

National Survey of Mental Ill-Health Attitudes and Experiences

(THE FOLLOWING TEXT WAS DISPLAYED THROUGHOUT THE SURVEY IN THE FOOTER)

For any queries, please contact us. You are able to stop the survey at any time by clicking save and return to complete it later. You can re-start the survey by clicking on the same link, it will take you to where you left.

[Lifeline](#) | [13 11 14](#) | [Web Chat](#) - 7pm to midnight (AEST) | Text | [0477 13 11 14](#) - 12pm to midnight (AEST)

INTRODUCTION

The research is being conducted on behalf of the National Mental Health Commission and the Behavioural Economics Team of the Australian Government. The purpose of the research is to better understand and respond to the social situations faced by people experiencing mental health problems.

For most people it will take about 15 minutes, for some people it may take a bit longer.

We will ask you questions to get your thoughts about mental health and the experiences of those who might face mental health problems. We also ask about how others have reacted to you if you or someone close to you has experienced a mental health problem. We will not ask you to identify yourself or another person. Your responses will not be stored with any information that could identify you.

Do I have to complete the survey?

If you do not wish to take part, you do not have to. If you decide to take part and change your mind, you are free to stop the survey at any stage. If you stop before completing we will not keep your responses.

What are the risks to me?

You may feel that some of the questions we ask are stressful or upsetting. If you do not wish to answer a question, you may skip it and go to the next question, or you may stop immediately. It is possible that answering questions on these topics may cause some people distress.

If you experience any distress before, during or after taking part, you can access confidential support by contacting free support services such as:

- [Lifeline](#) | [13 11 14](#) | [Web Chat](#) - 7pm to midnight (AEST) | Text | [0477 13 11 14](#) - 12pm to midnight (AEST)
- [MensLine Australia](#) | [1300 78 99 78](#) | [Web Chat](#)
- [Suicide Call Back Service](#) | [1300 659 467](#) | [Web Chat](#)
- [Kids Helpline](#) | [1800 55 1800](#)

Can I change my mind?

You can change your mind about completing the survey at any time. If you stop the survey before you complete we will not keep your responses.

Where can I get more information?

Further information is available in a participant information page found [here](#). The information collected will be treated in strict confidence.

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee.

Please click 'Next' to start the questionnaire.

SCREENING FOR NONPROB BOOST ONLY

How old are you today?

1. Specify [RANGE: ALLOW 18-110]
99. Prefer not to say [GO TO TERM]

How do you describe your gender?

1. Man or male
2. Woman or female
3. Non-binary
96. I use a different term (please specify)
98. Don't know [GO TO TERM]
99. Prefer not to say [GO TO TERM]

Which state or territory do you live in?

1. New South Wales
2. Victoria
3. Queensland
4. South Australia
5. Western Australia
6. Tasmania
7. Northern Territory
8. Australia Capital Territory
99. Prefer not to say [GO TO TERM]

What is your current residential postcode?

1. <RANGE ALL VALID POSTCODES BASED ON P_STATE]
98. Not sure [GO TO TERM]
99. Prefer not to say [GO TO TERM]

STIGMATISER PERSPECTIVE: VIGNETTES

Please read the following statement about a person with a health problem. They are not a real person, but there are people who have had experiences like them. If you happen to know someone who resembles them in any way, that is just by chance.

[DISPLAY IF ON FIRST VIGNETTE] We will then ask some questions about this person. Some of these questions and other questions in this survey cover topics that may be upsetting for people with a personal experience of a mental health problem. If you do not wish to answer a question, you may leave it blank and click 'Next' to move past it.

[DISPLAY IF ON SECOND VIGNETTE] We will show you one more statement, this time about a different person. We will then ask the same questions as we did for the first statement.

[ALL PARTICIPANTS ARE SHOWN THE EARLY SCHIZOPHRENIA VIGNETTE AND ONE OTHER SELECTED AT RANDOM. THE ORDER OF TWO VIGNETTES IS ALSO RANDOMISED WITH 50 PERCENT RESPONDING TO THE EARLY SCHIZOPHRENIA VIGNETTE FIRST AND 50 PERCENT RESPONDING TO THE EARLY SCHIZOPHRENIA VIGNETTE SECOND.]

[EARLY SCHIZOPHRENIA VIGNETTE]

The person is 24 years old. Since finishing school, they have had a few temporary jobs but they are currently unemployed. Over the last six months, they have stopped seeing friends and they have begun locking themselves in their bedroom. They often walk about their bedroom through the night. When alone, they sometimes shout and argue as if someone else is there. They are afraid to leave home because they think the neighbour is spying on them. They do not take recreational drugs.

1. Continue

ES_1 Please answer the following questions with this person in mind. Would you be willing to:

- a) Move next door to someone with this problem
- b) Spend an evening socialising with someone with this problem
- c) Make friends with someone with this problem
- d) Start working closely with someone with this problem
- e) Have someone with this problem marry into the family
- f) Have someone with this problem look after your children

- 1. Yes, definitely
- 2. Yes, probably
- 3. Probably not
- 4. Definitely not

- 97. Not applicable [ONLY DISPLAY FOR STATEMENT F]
- 98. Don't know
- 99. Prefer not to say

ES_2 How would you describe the problem experienced by the person in the statement?

Please select all that apply.

- 1. Depression
- 2. Anxiety disorder
- 3. Nervous breakdown
- 4. Schizophrenia
- 5. Social phobia
- 6. Eating disorder
- 7. Borderline personality disorder
- 8. Bipolar disorder
- 9. Self-harm
- 10. Stress
- 11. Cancer
- 12. Mental health problem
- 13. Mental illness
- 96. Other (please specify)

- 97. Nothing
- 98. Don't know
- 99. Prefer not to say

ES_3 To what extent do you agree or disagree with each of the following statements with this person in mind.

- a) People with this problem **could snap out of it if they wanted**
 - b) This problem is **a sign of personal weakness**
 - c) This problem is **not a real medical illness**
 - d) People with this problem are **dangerous**
 - e) It is best to avoid people with this problem **so you don't become this way yourself**
 - f) People with this problem are **unpredictable**
 - g) If I had this problem **I would not tell anyone**
 - h) **I would not employ** someone if I knew they had this problem
 - i) **I would not vote for** a person if I knew they had this problem
 - j) People with this problem are **putting it on to seek attention**
 - k) Most people with this problem **don't try hard enough to get better**
 - l) People with this problem **will never recover enough to have good quality of life**
 - m) People with this problem **should be forced into treatment with their doctor even if they don't want to**
 - n) **I feel pity** for people with this problem
 - o) **I feel scared** of people with this problem
 - p) **I feel anger** towards people with this problem
 - q) It is **their own fault** that people with this problem are in this condition
 - r) **I would help** a person with this problem
 - s) **For the most part, other people think the same way I do about** people with this problem
-
- 1. Strongly agree
 - 2. Somewhat agree
 - 3. Neither agree nor disagree
 - 4. Somewhat disagree
 - 5. Strongly disagree
-
- 98. Don't know
 - 99. Prefer not to say

[LONG TERM SCHIZOPHRENIA VIGNETTE]

The person is 38 years old. They are always on their own and are often seen sitting in the park talking to themselves. At times, they stand and move their hands as if to communicate to someone in nearby trees. They rarely drink alcohol. They speak using uncommon and sometimes made-up words. At times, they accuse shopkeepers of giving information about them to other people. Their landlord complains that the person will not let them clean the room, which is increasingly filled with glass objects. The person says they are using these "to receive messages from space". They have not worked a paid job for years.

[DEPRESSION VIGNETTE]

The person is 24 years old. They have been feeling unusually sad and miserable for the last few weeks. Even though they are tired all the time, they wake up early and can't get back to sleep. They don't feel like eating and have lost weight. They can't keep their mind on their work and put off making decisions. They used to love playing guitar, but now they aren't interested in it. Even day-to-day tasks seem too much for them. This has come to the attention of their boss, who is concerned about this person's lowered productivity.

[SOCIAL PHOBIA VIGNETTE]

The person is 24 years old. They would really like to make more friends but they are scared that they will do or say something embarrassing when they are around others. They rarely say a word in work meetings and they become incredibly nervous, tremble, blush and feel like they might vomit if they have to answer a question or speak in front of their workmates. They are quite talkative with their close relatives, but they become quiet if anyone they don't know well is present. They know their fears are unreasonable but they can't seem to control them and this really upsets them.

[BIPOLAR DISORDER VIGNETTE]

The person is 24 years old. In the past there were times when they felt very sad and low without there being a specific reason for it. In contrast to this and to their usual behaviour, they are currently in an exceptionally good mood without any specific reason. They act very impulsively and erratically. They speak rapidly and tell others that they are having lots of new ideas and thoughts. They will often wake up earlier than usual but still feel bursting with energy. They sometimes manage without any sleep and still don't feel tired. Unusually for them, they have been spending a lot of money recently, including buying a new car. Their family is concerned that they are spending more money than they can afford.

[EATING DISORDER VIGNETTE]

The person is 24 years old. They go to the gym twice a week to keep their fitness levels up. A few months back they started to feel that they looked heavier than other people at the gym. They also noticed a lot of posts on Facebook about weight loss. They decided to follow a low calorie diet – at first limiting their food intake for a couple of months, but then dropped to very low calories. They weigh themselves twice a day and spend most of their time thinking about food and weight. They have come to the attention of their boss, who is concerned that they have been having trouble concentrating at work.

[BORDERLINE PERSONALITY DISORDER VIGNETTE]

The person is 24 years old. They sometimes have angry outbursts at their workplace and recently lost their job because of these problems. They also have angry outbursts with friends and family. They enter new short-term relationships quickly, again and again. They are terrified each new partner will leave them, which makes them lash out at their partners when they feel unloved. Their relationships often seem to end with a fight or with arguments. They tend to find people either exceptionally admirable or terrible. Their mood is unstable and they feel like nobody understands them. They often feel like they are empty inside.

[NON-SUICIDAL SELF-INJURY VIGNETTE]

The person is 18 years old. They have been experiencing highly distressing emotions. In response, they have been repeatedly harming themselves, leaving scars. They don't know how else to cope with their distress but also don't want to die. They have been covering their arms to hide the scars, even on hot days.

VIG_1 Please answer the following questions with this person in mind. Would you be-willing to:

- a) Move next door to someone with this problem
- b) Spend an evening socialising with someone with this problem
- c) Make friends with someone with this problem
- d) Start working closely with someone with this problem
- e) Have someone with this problem marry into the family
- f) Have someone with this problem look after your children

1. Yes, definitely
2. Yes, probably
3. Probably not
4. Definitely not

97. Not applicable [ONLY DISPLAY FOR STATEMENT F]
98. Don't know
99. Prefer not to say

VIG_2 How would you describe the problem experienced by the person in the statement?

Please select all that apply.

1. Depression
2. Anxiety disorder
3. Nervous breakdown
4. Schizophrenia
5. Social phobia

6. Eating disorder
7. Borderline personality disorder
8. Bipolar disorder
9. Self-harm
10. Stress
11. Cancer
12. Mental health problem
13. Mental illness
96. Other (please specify)

97. Nothing
98. Don't know
99. Prefer not to say

VIG_3 To what extent do you agree or disagree with each of the following statements with this person in mind.

- a) People with this problem **could snap out of it if they wanted**
- b) This problem is **a sign of personal weakness**
- c) This problem is **not a real medical illness**
- d) People with this problem are **dangerous**
- e) It is best to avoid people with this problem **so you don't become this way yourself**
- f) People with this problem are **unpredictable**
- g) If I had this problem **I would not tell anyone**
- h) **I would not employ** someone if I knew they had this problem
- i) **I would not vote for** a person if I knew they had this problem
- j) People with this problem are **putting it on to seek attention**
- k) Most people with this problem **don't try hard enough to get better**
- l) People with this problem **will never recover enough to have good quality of life**
- m) People with this problem **should be forced into treatment with their doctor even if they don't want to**
- n) **I feel pity** for people with this problem
- o) **I feel scared** of people with this problem
- p) **I feel anger** towards people with this problem
- q) It is **their own fault** that people with this problem are in this condition
- r) **I would help** a person with this problem
- s) **For the most part, other people think the same way I do about** people with this problem

1. Strongly agree
2. Somewhat agree
3. Neither agree nor disagree
4. Somewhat disagree
5. Strongly disagree

98. Don't know
99. Prefer not to say

STRUCTURAL STIGMA ATTITUDES

SSA_INTRO In the next section we'd like to ask you about your opinion on people with mental health problems in general.

By a 'mental health problem' we mean a problem that affects how you think, feel, behave, or interact with other people, and generally lasts at least several weeks.

Mental health problems could include, for example, depression, anxiety disorders, eating disorders, schizophrenia, bipolar disorder, or personality disorders.

SSA_1 To what extent do you agree or disagree with each of the following statements?

- a) It is reasonable for an insurance company to have exclusions for a person with a history of mental health problems, regardless of their current circumstances
 - b) It is just as important that there is access to affordable mental healthcare as there is access to affordable physical healthcare in Australia
 - c) In the legal system, evidence provided by people with a mental health problem can be trusted
 - d) An employer should support the needs of a person with a mental health problem through reasonable changes to work duties
 - e) Job applicants should have to tell the employer about a mental health problem so employers can make an informed choice
 - f) A school should support the needs of a student with a mental health problem through changes to their learning environment
 - g) People who intentionally harm themselves are just as deserving of medical treatment as those who have an accident
 - h) Prisoners should have access to mental healthcare at no or little cost to them
 - i) It is reasonable for landlords to avoid leasing to a tenant with a mental health problem
 - j) A mental health problem should not be a reason to be eligible for social welfare payments
 - k) More needs to be done to eliminate discrimination towards people affected by mental health problems
- 1. Strongly agree
 - 2. Somewhat agree
 - 3. Neither agree nor disagree
 - 4. Somewhat disagree
 - 5. Strongly disagree
- 98. Don't know
 - 99. Prefer not to say

INTENDED HELP-SEEKING BEHAVIOUR

IHSB_1 If you personally experienced a mental health problem, would you be willing to:

- a) Search online for useful information
 - b) Tell a trusted friend / family member
 - c) Seek out someone who had gone through a similar experience
 - d) See a GP
 - e) See a mental health professional such as a counsellor, psychologist or psychiatrist
 - f) Use prescription medication
- 1. Yes, definitely
 - 2. Yes, probably
 - 3. Probably not
 - 4. Definitely not
- 98. Don't know
 - 99. Prefer not to say

IHSB_2 To what extent do you agree or disagree with the following statements?

- a) It would make me feel inferior to ask a therapist for help
 - b) I would feel worse about myself if I could not solve my own mental health problems
- 1. Strongly agree
 - 2. Somewhat agree
 - 3. Neither agree nor disagree
 - 4. Somewhat disagree

- 5. Strongly disagree
- 98. Don't know
- 99. Prefer not to say

CONTACT

CONTACT_1 The next few questions are about people that you know personally.

Please indicate whether you personally know someone in each of the following categories who has experienced a mental health problem.

If a person fits in multiple categories, pick the one which best describes your relationship.

- a) Acquaintance
 - b) Colleague / employee (anyone you work with)
 - c) Client / patient / student (someone you know in a professional capacity)
 - d) Friend
 - e) Extended family
 - f) Immediate family
 - g) Intimate partner
 - h) Other (please specify)
-
- 1. Yes
 - 2. No
-
- 97. Not applicable
 - 98. Don't know
 - 99. Prefer not to say

*(CONTACT_1_h=1, SELECTED OTHER)

CONTACT_1_h_Oth Please describe your Other relationship in general terms. Do not provide any information which would identify this person.

- 1. <RESPONSE BOX>
- 98. Don't know
- 99. Prefer not to say

*(CONTACT_1a-h=1, KNOWS SOMEONE WITH MENTAL HEALTH PROBLEM)

SRB_1 Have any of these people you know experienced the mental health problem **in the last 12 months?**

- 1. Yes
- 2. No
- 98. Don't know
- 99. Prefer not to say

*(CONTACT_1c=1, PERSONALLY KNOW CLIENT / PATIENT / OR STUDENT EXPERIENCED A MENTAL HEALTH PROBLEM)

CONTACT_2 You indicated you know someone with a mental health problem in a professional capacity. What was your professional relationship to them?

Please select all that apply.

- 1. Mental healthcare professional
- 2. Healthcare professional
- 3. Social services provider (e.g. Centrelink or social worker)
- 4. Educator / teacher

5. Employer / supervisor
6. Legal services provider
7. Landlord
8. Financial services provider (e.g. insurance, banking)
96. Other (please specify_____)

98. Don't know
99. Prefer not to say

CONTACT_3 Have you been a support person for someone who has experienced a mental health problem in the last 12 months?

You are considered a support person if you provide emotional or practical support to help a person living with a mental health problem. You may be supporting or caring for a parent, child, partner, friend or other important person in your life with a mental health problem. Or you could be supporting someone in the workplace or another similar setting.

1. Yes
2. No

98. Don't know
99. Prefer not to say

*(CONTACT_3=1, HAS BEEN A CARER FOR PERSON WITH MENTAL HEALTH PROBLEM)

CONTACT_4 This question is about other people's reaction to you as a support person. How often have each of the following things happened to you in the last 12 months?

- a) I have avoided telling people about my support role to avoid being judged
- b) I have been treated unfavourably by people when they learned about my support role
- c) Family and friends who know about my support role have been understanding and supportive
- d) I have been shunned or avoided by people who found out about my support role
- e) I have been treated fairly by people who know about my support role
- f) I have worried that people will view me unfavourably because of my support role
- g) I feel my support role is valued by the person's treating team

1. Very often
2. Often
3. Sometimes
4. Rarely
5. Never

97. Not applicable
98. Don't know
99. Prefer not to say

SELF-REPORTED BEHAVIOUR

*(CONTACT_3=1 OR SRB_1=1, HAS BEEN A CARER FOR PERSON OR KNOWN SOMEONE WITH MENTAL HEALTH PROBLEM IN LAST 12 MONTHS)

SRB_2 Think about someone you know who has had a mental health problem in the last 12 months. Did you experience any of the following? [Please just say 'yes' or 'no' for each.](#)

Please select all that apply.

1. I felt sceptical about their mental health problem
2. I expressed scepticism about their mental health problem to them
3. I wanted to be understanding and show my support
4. I found ways to be supportive (e.g. listened to them)
5. I spent less time with them than I normally would

- 6. I avoided them altogether
- 7. I spent more time with them than I normally would

- 97. None of the above ^
- 98. Don't know
- 99. Prefer not to say

WORKPLACE

WORKPLACE_1 In this section we'd like to know more about your experience in the workplace.

Have you done paid or voluntary work during the past 12 months?

- 1. Yes
- 2. No

- 98. Don't know
- 99. Prefer not to say

*(WORKPLACE_1=1, WORKED IN LAST 12 MONTHS)

WORKPLACE_2 Given you have experience in a workplace, we have a few questions for you about mental health in the workplace.

Would you inform your manager if you had a mental health problem?

- 1. Yes, definitely
- 2. Yes, probably
- 3. Probably not
- 4. Definitely not

- 97. Not applicable
- 98. Don't know
- 99. Prefer not to say

*(WORKPLACE_1=1, WORKED IN LAST 12 MONTHS)

WORKPLACE_3 If there was an employee / colleague in your workplace who was being treated for a mental health problem, which of the following describe concerns you might have?

Please select all that apply.

- 1. The potential for the person to be unreliable
- 2. The potential of work to add to their problem
- 3. The effect they might have on other people in the workplace
- 4. Safety of yourself and others
- 5. Being unsure how to support the person
- 6. Being concerned for their wellbeing
- 96. Other (please specify)

- 97. I wouldn't be concerned
- 98. Don't know
- 99. Prefer not to say

*(WORKPLACE_1=1, WORKED IN LAST 12 MONTHS)

WORKPLACE_4 Have you worked as a manager or employer in the last 12 months?

- 1. Yes
- 2. No

- 98. Don't know
- 99. Prefer not to say

*(WORKPLACE_4=1, YES TO WORKING AS A MANAGER / EMPLOYER)

WORKPLACE_5 As a manager or employer, to what extent do you agree or disagree with each of the following statements?

- a) I would feel comfortable talking about the mental health of my employees with them
- b) I would not want to employ/supervise someone who had been treated for a mental health problem
- c) I would be flexible in offering changes to work duties for someone with a mental health problem
- d) Potential employees should disclose mental health problems prior to recruitment
- e) Negative attitudes from co-workers are a major barrier to employing people with mental health problems
- f) You can't rely on an employee with a mental health problem
- g) Employees who have been off work with a mental health problem for more than a few weeks are unlikely to ever fully recover
- h) Organisations take a significant risk when employing people with mental health problems in a public / client-facing role
- i) Australian workplaces lose a great deal of talent due to a lack of understanding of how best to deal with mental health in the workplace
- j) Australian workplaces need more support to improve the way mental health is dealt with

- 1. Strongly agree
- 2. Somewhat agree
- 3. Neither agree nor disagree
- 4. Somewhat disagree
- 5. Strongly disagree

- 98. Don't know
- 99. Prefer not to say

*(WORKPLACE_4=2-99, NO TO WORKING AS A MANAGER / EMPLOYER)

WORKPLACE_6 To what extent do you agree or disagree with each of the following statements about mental health problems in the workplace?

- a) I would not want to be supervised by someone who had been treated for a mental health problem
- b) Most employees with a mental health problem are too disabled to work
- c) The quality of work performed by employees with a mental health problem is unlikely to meet the expectations of the job
- d) Jobs with tight deadlines and high demands are harmful to employees with a mental health problem
- e) It would be better for employees with a mental health problem to participate in work activities that are outside of the paid labour market
- f) You can't rely on an employee with a mental health problem
- g) Australian workplaces lose a great deal of talent due to a lack of understanding of how best to deal with mental health in the workplace
- h) Australian workplaces need more support to improve the way mental health is dealt with

- 1. Strongly agree
- 2. Somewhat agree
- 3. Neither agree nor disagree
- 4. Somewhat disagree
- 5. Strongly disagree

- 98. Don't know

99. Prefer not to say

MENTAL ILL-HEALTH

MIH_INT In this part of the survey, we'd like to learn more about your personal experiences of mental health problems. Some of these questions could be difficult to talk about and / or be upsetting. At any time you can click 'Next' to move to the next question without providing a response.

1. Continue

MIH_1 Have you experienced a mental health problem **in the last 12 months**?

By a 'mental health problem' we mean a problem that affects how you think, feel, behave, or interact with other people, and generally lasts at least several weeks.

Mental health problems could include, for example, depression, anxiety disorders, eating disorders, schizophrenia, bipolar disorder, or personality disorders.

1. Yes
2. No

98. Don't know
99. Prefer not to say

*(MIH_1=2, NOT EXPERIENCED A MENTAL HEALTH PROBLEM IN LAST 12 MONTHS)

MIH_2 Have you **ever** experienced a mental health problem?

1. Yes
2. No

98. Don't know
99. Prefer not to say

NATURE OF MENTAL ILL HEALTH

*(MIH_1=1 OR MIH_2=1, EXPERIENCED MENTAL HEALTH PROBLEM)

NATURE_3 Have you ever sought help from a health professional for a mental health problem (e.g., GP, counsellor, psychologist)?

1. Yes
2. No

98. Don't know
99. Prefer not to say

*(NATURE_3=1, EXPERIENCED MENTAL HEALTH PROBLEM)

NATURE_4 When was the first time you sought help from a health professional for a mental health problem (e.g., GP, counsellor, psychologist)?

1. Less than 1 year
2. More than 1 but less than 2 years
3. More than 2 but less than 5 years
4. More than 5 but less than 10 years
5. More than 10 but less than 25 years
6. Greater than 25 years

98. Don't know
99. Prefer not to say

*(MIH_1=1 OR MIH_2=1, EXPERIENCED MENTAL HEALTH PROBLEM)

NATURE_1 Which of the following best describes your experience of a mental health problem?

Please select all that apply.

1. Depression / major depression
2. Attempted suicide
3. Thought about attempting suicide
4. Self-harm
5. Anxiety / anxiety disorder
6. Post-traumatic stress disorder / PTSD
7. Agoraphobia
8. Panic disorder
9. Obsessive-compulsive disorder / OCD
10. Social phobia
11. Generalized anxiety disorder / GAD
12. Eating disorder / anorexia / bulimia / binge eating disorder
13. Schizophrenia / paranoid schizophrenia
14. Schizoaffective disorder
15. Psychosis / psychotic disorder
16. Bipolar / bipolar disorder / manic-depressive disorder
17. Emotional distress
18. Personality disorder / borderline personality disorder
19. Alcohol problem / alcoholism
20. Drug problem / drug addiction
21. Gambling problem / gambling harm
22. Complex trauma
23. Burnout
24. Stress
96. Other (please specify)

98. Don't know
99. Prefer not to say

*(MIH_1=1 OR MIH_2=1, EXPERIENCED MENTAL HEALTH PROBLEM)

NATURE_2 Have you ever been told by a health professional that you have a mental health problem?

1. Yes
2. No

98. Don't know
99. Prefer not to say

STIGMATISED PERSPECTIVE

*(MIH_1=1 OR MIH_2=1, EXPERIENCED MENTAL HEALTH PROBLEM)

STIG_INT We are going to ask you some questions about whether you have experienced discrimination and / or stigma in the last 12 months because of this mental health problem.

Discrimination and stigma occur when people are treated unfairly because they are seen as being different from others.

1. Continue

*(MIH_2=1, EXPERIENCED MENTAL HEALTH PROBLEM BUT NOT CURRENT)

STIG_1 Even though your mental health problem occurred more than 12 months ago, have there been any lasting effects of mental health stigma and discrimination in your life in the last 12 months?

1. Yes, I have experienced the lasting effects of stigma and discrimination in the last 12 months
 2. No, I have not experienced mental health stigma or discrimination in the last 12 months
98. Don't know
 99. Prefer not to say

EXPERIENCES OF DISCRIMINATION

*(MIH_1=1 OR STIG_1=1, EXPERIENCED MENTAL HEALTH PROBLEM OR STIGMA IN LAST 12 MONTHS)

DISC_1 In this section, we ask about times when you have **been treated unfairly because of the mental health problems you have experienced.**

For each question, please only report events that have **happened during the last 12 months.**

Have you been treated unfairly...?

- a) By friends (including making friends and dating)
 - b) By the people in your neighbourhood
 - c) By your spouse or partner
 - d) By your family
 - e) In education or further training
 - f) In finding a paid job
 - g) By people in your workplace
 - h) By a health professional when getting help for a mental health problem
 - i) By a health professional when getting help for physical health problems
 - j) In housing (including renting and accessing public or community housing)
 - k) In applying for and getting welfare benefits or disability pensions
 - l) By the legal system
1. Not at all
 2. A little
 3. Moderately
 4. A lot
97. Not applicable
 98. Don't know
 99. Prefer not to say

*(DISC_1h=2-4, TREATED UNFAIRLY BY MENTAL HEALTH STAFF)

DISC_2 In what way(s) have you been treated unfairly by a health professional when getting help for a mental health problem?

Please select all that apply.

1. They were dismissive or sceptical
2. They were judgemental
3. They were not willing to listen
4. They were not supportive or caring
5. They lacked an understanding of my condition
6. They ignored my physical health problems
7. They prescribed medication without adequate explanation, information, consultation or attempt to discuss alternatives
8. They refused to prescribe medication
9. There was a delay or problem in helping me access care
10. They tried to avoid dealing with me
96. Other (please specify)

- 98. Don't know
- 99. Prefer not to say

*(DISC_1h=2-4, TREATED UNFAIRLY BY MENTAL HEALTH STAFF)

DISC_3 Which health professionals have treated you unfairly when getting help for a mental health problem?

Please select all that apply.

- 1. GP
- 2. Psychiatrist
- 3. Psychologist
- 4. Counsellor / psychotherapist
- 5. Nurse
- 6. Ambulance staff
- 7. Emergency department doctor
- 8. Occupational Therapist
- 9. Social Worker
- 10. Mental Health Peer Worker
- 11. Care Coordinator
- 12. Complementary therapist/ traditional healer
- 13. Patient advocate
- 96. Other (please specify)

- 98. Don't know
- 99. Prefer not to say

*(DISC_1a=2-4, TREATED UNFAIRLY BY FRIENDS)

DISC_4 You mentioned you were treated unfairly by your friends (including making friends and dating) because of your mental health problem.

In what way(s) have you been treated unfairly **by your friends**?

Please select all that apply.

- 1. They avoided or cut contact with me
- 2. They were dismissive of the problem
- 3. They were not understanding and sympathetic
- 4. They were judgemental
- 5. They were insulting towards me
- 6. They got angry at me
- 96. Other (please specify)

- 98. Don't know
- 99. Prefer not to say

*(DISC_1c=2-4, TREATED UNFAIRLY BY INTIMATE PARTNER OR SPOUSE)

DISC_5 You mentioned you were treated unfairly by your spouse or partner because of your mental health problem.

In what way(s) have you been treated unfairly **by your spouse or partner**?

Please select all that apply.

- 1. They avoided or cut contact with me
- 2. They were dismissive of the problem
- 3. They were not understanding and sympathetic
- 4. They were judgemental
- 5. They were insulting towards me
- 6. They got angry at me

96. Other (please specify)

98. Don't know

99. Prefer not to say

*(DISC_1d=2-4, TREATED UNFAIRLY BY FAMILY)

DISC_6 You mentioned you were treated unfairly by your family because of your mental health problem.

In what way(s) have you been treated unfairly **by your family**?

Please select all that apply.

1. They avoided or cut contact with me
2. They were dismissive of the problem
3. They were not understanding and sympathetic
4. They were judgemental
5. They were insulting towards me
6. They got angry at me
96. Other (please specify)

98. Don't know

99. Prefer not to say

*(DISC_1g=2-4, TREATED UNFAIRLY BY PEOPLE IN WORKPLACE)

DISC_7 You mentioned you were treated unfairly by people in your workplace because of your mental health problem.

In what way(s) have you been treated unfairly **by people in your workplace**?

Please select all that apply.

1. They were dismissive of the problem
2. I was forced to change responsibilities
3. I was denied opportunities
4. I was fired or made redundant
5. They treated me as if I was incompetent
6. They weren't supportive of my needs
7. They avoided or excluded me
96. Other (please specify)

98. Don't know

99. Prefer not to say

ANTICIPATED STIGMA

*(MIH_1=1 OR STIG_1=1, EXPERIENCED MENTAL HEALTH PROBLEM OR STIGMA IN LAST 12 MONTHS)

ASTIG_1 In this section, we ask about times when you have stopped yourself from doing things that are important to you **because of how others might respond to your mental health problem.**

In the **last 12 months**, to what extent have you...?

- a) Stopped yourself from applying for work opportunities?
- b) Stopped yourself from applying for education or training courses?
- c) Stopped yourself from having a close personal relationship?
- d) Concealed or hidden your mental health problem from others?
- e) Stopped yourself from accessing healthcare?

1. Not at all
 2. A little
 3. Moderately
 4. A lot
-
97. Not applicable
 98. Don't know
 99. Prefer not to say

POSITIVE EXPERIENCES

*(MIH_1=1 OR STIG_1=1, EXPERIENCED MENTAL HEALTH PROBLEM OR STIGMA IN LAST 12 MONTHS)

POS_1 In this section, we ask about times when you have been **treated more positively because of the mental health problems you have experienced.**

Being treated "**more** positively" is relative to how you were treated by a person before they were aware of your mental health problem or compared to how they treat people who don't have a mental health problem.

In the **last 12 months**, to what extent have you been...?

- a) Treated more positively by your family, including your spouse / partner?
- b) Treated more positively by your friends?
- c) Treated more positively in employment? (e.g. finding work, keeping work and adjustments in the workplace)
- d) Treated more positively in education or further training?

1. Not at all
 2. A little
 3. Moderately
 4. A lot
-
97. Not applicable
 98. Don't know
 99. Prefer not to say

SELF STIGMA

*(MIH_1=1 OR STIG_1=1, EXPERIENCED MENTAL HEALTH PROBLEM OR STIGMA IN LAST 12 MONTHS)

SS_1 Thinking about the mental health problem you experienced, please indicate the extent to which you agree or disagree with each of the following statements.

- a) I feel embarrassed about feeling this way
 - b) I should be able to pull myself together
 - c) I feel embarrassed about seeking professional help
 - d) I avoid talking about my mental health problems
 - e) I avoid interacting with others
 - f) I feel like a burden to other people
 - g) All in all, I am satisfied with my life
 - h) Having had mental health problems has made me a stronger person
 - i) For the most part, I can live my life without mental health problems getting in the way
 - j) I feel I am living a fulfilling life
-
1. Strongly agree
 2. Somewhat agree
 3. Neither agree nor disagree
 4. Somewhat disagree

- 5. Strongly disagree
- 98. Don't know
- 99. Prefer not to say

OTHER DEMOGRAPHICS

[MULTI-RESPONSE]

DEM_8 Nearly done – thanks for sticking with us! Your response to this survey will help inform the design of activities to reduce stigma and discrimination towards mental health problems.

What are the most important things you think need to be done to reduce stigma and discrimination towards mental health problems?

Please list up to three.

- 1. Response given
- 2. Response given
- 3. Response given
- 98. Don't know
- 99. Prefer not to say

DEM_1 To finish, just some questions about your situation.

Which of the following best describes your employment status?

- 1. Self employed
- 2. Employed full-time (35 hours or more per week)
- 3. Employed part-time or casual (35 hours or fewer per week)
- 4. Unemployed
- 5. Engaged in home duties
- 6. A student
- 7. Retired, or
- 8. Unable to work (e.g. disability)
- 9. Unpaid carer (e.g. for family member, friend)
- 96. Other (please specify)
- 98. Don't know
- 99. Prefer not to say

DEM_2 Which of the following best describes your household?

- 1. Person living alone
- 2. Couple living alone
- 3. Couple with non-dependent child or children
- 4. Couple with dependent child or children
- 5. Couple with dependent and non-dependent child or children
- 6. Single parent with non-dependent child or children
- 7. Single parent with dependent child or children
- 8. Single parent with dependent and non-dependent child or children
- 9. Non-related adults sharing house / apartment / flat
- 96. Other (please specify)
- 98. Don't know
- 99. Prefer not to say

DEM_3 Before tax or other deductions, what is the **total annual household income** from all sources for you and your family or others living with you? Please include any pensions and allowances, and income from interest or dividends.

1. Under \$30,000
2. \$30,000 to under \$60,000
3. \$60,000 to under \$90,000
4. \$90,000 to under \$120,000
5. \$120,000 to under \$150,000
6. \$150,000 or more

98. Don't know
99. Prefer not to say

*(DEM_1=1-3, EMPLOYED)

DEM_4 What industry do you currently work in?

1. Agriculture, Forestry and Fishing
2. Mining
3. Manufacturing
4. Electricity, Gas, Water and Waste Services
5. Construction
6. Wholesale Trade
7. Retail Trade
8. Accommodation and Food Services
9. Transport, Postal and Warehousing
10. Information Media and Telecommunications
11. Financial and Insurance Services
12. Rental, Hiring and Real Estate Services
13. Professional, Scientific, and Technical Services
14. Administrative and Support Services
15. Public Administration and Safety
16. Education and Training
17. Health Care and Social Assistance
18. Arts and Recreation Services
19. Other Services

98. Don't know
99. Prefer not to say

D_EDUCATION The next few questions are about your background.

What is the highest level of education you have completed?

1. Postgraduate Degree Level
2. Graduate Diploma and Graduate Certificate Level
3. Bachelor Degree Level
4. Advanced Diploma and Diploma Level
5. Certificate III & IV Level
6. Secondary Education - Year 12
7. Secondary Education - Years 10 and 11
8. Certificate I & II Level
9. Secondary Education - Years 9 and below

98. Don't know
99. Prefer not to say

P_COB In which country were you born?

1. Australia
2. England
3. New Zealand
4. China

5. India
6. Philippines
7. Other (please specify)

98. Don't know
99. Prefer not to say

P_LOTE Do you speak a language other than English at home?

1. Yes
2. No

98. Don't know
99. Prefer not to say

*(P_LOTE=1, SPEAK_LOTE)

P_LANG What is the **main** other language you speak at home?

1. Mandarin
2. Italian
3. Arabic
4. Cantonese
5. Greek
6. Vietnamese
7. Other (please specify)

98. Don't know
99. Prefer not to say

P_ATSI Are you of Aboriginal or Torres Strait Islander origin?

1. Yes – Aboriginal
2. Yes – Torres Strait Islander
3. Yes – both
4. No

98. Don't know
99. Prefer not to say

DEM_5 How do you describe your sexual orientation?

1. Straight (heterosexual)
2. Gay or lesbian
3. Bisexual
96. I use a different term (please specify)

98. Don't know
99. Prefer not to say

DEM_6 Have you ever served in the Australian (or other) Defence Forces?

1. Yes – currently serving
2. Yes – no longer serving
3. No

98. Don't know
99. Prefer not to say

DEM_7 Have you been told by a doctor or nurse that you have a long-term health condition (excluding any mental health conditions mentioned before)?

This includes health conditions that have lasted or are expected to last for six months or more, or health conditions that may recur from time to time, or are controlled by medication, or in remission.

1. Yes
2. No

98. Don't know
99. Prefer not to say

P_INTERNET Finally, to help us better understand you and your experiences, we have some questions about your use of the internet and television.

How often do you...?

- a) Look for information over the Internet
- b) Comment or post images to social media sites (Facebook, Twitter, etc.)
- c) Post to blogs / forums / interest groups

1. Several times a day
2. About once a day
3. Three to five days a week
4. One to two days a week
5. Every few weeks
6. Once a month
7. Less than once a month
8. Never

98. Don't know
99. Prefer not to say

P_TV_TIME Thinking about an average weekday, how much time would you spend viewing content on each of the following...?

- h) Public free-to-air television, such as the ABC
- a) Commercial free-to-air television, such as Seven, Nine, Ten, 9Go!, 7Mate, and SBS
- b) Pay or subscription TV channels such as Foxtel
- c) Online 'Catch-up TV' services from Australian commercial networks such as 7Plus, SBS on Demand, Ten Play, 9Now, and including Freeview Plus
- d) YouTube
- e) Online streaming services, such as Netflix, Stan, Disney+, and Amazon Prime
- f) Social media, such as Facebook or Instagram
- g) Other internet content

1. None
2. Less than 30 minutes
3. 30 to 59 minutes
4. 1 to less than 2 hours
5. 2 to 4 hours
6. Over 4 hours

98. Don't know
99. Prefer not to say

Debriefing statement and end matter

Thank you for taking the time to participate. This survey was conducted by the Social Research Centre on behalf of the National Mental Health Commission and the Behavioural Economics Team of the Australian Government.

Some of the statements you were asked to comment on may have been upsetting to you, or may not have reflected how you think people who experience mental ill-health should be treated. These questions were included because we would like to use the findings from this survey to help design a National Stigma and Discrimination Reduction Strategy.

If you would like to receive updates on the progress of the National Stigma and Discrimination Reduction Strategy, please subscribe to the National Mental Health Commission's newsletter at www.mentalhealthcommission.gov.au/subscribe, or send an email to stigmastrategy@mentalhealthcommission.gov.au.

This research study has been carried out in compliance with the Privacy Act and the Australian Privacy Principles, and the information you have provided will only be used for research purposes. Our Privacy Policy is available via our website, www.srcentre.com.au/research-participants#privacy

If you would like to talk to someone about any issues that have arisen from participating in this survey, about how you have been feeling, or if you have any concerns about your mental health or wellbeing, please seek support from one of the services listed below.

If your life is in danger please call 000 for emergency assistance.

- [Lifeline](#) | [13 11 14](#) | [Web Chat](#) - 7pm to midnight (AEST) | Text | [0477 13 11 14](#) - 12pm to midnight (AEST)
- [MensLine Australia](#) | [1300 78 99 78](#) | [Web Chat](#)
- [Suicide Call Back Service](#) | [1300 659 467](#) | [Web Chat](#)
- [Kids Helpline](#) | [1800 55 1800](#)

For more information, head to the National Mental Health Commission website: <https://www.mentalhealthcommission.gov.au/about/get-help>.

If you have been affected by the ongoing Coronavirus pandemic, please contact one of the agencies above if you have concerns about your mental health, or contact Services Australia for other types of assistance:

Services Australia: <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19>