

## **DEVELOPMENT AND VALIDATION OF PSYCHOLOGICAL DISTRESS FOR CHINA UNIVERSITY STUDENTS USING EXPLORATORY AND CONFIRMATORY FACTOR ANALYSIS**

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### **ABSTRACT**

College is a time to prepare for the shift from school to work and youth to adulthood. Nonetheless, psychological anguish is common among Chinese college students, particularly in the wake of COVID-19. Thus, the number of researchers studying psychological distress is increasing. Through the development and validation of an instrument, this study seeks to examine the effectiveness of psychological distress. To have a deeper knowledge of this issue, this instrument was designed and validated using the Psychological Distress Scale framework, which was created by Kessler et al. (2003). 406 valid responses from a China university were obtained from this cross-sectional study for the pilot program. Exploratory factor analysis (EFA) was performed on 204 participants using SPSS, while confirmatory factor analysis (CFA) was performed on 202 data using AMOS. According to the findings of experts, certain expressions need to be clarified. The results of the EFA later showed that each item only belonged to one concept with greater loading factors; nevertheless, four items were removed before the study to satisfy the discriminant validity, construct validity, and convergent validity of the CFA. A thorough assessment is required since, despite the acknowledged significance of psychological discomfort in academic contexts, there is insufficient research on its validity and reliability in the Chinese population.

**Keywords:** psychological distress, confirmatory factor analysis, exploratory factor analysis.