyen²

¹*Vietnam Women's Academy, Vietnam*

²*Hanoi Metropolitan University, Vietnam*

Research about university student mental health has focused predominantly on psychological distress with less attention to positive well-being. This imbalance is particularly consequential in Vietnam where evidence on the psychometric performance of the World Health Organization Five Well-Being Index (WHO-5) in undergraduate populations remains limited. The present study evaluated the WHO-5 in 655 Vietnamese undergraduate students ($M_{\text{age}} = 19.70$, $SD = 1.36$; 81.4% female), focusing on its unidimensional structure and measurement invariance across substantively important student subgroups. Confirmatory factor analysis (CFA) supported a one-factor model ($CFI = .984$, $RMSEA = .079$, $SRMR = .016$), and score reliability was excellent ($\omega = .944$). Multigroup CFA further supported configural, metric, and scalar invariance across gender, academic major, and area of origin. Convergent validity was supported by a large negative association with psychological distress measured by the GHQ-12 ($r = -.58$, $p < .001$). These findings extend available evidence on the WHO-5 by demonstrating score comparability across academic major and area of origin, two subgrouping variables that have rarely been examined in prior validation research. Overall, the WHO-5 appears to be a reliable and valid instrument for assessing subjective well-being among Vietnamese university students.

Keywords: WHO-5; well-being; measurement invariance; Vietnamese undergraduate students; gender; region; academic major.

Access to Full Text

The full text of this article is available through institutional subscriptions via major academic databases and aggregators, including **EBSCO**, **ProQuest**, and **Cengage**. The *North American Journal of Psychology* is indexed in **Scopus** and **APA PsycINFO**, and access to full articles is typically available through university and research library systems.

Author info: Correspondence should be sent to: Luong Tran PhD,
Email: luongttm@hvpnv.edu.vn

North American Journal of Psychology, 2026, Vol. 28, No. 3, 1425-1440
© NAJP <https://doi.org/10.65696/001c.164829>

