

## 2016 NEW ZEALAND MENTAL HEALTH SURVEY

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### **What is the New Zealand Mental Health Survey?**

This survey is about New Zealanders' views and experiences relating to mental health. This is the second time the New Zealand Mental Health Survey has been run. We plan to conduct it every year for at least the next two years.

### **Why is the New Zealand Mental Health Survey being done?**

This New Zealand Mental Health Survey is a survey of the general public. It aims to measure current and changing knowledge, attitudes, behaviours, and experiences in relation to mental health.

The data collected from the survey will be used by the Health Promotion Agency to develop advice, information and practical ways to help New Zealanders better understand issues relating to mental health.

### **Who is taking part?**

Overall, about 1,300 people (aged 15 years and over) will be invited to take part in this survey. Addresses from throughout New Zealand have been randomly selected. One person from each household will be chosen at random by the interviewer and asked to take part in the survey.

### **Who is the Health Promotion Agency?**

The Health Promotion Agency is a New Zealand Crown entity that promotes health and encourages healthy lifestyles by developing and delivering national health promotion initiatives.

### **Who is carrying out the survey?**

CBG Health Research, an independent New Zealand research company, is carrying out the survey for the Health Promotion Agency.

### **When is the survey taking place?**

CBG Health Research interviewers will be 'in the field' collecting information from June to the end of August 2016.

### **When will the results from the survey be available?**

Some of the results from the survey will be available by the end of 2016 on our website ([www.hpa.org.nz](http://www.hpa.org.nz)).

### **Do you have any other questions about the survey?**

If you want to know more or have any further questions about the survey, please email the Health Promotion Agency's Research and Evaluation Team – [research@hpa.org.nz](mailto:research@hpa.org.nz) or phone (04) 894 7247.

## FREQUENTLY ASKED QUESTIONS

### **1. Do I have to take part?**

No, but your views and experiences are very important to us. You have been selected by a random process, like a ballot or lottery, so no-one can exactly substitute for you.

### **2. I'm too old. Why don't you talk to my son? He would be better to answer your questions.**

We need to interview men and women from all age groups across New Zealand. Your answers are important to us.

### **3. Why do you want to talk to my daughter? She is too young to understand about mental health issues.**

While most young people do not have much experience with mental health issues, we know from other surveys that some do. It is important to find out what young people think about these topics. However, no person is compelled to take part in the survey.

### **4. Why are you asking me all these questions? I don't have a mental health problem.**

The survey covers a number of topics related to mental health. We are interested in everybody's views, not just those of people who are experiencing problems with their mental health.

### **5. Do you need this information? Couldn't you get it from another source?**

Information available from other sources is very limited. This survey will provide more complete information about New Zealanders' views and experiences of mental health issues.

### **6. How will the Health Promotion Agency use the data?**

The Health Promotion Agency will use the results of the 2016 New Zealand Mental Health Survey in a number of ways. For example, the Health Promotion Agency will use the information to continue to improve and develop its mental health programmes to ensure they can be as effective as possible. The Health Promotion Agency's researchers will also produce fact sheets, reports, and presentations to help inform the people who work in the health sector and provide them with information they can use.

### **7. The Government has too much information already.**

The data that are available through other sources are incomplete. There are constant changes in our way of life, attitudes, social and economic conditions. It is important to monitor these changes so we can act on the most up-to-date information.

### **8. These surveys are a waste of taxpayers' money.**

The survey results will be used to plan and implement health and community programmes to promote better mental health for all New Zealanders. It is important that the Health Promotion Agency is well informed, so that we can use public money in the most effective way.

### **9. How will I know if all my answers will be kept confidential?**

The information is held securely by CBG Health Research. The Health Promotion Agency is bound by the Privacy Act 1993 to use this information only for the purpose for which it was collected.