

2015 New Zealand Mental Health Survey: Questionnaires

December 2015

This fieldwork associated with this publication was commissioned in April 2015 by the Health Promotion Agency (HPA).

Provider: National Research Bureau (NRB).

ISBN: 978-1-927303-71-9

Citation: National Research Bureau (2015). 2015 New Zealand Mental Health Survey: Questionnaires. Wellington: Health Promotion Agency.

Prepared for HPA by:
Jeremy Wynne-Jones
National Research Bureau

This document is available at: <http://www.hpa.org.nz/research-library/research-publications>.

Any queries regarding this report should be directed to HPA at the following address:

Dr Karen McBride-Henry
Health Promotion Agency
PO Box 2142
Wellington 6140
New Zealand
www.hpa.org.nz

research@hpa.org.nz

December 2015

COMMISSIONING CONTACT'S COMMENTS

The New Zealand Mental Health Survey (NZMHS) is an annual, nationally-representative survey, conducted for the first time in 2015. The purpose of the NZMHS is to provide useful and up-to-date information about issues relating to mental health in New Zealand. To this end, the 2015 NZMHS included topics relating to social support and connectedness, wellbeing, attitudes towards people experiencing mental distress, help-seeking knowledge and behaviour, and measures of personal mental distress.

In 2015, the NZMHS comprised two arms: (1) a general population survey with New Zealanders aged 15-years-and-over ($N = 1377$), conducted face-to-face in people's homes using computer-assisted personal interviewing (CAPI); and (2) an online survey of women who had given birth in the past two years ($N = 805$). This publication presents the questionnaires used for each arm of the survey.

The questionnaires were developed by the HPA Research and Evaluation team in consultation with HPA's Mental Health team, HPA's Māori and Pacific advisors, expert mental health researchers, and the NZMHS fieldwork contractors (National Research Bureau).

REVIEWED INTERNALLY BY

Hayley Guiney (Researcher), Kate Holland (Data Analyst), and Dr Karen McBride-Henry (Principal Researcher).

NOT EXTERNALLY REVIEWED

ACKNOWLEDGEMENTS

HPA would like to thank those who took the time to provide input and advice on the design, content, and running of the inaugural New Zealand Mental Health Survey. HPA would also like to thank those respondents who took the time to participate in this research.

COPYRIGHT

The copyright owner of this publication is HPA. HPA permits the reproduction of material from this publication without prior notification, provided that fair representation is made of the material and HPA is acknowledged as the source.

DISCLAIMER

This research has been carried out by an independent party under contract to HPA. The views, observations and analysis expressed in this report are those of the authors and are not to be attributed to HPA.



HEALTH PROMOTION AGENCY
MENTAL HEALTH MAIN SURVEY QUESTIONNAIRE

I first need to ask a couple of questions about yourself so that I only ask questions that are applicable to you.

SHOW CARD 1

A1a **Looking at Card 1, which ethnic group or groups do you belong to? (CODE ALL MENTIONED)**

① Multiple response allowed.

New Zealand European -----	1	→	GO TO A2a
Māori -----	2		
Samoa -----	3		
Cook Island Māori-----	4		
Tongan -----	5		
Niuean -----	6		
Chinese-----	7		
Indian -----	8		
Other (specify) -----	9	→	GO TO A1b
Don't know -----	99	→	GO TO A2a
Refused -----	98		

NOTE: B1-B5 are in randomised order. Section E is in randomised order.

A1b **What other ethnic groups do you belong to? (CODE ALL THAT APPLY)**

① **Multiple response allowed.**

American -----	1	<div style="border: 1px solid black; padding: 2px; display: inline-block;">GO TO A2a</div>
Australian -----	2	
Cambodian -----	3	
Dutch -----	4	
English -----	5	
Fijian (except Fijian Indian) -----	6	
Filipino -----	7	
German -----	8	
Greek -----	9	
Irish -----	10	
Italian -----	11	
Japanese -----	12	
Korean -----	13	
Polish -----	14	
Scottish -----	15	
South African -----	16	
South Slav -----	17	
Sri Lankan -----	18	
Tokelauan -----	19	
Vietnamese -----	20	
Welsh -----	21	
Other (specify) -----	80	<div style="border: 1px solid black; padding: 2px; display: inline-block;">GO TO A1c</div>
Don't know -----	99	<div style="border: 1px solid black; padding: 2px; display: inline-block;">GO TO A2a</div>
Refused -----	98	

A1c **Please specify your other ethnic group or groups. (RECORD)**

Don't know ----- .K

Refused ----- .R

SHOW CARD 2

A2a **Looking at Card 2, which one of these best describes you at the moment? (CODE ONE ONLY)**

① **If respondent is a student and working, record as 'working in paid employment' either full or part time, depending on which applies.**

Working in paid employment: Full time -----	1	}	→	GO TO B INTRO
Working in paid employment: Part time -----	2			
Not in paid work and looking for a job-----	3			
Not in paid work and not looking for a job: Student-----	4			
Not in paid work and not looking for a job: Homemaker-----	5			
Not in paid work and not looking for a job: Beneficiary -----	6			
Not in paid work and not looking for a job: Retired -----	7			
Other (specify in A2b)-----	97		→	GO TO A2b
Don't know -----	99	}	→	GO TO B INTRO
Refused -----	98			

A2b **What is that 'other' form of employment?**

SECTION B: OVERALL WELLBEING AND CONNECTEDNESS

Please tell me how much you agree or disagree with the following statements. Answer from Card 3. You need only call out the number opposite your answer.

READ ALOUD TO RESPONDENT: If at any time, as we go through the questions, you feel you would be more comfortable reading the questions and typing in the answers yourself – just say so.

I'll start us off ... **CONTINUE.**

SHOW CARD 3

B1 The last twelve months have been among the most difficult times of my life. (CODE ONE ONLY)

Strongly agree ----- 1

Agree----- 2

Neither agree nor disagree ----- 3

Disagree----- 4

Strongly disagree ----- 5

Don't know----- .K

Refused ----- .R

SHOW CARD 3

B2 I make an effort to see family or friends I don't live with. (CODE ONE ONLY)

Strongly agree ----- 1

Agree----- 2

Neither agree nor disagree ----- 3

Disagree----- 4

Strongly disagree ----- 5

Don't know----- .K

Refused ----- .R

SHOW CARD 3

B3 I can always rely on a friend or family member for support if I need it. (CODE ONE ONLY)

Strongly agree ----- 1

Agree----- 2

Neither agree nor disagree ----- 3

Disagree----- 4

Strongly disagree ----- 5

Don't know----- .K

Refused ----- .R

SHOW CARD 3

B4 **Maintaining a strong connection to my culture is important to me. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 3

B5 **I feel strongly connected to my culture. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 4

B6 **In the last four weeks, how often have you felt isolated from others? Please answer from Card 4. (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know ----- .K
Refused ----- .R

IF A1 = 2 GO TO B7 OTHERWISE GO TO B11

SHOW CARD 5

M7INTRO

For the next questions we have both a Te Reo version and an English version. You are welcome to use either or both language versions, as suits you.

① Point to both Te Reo and English versions of Card 5.

SHOW CARD 5 – M7

M7 Thinking about your life as a whole, how important is it for you to be involved in things to do with Maori culture? That's question 7. (CODE ONE ONLY)

① If necessary, point to question and answer options at M7.

Very important ----- 1
 Quite important ----- 2
 Somewhat important ----- 3
 A little important ----- 4
 Not at all important----- 5

Don't know ----- .K
Refused ----- .R

M8 Have you ever been to any of your ancestral marae? By this I mean a marae that your parents, grandparents, tipuna or ancestors are from. That's question 8. (CODE ONE ONLY)

① If necessary, point to question and answer options at M8.

Yes ----- 1
 No----- 5
 Don't know ----- .K
 Refused ----- .R

SHOW CARD 6

M9 How well are you able to speak Maori in day-to-day conversation? That's question 9. (CODE ONE ONLY)

① If necessary, point to question and answer options at M9.

Very well (I can talk about almost anything in Maori) ----- 1
 Well (I can talk about many things in Maori) ----- 2
 Fairly well (I can talk about some things in Maori) ----- 3
 Not very well (I can only talk about simple/basic things) ----- 4
 Not more than a few words or phrases ----- 5

Don't know ----- .K
Refused ----- .R

M10 Which of these do you know? Please say yes or no for each item I read out to you.
(CODE ONE FOR EACH)

		Yes	No	Don't know	Refused
1	Your iwi or tribe	1	5	.K	.R
2	Your hapu or sub-tribe	1	5	.K	.R
3	Your maunga or mountain	1	5	.K	.R
4	Your awa, moana, river or water	1	5	.K	.R
5	Your waka or canoe	1	5	.K	.R
6	Your tipuna, tupuna or ancestors	1	5	.K	.R

SHOW CARD 7

B11 In general, how would you rate the way your family/whanau get along with one another? Please answer from Card 7. (CODE ONE ONLY)

① PROBE: Just overall – on the whole.

Very well ----- 1
Well----- 2
Neither well nor badly ----- 3
Badly ----- 4
Very badly ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 7

B12 How would you rate how your family/whanau is doing these days? Please answer from Card 7.
(CODE ONE ONLY)

① PROMPT: Just doing overall – it's however you interpret it.

Very well ----- 1
Well----- 2
Neither well nor badly ----- 3
Badly ----- 4
Very badly ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 8

B13 How easy or hard would it be to find someone to help you with things such as looking after pets, collecting mail, or checking your house while you are away from home? Please answer from Card 8. (CODE ONE ONLY)

- Very easy ----- 1
- Easy ----- 2
- Neither easy nor hard ----- 3
- Hard ----- 4
- Very hard ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 8

B14 How easy or hard would it be to find someone to help you in times of need, such as providing a place to stay if you suddenly needed one? Again, please answer from Card 8. (CODE ONE ONLY)

- Very easy ----- 1
- Easy ----- 2
- Neither easy nor hard ----- 3
- Hard ----- 4
- Very hard ----- 5

Don't know ----- .K
Refused ----- .R

B15 In the past year, has there been an occasion when you felt personally excluded from a social situation? (CODE ONE ONLY)

- Yes ----- 1
- No ----- 5
- Don't know ----- .K
- Refused ----- .R

IF A2a = 1 or 2 GO TO B16 OTHERWISE GO TO B17
--

B16 In the past year, has there been an occasion when you felt personally excluded at work? (CODE ONE ONLY)

- Yes ----- 1
- No ----- 5
- Don't know ----- .K
- Refused ----- .R

SHOW CARD 9

B17 Overall, how satisfied are you with life as a whole these days? Please answer from Card 9.
(CODE ONE ONLY)

Very satisfied----- 1
Satisfied----- 2
Neither satisfied nor dissatisfied----- 3
Dissatisfied----- 4
Very dissatisfied----- 5

Don't know----- .K
Refused----- .R

SHOW CARD 10

B18 Overall, to what extent do you feel the things you do in your life are worthwhile? Please answer from Card 10. (CODE ONE ONLY)

Very worthwhile----- 1
Worthwhile----- 2
Neutral----- 3
Not worthwhile----- 4
Not at all worthwhile----- 5

Don't know----- .K
Refused----- .R

[B19_] Please tell me how much you agree or disagree with the following statements.
I'll read them out one at a time. Please answer from Card 11.

SHOW CARD 11

B19 I am able to cope with everyday stresses of life. (CODE ONE ONLY)

Strongly agree----- 1
Agree----- 2
Neither agree nor disagree----- 3
Disagree----- 4
Strongly disagree----- 5

Don't know----- .K
Refused----- .R

SECTION C: KNOWLEDGE OF DEPRESSION AND ANXIETY

[C1_] Please tell me how much you agree or disagree with the following statements. Please answer again from Card 11.

SHOW CARD 11

C1 **If a friend had depression, you would be able to recognise the signs and symptoms. (CODE ONE ONLY)**

- Strongly agree ----- 1
 - Agree----- 2
 - Neither agree nor disagree ----- 3
 - Disagree----- 4
 - Strongly disagree ----- 5
- | |
|---------------------|
| Don't know ----- .K |
| Refused ----- .R |

SHOW CARD 11

C2 **You would be able to recognise if you had depression. (CODE ONE ONLY)**

- Strongly agree ----- 1
 - Agree----- 2
 - Neither agree nor disagree ----- 3
 - Disagree----- 4
 - Strongly disagree ----- 5
- | |
|---------------------|
| Don't know ----- .K |
| Refused ----- .R |

C3 **If a person has depression, what are some signs or behaviours they might have? (PROBE AND RECORD)**

① **PROBE:** Just try for as many as you can think of. [If needed:] No more than five
① **Enter xx if respondent can't think of any.**

a	
b	
c	
d	
e	

C4 **What types of treatment do you think are suitable for someone with depression? You can mention two or more types. (MULTIPLE RESPONSES ALLOWED)**

① **Do not read. Probe, multiple response allowed.**

Medication/anti-depressants -----	1	}	→	GO TO C5
Support/someone to talk to -----	2			
Counselling/therapy -----	3			
Church/spiritual help -----	4			
Self-help books -----	5			
Internet help services -----	6			
Exercise -----	7			
Social interaction -----	8			
Willpower (just get over it) -----	9			
Other (please specify in C4a) -----	10		→	GO TO C4a
Don't know -----	.K		→	GO TO C5
Refused -----	.R			

C4a **RECORD TREATMENTS NOT LISTED.**

C5 **If you thought someone you know might be experiencing depression, do you know where you could get help? (MULTIPLE RESPONSES ALLOWED)**

① **Do not read. Probe, multiple response allowed.**

① **Do not code as '1' if the person just says "John Kirwan" without referring to a website with John Kirwan on it. List under other.**

Depression.org/John Kirwan website -----	1	}	→	GO TO C6
A website -----	2			
Ring a helpline -----	3			
See a doctor -----	4			
See a therapist/counsellor -----	5			
Email/text/chat to internet help service -----	6			
Talk to a friend or family member -----	7			
Go to the Emergency Department -----	8			
Church/spiritual help -----	9			
No, I don't know -----	10			
Other (please specify in C5a) -----	11		→	GO TO C5a
Refused -----	.R		→	GO TO C6

C5a **RECORD PLACES NOT LISTED.**

C6 **If you thought you might be experiencing depression, who or where would you be most likely to turn to for help? (CODE ONE ONLY)**

① Do not read.

① Only one response (most likely) allowed.

- | | | | |
|--|----|---|-----------|
| Depression.org/John Kirwan website ----- | 1 | → | GO TO C8 |
| A website----- | 2 | | |
| Ring a helpline----- | 3 | | |
| See a doctor----- | 4 | | |
| See a therapist/counsellor ----- | 5 | | |
| Email/text/chat to internet help service ----- | 6 | | |
| Talk to a friend or family member ----- | 7 | | |
| Go to the Emergency Department ----- | 8 | | |
| Church/spiritual help ----- | 9 | | |
| Nobody/nowhere, would not seek help ----- | 10 | → | GO TO C7 |
| Other (please specify in C6a) ----- | 11 | → | GO TO C6a |
| Don't know----- | .K | → | GO TO C8 |
| Refused ----- | .R | | |

C6a **RECORD ANSWERS NOT LISTED.**

	GO TO C8
--	----------

IF C6 = 9 GO TO C7 OTHERWISE GO TO C8
--

C7 **Why do you think you wouldn't seek help? (MULTIPLE RESPONSES ALLOWED)**

① Do not read. Probe, multiple response allowed.

- | | | | |
|--|----|---|-----------|
| It would be embarrassing ----- | 1 | → | GO TO C8 |
| Don't believe it would help ----- | 2 | | |
| It would cost too much ----- | 3 | | |
| I wouldn't have the time ----- | 4 | | |
| Wouldn't want to be judged----- | 5 | | |
| Wouldn't want to admit I had a problem ----- | 6 | | |
| Other (please specify in C7a) ----- | 7 | → | GO TO C7a |
| Don't know----- | .K | → | GO TO C8 |
| Refused ----- | .R | | |

C7a **RECORD ANSWERS NOT LISTED.**

--

C8 **Have you heard about any New Zealand websites that can assist people to find out about or get through depression? (CODE ONE ONLY)**

- Yes ----- 1
- No----- 5
- Don't know----- .K
- Refused ----- .R

IF C8 = 1 GO TO C9
OTHERWISE GO TO C10

C9 **What are the names of those websites? (MULTIPLE RESPONSES ALLOWED)**

- www.depression.org.nz/John Kirwan website---- 1 → GO TO C11
- Other (record)----- 5 → GO TO C9a
- Don't know----- .K → GO TO C10
- Refused ----- .R

C9a **Record other names mentioned.**

IF C9 IS NOT "www.depression.org.nz/John Kirwan website" GO TO C10
OTHERWISE GO TO C11

C10 **Have you heard of a website called www.depression.org.nz?**

- Yes ----- 1
- No----- 5
- Don't know----- .K
- Refused ----- .R

[C11_] **The following questions ask about people with mental illness. This refers to people who live in the community, whose experience of mental illness makes it hard for them to function: that is, to join in with some activities that other people might see as part of ordinary life. Please tell me how much you agree or disagree with the following statements. Please answer from Card 11.**

SHOW CARD 11

C11 **Most people with mental illness want to have paid employment. (CODE ONE ONLY)**

- Strongly agree ----- 1
 - Agree----- 2
 - Neither agree nor disagree ----- 3
 - Disagree----- 4
 - Strongly disagree ----- 5
- Don't know----- .K
 - Refused ----- .R

SHOW CARD 11

C12 **If a friend had a mental illness, you know what advice to give them to get professional help. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C13 **Medication can be an effective treatment for people with mental illness. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C14 **Psychotherapy, like counselling or talking therapy, can be an effective treatment for people with mental illness. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C15 **People with severe mental illness can fully recover. (CODE ONE ONLY)**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C16 **Most people with mental illness go to a healthcare professional to get help.**

(CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

[C17_] **For the following items, please say how much you agree or disagree that each condition is a type of mental illness. Again, please answer from Card 11.**

SHOW CARD 11

C17 **"Depression."**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 11

C18 **"Stress."**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 11

C19 "Schizophrenia."

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C20 "Bipolar disorder (manic depression)."

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C21 "Drug addiction."

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

C22 "Grief."

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

[C23_] And please tell me how much you agree or disagree with the following statements. Please continue to answer from Card 11.

SHOW CARD 11

C23 If a close friend had problems with anxiety, you would be able to recognise the signs and symptoms. (CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 11

C24 You would be able to recognise if you had problems with anxiety. (CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

C25 If a person has problems with anxiety, what are some signs or behaviours they might show? (MULTIPLE RESPONSES ALLOWED)

- ① Probe: Any other signs you can think of? [if needed:] no more than 5
- ① Do not read. Probe, multiple response allowed.
- ① Enter xx if respondent can't think of any.

a	
b	
c	
d	
e	

C26 **If you or someone you know had problems with anxiety, do you know where you could get help? Please say where. You can mention more than one. (MULTIPLE RESPONSES ALLOWED)**
Probe: Anywhere else you can think of?

① **Do not read. Probe, multiple response allowed. CODE 9 IS UNIQUE.**

- | | | | |
|--|----|---|------------|
| A website----- | 1 | → | GO TO C27 |
| Ring a helpline----- | 2 | | |
| See a doctor----- | 3 | | |
| See a therapist/counsellor ----- | 4 | | |
| Email/text/chat to internet help service ----- | 5 | | |
| Talk to a friend or family member ----- | 6 | | |
| Go to the Emergency Department ----- | 7 | | |
| Church/spiritual help ----- | 8 | | |
| Don't know where to go----- | 9 | | |
| Other (please specify in C26a) ----- | 10 | → | GO TO C26a |
| Refused ----- | .R | → | GO TO C27 |

C26a **RECORD ANSWERS NOT LISTED.**

C27 **If you thought you might have problems with anxiety, who or where would you be most likely to turn to for help? (CODE ONE ONLY)**

① **Do not read. Only one response (most likely) allowed. CODE 8 IS UNIQUE.**

- | | | | |
|--|----|---|------------|
| A website----- | 1 | → | GO TO C29 |
| Ring a helpline----- | 2 | | |
| See a doctor----- | 3 | | |
| See a therapist/counsellor ----- | 4 | | |
| Email/text/chat to internet help service ----- | 5 | | |
| Talk to a friend or family member ----- | 6 | | |
| Go to the Emergency Department ----- | 7 | | |
| Church/spiritual help ----- | 8 | | |
| Would not seek help----- | 9 | → | GO TO C28 |
| Other (please specify in C27a) ----- | 10 | → | GO TO C27a |
| Don't know ----- | .K | → | GO TO C29 |
| Refused ----- | .R | | |

C27a **RECORD ANY UNLISTED ANSWER.**

→

GO TO C29

IF C27 = 8 GO TO C28
OTHERWISE GO TO C29

C28 **Why do you think you wouldn't seek help? Probe: You can mention more than one reason. (MULTIPLE RESPONSES ALLOWED)**

ⓘ **Do not read. Probe, multiple response allowed.**

- | | | |
|--|---|------------|
| It would be embarrassing ----- 1 | → | GO TO C29 |
| Don't believe it would help ----- 2 | | |
| It would cost too much ----- 3 | | |
| I wouldn't have the time ----- 4 | | |
| Wouldn't want to be judged ----- 5 | | |
| Wouldn't want to admit I had a problem ----- 6 | | |
| Other (please specify in C28a) ----- 9 | → | GO TO C28a |
| Don't know ----- .K | → | GO TO C29 |
| Refused ----- .R | | |

C28a **RECORD ANY UNLISTED ANSWER.**

C29 **Have you heard about any New Zealand websites that can assist people to find out about or get through their problems with anxiety?**

- | | | |
|---------------------|---|------------|
| Yes ----- 1 | → | GO TO C30 |
| No ----- 5 | → | GO TO D1_1 |
| Don't know ----- .K | | |
| Refused ----- .R | | |

IF C29 = 1 GO TO C30
OTHERWISE GO TO D1_I

C30 **What are the names of those websites? (PROBE AND RECORD)**

- Don't know/Can't remember ----- .K
Refused ----- .R

SECTION D: STIGMA BEHAVIOURS

[D1_] The following questions ask about your experience and views in relation to people with mental illness. This refers to people who live in the community, whose experience of mental illness makes it hard for them to function: that is, to join in with some activities that other people might see as part of ordinary life.

**D1 Are you currently living with, or have you ever lived with, someone with a mental illness?
(CODE ONE ONLY)**

Yes ----- 1
 No----- 5
 Don't know----- .K
 Refused ----- .R

**D2 Are you currently working with, or have you ever worked with, someone with a mental illness?
(CODE ONE ONLY)**

Yes ----- 1
 No----- 5
 Don't know----- .K
 Refused ----- .R

**D3 Do you currently have, or have you ever had, a neighbour with a mental illness?
(CODE ONE ONLY)**

Yes ----- 1
 No----- 5
 Don't know----- .K
 Refused ----- .R

**D4 Do you currently have, or have you ever had, a close friend with a mental illness?
(CODE ONE ONLY)**

Yes ----- 1
 No----- 5
 Don't know----- .K
 Refused ----- .R

[D5_] Please tell me how much you agree or disagree with the following statements. Please answer from Card 11.

SHOW CARD 11

D5 In the future, you would be willing to live with someone with mental illness.

Ⓜ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”. (CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

D6 In the future, you would be willing to *work* with someone with mental illness.

Ⓜ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”. (CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

D7 In the future, you would be willing to live nearby to someone with mental illness.

Ⓜ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”. (CODE ONE ONLY)

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

D8 In the future, you would be willing to continue a relationship with a friend who developed mental illness.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”. (CODE ONE ONLY)

Strongly agree ----- 1

Agree----- 2

Neither agree nor disagree ----- 3

Disagree----- 4

Strongly disagree ----- 5

Don't know----- .K

Refused ----- .R

SECTION E: STIGMA IN THE COMMUNITY

[E1_] I'll now read out a selection of opinions about severe mental illness and people with severe mental illnesses. This refers to people who live in the community whose experience of mental illness makes it hard for them to function: that is, to join in with some activities that other people might see as part of ordinary life.

Please say from Card 11 which answer best describes your reaction to each statement. Don't over-think it; it's your first reaction that is important. Don't be concerned if some statements seem similar to ones you have previously answered.

SHOW CARD 11

E1 **More tax money should be spent on the care and treatment of people with severe mental illnesses.**

⓪ If respondent unsure what level of mental illness is being asked about, repeat "people who live in the community, whose experience of mental illness makes it hard for them to function" or say "don't over-think it, it's your first reaction that is important".

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 11

E2 **We need to adopt a far more tolerant attitude toward people with severe mental illnesses in our society.**

⓪ If respondent unsure what level of mental illness is being asked about, repeat "people who live in the community, whose experience of mental illness makes it hard for them to function" or say "don't over-think it, it's your first reaction that is important".

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 11

E3 **Our mental hospitals seem more like prisons than like places where people with severe mental illnesses can be cared for.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E4 **We have a responsibility to provide the best possible care for people with severe mental illnesses.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E5 **It is best to avoid anyone who has problems with severe mental illness.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E6 **People with severe mental illnesses are a burden on society.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

E7 **People with severe mental illnesses have been the subject of ridicule for too long.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

E8 **Locating mental health facilities in a residential area downgrades the neighbourhood.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 11

E9 **Increased spending on severe mental health services is a waste of tax dollars.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E10 **The best therapy for many people with severe mental illnesses is to be a part of a normal community.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E11 **Having people with severe mental illnesses living within residential neighbourhoods might be good therapy, but the risks to residents are too great.**

Ⓢ If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E12 Residents should accept the location of mental health facilities in their neighbourhood to serve the needs of the local community.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E13 There are sufficient existing services for people with severe mental illnesses.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E14 Local residents have good reason to resist the location of mental health services in their neighbourhood.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E15 **Locating mental health services in residential neighbourhoods does not endanger local residents.**

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E16 **People with severe mental illnesses do not deserve our sympathy.**

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E17 **Mental health facilities should be kept out of residential neighbourhoods.**

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E18 Residents have nothing to fear from people coming into their neighbourhood to obtain mental health services.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E19 As far as possible, mental health services should be provided through community based facilities. (CODE ONE ONLY)

① If R asks what a Community Based Facility is explain: “These are small clinics based in the suburbs where psychiatrists and nurses diagnose and treat people with less severe mental health conditions.”

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SHOW CARD 11

E20 It is frightening to think of people with severe mental illnesses living in residential neighbourhoods.

① If respondent unsure what level of mental illness is being asked about, repeat “people who live in the community, whose experience of mental illness makes it hard for them to function” or say “don’t over-think it, it’s your first reaction that is important”.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5

Don't know-----	.K
Refused -----	.R

SECTION F: PHQ-9

[F1_] Over the last two weeks, how often have you been bothered by the following problems? Please answer from Card 12.

SHOW CARD 12

F1 **Little interest or pleasure in doing things. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 12

F2 **Feeling down, depressed, or hopeless. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 12

F3 **Trouble falling or staying asleep, or sleeping too much. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 12

F4 **Feeling tired or having little energy. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 12

F5 **Poor appetite or overeating. (CODE ONE ONLY)**

- Not at all----- 1
 - Several days ----- 2
 - More than half the days ----- 3
 - Nearly every day ----- 4
- | |
|--------------------|
| Don't know----- .K |
| Refused ----- .R |

SHOW CARD 12

F6 **Feeling bad about yourself – or that you are a failure or have let yourself or your family down. (CODE ONE ONLY)**

- Not at all----- 1
 - Several days ----- 2
 - More than half the days ----- 3
 - Nearly every day ----- 4
- | |
|--------------------|
| Don't know----- .K |
| Refused ----- .R |

SHOW CARD 12

F7 **Trouble concentrating on things, such as reading the newspaper or watching television. (CODE ONE ONLY)**

- Not at all----- 1
 - Several days ----- 2
 - More than half the days ----- 3
 - Nearly every day ----- 4
- | |
|--------------------|
| Don't know----- .K |
| Refused ----- .R |

SHOW CARD 12

F8 **Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual. (CODE ONE ONLY)**

- Not at all----- 1
 - Several days ----- 2
 - More than half the days ----- 3
 - Nearly every day ----- 4
- | |
|--------------------|
| Don't know----- .K |
| Refused ----- .R |

SHOW CARD 12

F9 **Thoughts that you would be better off dead, or of hurting yourself. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4
- Don't know----- .K
- Refused ----- .R

IF ALL F1-F9 = 1 OR DK/REFUSED GO TO G1
OTHERWISE GO TO F10

SHOW CARD 13

F10 **How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? Please answer from Card 13. (CODE ONE ONLY)**

ⓐ **The 'problems' referred to in this question are those asked about in F1 to F9. Respondents are only asked F10 if they said anything other than "not at all" to at least one question in F1 to F9.**

- Not at all difficult----- 1
- Somewhat difficult ----- 2
- Very difficult ----- 3
- Extremely difficult ----- 4
- Don't know----- .K
- Refused ----- .R

SECTION G: K10

The next items are about yourself. Please give an answer using Card 14.

SHOW CARD 14

G1 In the past 4 weeks, about how often did you feel tired out for no good reason?
(CODE ONE ONLY)

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

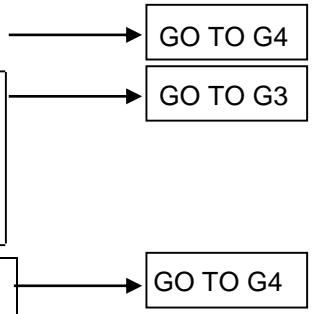
Don't know ----- .K
Refused ----- .R

SHOW CARD 14

G2 In the past 4 weeks, about how often did you feel nervous? (CODE ONE ONLY)

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know ----- .K
Refused ----- .R



SHOW CARD 14

G3 In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down? (CODE ONE ONLY)

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know ----- .K
Refused ----- .R

SHOW CARD 14

G4 **In the past 4 weeks, about how often did you feel hopeless? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 14

G5 **In the past 4 weeks, about how often did you feel restless or fidgety? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

GO TO G7

GO TO G6

GO TO G7

SHOW CARD 14

G6 **In the past 4 weeks, about how often did you feel so restless you could not sit still? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 14

G7 **In the past 4 weeks, about how often did you feel depressed? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 14

G8 **In the past 4 weeks, about how often did you feel that everything was an effort? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 14

G9 **In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SHOW CARD 14

G10 **In the past 4 weeks, about how often did you feel worthless? (CODE ONE ONLY)**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5

Don't know----- .K
Refused ----- .R

SECTION H: GAD-7

[H1_] Over the last two weeks, how often have you been bothered by the following problems? Don't be concerned if some of these questions seem similar to those you answered previously. Please refer to Card 15 to answer the next items.

SHOW CARD 15

H1 **Feeling nervous, anxious or on edge. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15

H2 **Not being able to stop or control worrying. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15

H3 **Worrying too much about different things. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15

H4 **Trouble relaxing. (CODE ONE ONLY)**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15H5 **Being so restless that it is hard to sit still. (CODE ONE ONLY)**

Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15H6 **Becoming easily annoyed or irritable. (CODE ONE ONLY)**

Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SHOW CARD 15H7 **Feeling afraid as if something awful might happen. (CODE ONE ONLY)**

Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4

Don't know----- .K
Refused ----- .R

SECTION I: ADULT PSYCHOLOGICAL/PSYCHIATRIC IMPAIRMENT

- I1 Does a long-term emotional, psychological, or psychiatric condition cause you difficulty doing everyday activities that people your age can usually do? Common conditions include depression, anxiety or bipolar disorder.

① Code "sometimes" as yes. (CODE ONE ONLY)

Yes ----- 1
 No----- 5
 Don't know ----- .K
 Refuse to answer ----- .R

- I2 Does a long-term emotional, psychological or psychiatric condition cause you difficulty communicating, mixing with others, or socialising?

① Code "sometimes" as yes. (CODE ONE ONLY)

Yes ----- 1
 No----- 5
 Don't know ----- .K
 Refuse to answer ----- .R

- I5 ① INTERVIEWER ONLY: Did the respondent take the opportunity to self-read and self-enter from the laptop screen during any part of the interview?

Yes ----- 1
 No----- 5

[THANKS] Thank you very much for answering these questions. Your answers will be very helpful in this study. There are just a few more questions and then we have finished. Any information you give from now on will not be stored with your answers for the survey.

SECTION A: DEMOGRAPHICS

I now have some questions about yourself. That information is used to show how experiences and awareness vary between different types of people.

A1 **What gender do you identify with? (CODE ONE ONLY)**

Male ----- 1
 Female----- 8
 Other -----95

We show these cards to help people answer easily. You can just call out the number opposite the answer that fits you or your opinion.

SHOW CARD 16

A2 **From Card 16, which of these age groups do you belong to? (CODE ONE ONLY)**

15-17 years ----- 1
 18-19 years ----- 2
 20-24 years ----- 3
 25-34 years ----- 4
 35-44 years ----- 5
 45-54 years ----- 6
 55-64 years ----- 7
 65-69 years ----- 8
 70-74 years ----- 9
 75+ years ----- 10

Refused ----- .R

SHOW CARD 17

A5 **Looking at Card 17, which number on Card 17 best fits the total income that your household got from all sources, before tax or anything was taken out of it, in the last 12 months?**

(CODE ONE ONLY)

Less than \$20,000 ----- 1
 \$20,001 - \$40,000 ----- 2
 \$40,001 - \$60,000 ----- 3
 \$60,001 - \$80,000 ----- 4
 \$80,001 - \$100,000----- 5
 \$100,001 - \$150,000 ----- 6
 \$150,001 - \$250,000 ----- 7
 Over \$250,000 ----- 8

Don't know----- .K
Refused ----- .R

IF A1 = 8 AND A2 = 1-6, GO TO A6 OTHERWISE GO TO A7
--

A6 **Have you had a baby in the last two years? (CODE ONE ONLY)**

Yes ----- 1
 No----- 5
 Don't know----- .K
 Refused ----- .R

SHOW CARD 18

A7a **Now looking at Card 18, can you please tell me the highest qualification you have?
(CODE ONE ONLY)**

No formal qualification -----	1	}	GO TO A8
NZ School Certificate in one or more subjects or National Certificate Level 1 or NCEA Level 1 -----	2		
NZ Sixth Form Certificate in one or more subjects or National Certificate Level 2 or NZ UE before 1986 in one or more subjects or NCEA Level 2 -----	3		
NZ Higher School Certificate or Higher Leaving Certificate -----	4		
University Entrance 1986 onwards -----	5		
Bursary/Scholarship or National Certificate Level 3 or NCEA Level 3 or NZ Scholarship Level 4 -----	6		
Other secondary school qualification gained in NZ (specify in A7a)-----	7	→	GO TO A7b
Other secondary school qualification gained overseas -----	8	→	GO TO A8
Trade or technical certificate which took more than 3 months full-time study -----	9	}	GO TO A8
Professional qualification, for example, ACA, teachers, nurses -----	10		
Undergraduate diploma -----	11		
Bachelors degree, for example, BA, BSc -----	12		
Postgraduate degree, for example Honours, Masters or PhD -----	13	}	GO TO A7c
Postgraduate diploma-----	14		
Other (specify in A7b)-----	97	→	GO TO A7c
Don't know -----	.K	}	GO TO A8
Refused -----	.R		

A7b **What is that 'other NZ secondary school qualification'?**
RECORD THEN GO TO A8.

	→	GO TO A8
--	---	----------

A7c **What is that 'other qualification'?**

--

A8 **How many children aged under 18 years old do you have? (CODE ONE ONLY)**

- None ----- 0
- One ----- 1
- Two ----- 2
- Three ----- 3
- Four ----- 4
- Five ----- 5
- Six ----- 6
- Seven ----- 7
- Eight or more ----- 8
- Don't know ----- .K
- Refused ----- .R

IF A8 ≠ 0 GO TO A9a
OTHERWISE GO TO A9b

A9a **What are their ages please?**

RECORD ONE AGE FOR EACH CHILD.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- Don't know ----- .K
- Refused ----- .R

A9b **And including yourself, how many people aged 15 years or over, live in your household?**
RECORD NUMBER.

A10 **Finally, one last question. Do you know someone who has been diagnosed with a mental illness, excluding yourself? (CODE ONE ONLY)**

① PROMPT: Any person you know, so not yourself.

Yes ----- 1

No----- 5

Don't know----- .K

Refused ----- .R

SECTION R: AUDIT AND RECONTACT

R1a **Is there a landline phone number that my Supervisor can reach you on in order to validate my work, or to check you are happy with the way the interview was conducted?**

- Yes 1 → GO TO R1b
- I don't have a landline..... 3
- No.....5
- Don't know.....K

R1b **Could I have that number including the area code please?**

R2a **Do you have a mobile number my Supervisor can reach you on?**

- Yes 1 → GO TO R2b
- Don't have 3
- No.....5
- Don't know.....K

R2b **Could I have that number please?**

R3a **Do you have an email address, in case we cannot contact you by telephone?**

- Yes 1 → GO TO R3b
- No.....5
- Don't know.....K

R3b **Could I have that email address please?**

R4 **Would you be happy to be contacted again about the possibility of answering other health questions on behalf of the Health Promotion Agency? Saying yes to this question won't commit you, it just means they can contact you to ask if you would like to participate again.**

① **IF NECESSARY: Recontact will be between two to five years.**

Yes, you can contact me and ask if I want to help again----- 1

No, don't contact me again -----5 →

R5 **Can I record your first name so the Health Promotion Agency can make sure they're talking to the right person?**

Yes ----- 1

No-----5 →

R6 **May I have your first name?**

[THANKS AGAIN]

That's all the questions I have to ask you.

On behalf of the Health Promotion Agency, thank you once again for talking with me.

I would like to reassure you that your answers remain confidential. As I said, my name is XXXX and I'm from National Research Bureau.

INTERVIEWER OBSERVATION:

What level of language assistance, if any, was used for the interview? [Code one only]

- 1 None
- 2 The interviewer helped interpret questions into a language other than English
- 3 A friend/family member helped interpret into a language other than English
- 4 Official interpreter was used
- .K Don't know

[End survey]



HEALTH PROMOTION AGENCY
MOTHERS MENTAL HEALTH WEB QUESTIONNAIRE

INTRODUCTION (EMAIL INVITATION):

MOTHERS MENTAL HEALTH WEB QUESTIONNAIRE

Hello

Recently we rang you and explained that National Research Bureau were conducting an important survey about mental health, on behalf of the Health Promotion Agency. You have been chosen to participate in this survey because you have had a baby in the last two years and we are interested in the answers by such people.

We would be very grateful if you could complete the online questionnaire as soon as possible. You do this by clicking this link:

<http://www.surveysoftware.net/cgi-bin/tssw11.cgi?f=hpa+xxxxx> You may also access the survey by copying the link into your browser.

If you need to leave the questionnaire for any reason, you can exit it, and go back later. Just use the link above once more to go back where you left off.

If you complete the survey, you will automatically go into the draw for an iPad Air 2 or a Samsung Galaxy Tab S !

Any information you provide is completely confidential and is protected by the Privacy Act 1983. Your name is not kept with the answers and your details (including email address) will not be passed on to any one else.

The survey results 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. If you are interested, some results will be available by the end of 2015 on the Health Promotion Agency's website at hpa.org.nz.

If you wish to find out more about this survey, or need help with completing an interview, please ring National Research Bureau on 09 6300 655 or 0800 672 476. If you are worried about your mental wellbeing please ring 0800 933 922 or 0800 111 757.

Kind regards,

Research Team

National Research Bureau

110 Mt Eden Rd

Mt Eden

Auckland 1024

www.nrb.co.nz

MENTAL HEALTH QUESTIONNAIRE

INSTRUCTIONS

Welcome to the Health Promotion Agency’s Mental Health Questionnaire!

Please just answer the questions as best you can. For most you just select a single answer option. However, sometimes you can select multiple answers and a few you will need to type answers in. There are instructions along the way to help you give your answers.

At the end of each page you will need to press the ‘Continue’ button to save your responses and move to the next page.

If you are absolutely unable to answer a question, or you really don’t want to answer a specific question you can use the ‘Don’t know/Not sure’ or ‘Prefer not to answer’ options. Hopefully you wont need to do this much because it is more useful to us if you attempt an answer.

If you need to leave the questionnaire for any reason, you can exit it, and go back later. Just use the link and the code in the email we sent you to get back to your questionnaire.

Thanks for doing this and good luck with the prize draw!

Continue **Reset these answers**

SECTION A: SOME QUESTIONS ABOUT YOU

First we need to ask a couple of questions about you, so that you are only asked applicable questions.

A1 **Have you had a baby in the last two years?**

- Yes ----- 1
- No----- 5
- Not sure/Don’t know----- 8
- Prefer not to answer----- 9

Go To A3

A2 Thanks for starting this questionnaire, but sorry we are just wanting to interview Mothers with new babies aged 2 or younger. Thank you for your time. → TERMINATE INTERVIEW

A3 Which of the following ethnic group or groups do you belong to? *Please select all that apply.*

New Zealand European -----	1	}	→	GO TO A4
Māori -----	2			
Samoaan -----	3			
Cook Island Māori-----	4			
Tongan -----	5			
Niuean -----	6			
Chinese-----	7			
Indian -----	8			
Other (specify) -----	9	}	→	GO TO A3b
Not sure/Don't know -----	98			
Prefer not to answer -----	99	}	→	GO TO A4

A3b What other ethnic groups do you belong to? *Please select all that apply.*

American -----	1	}	→	GO TO A4
Australian -----	2			
Cambodian -----	3			
Dutch -----	4			
English -----	5			
Fijian (except Fijian Indian) -----	6			
Filipino -----	7			
German -----	8			
Greek -----	9			
Irish -----	10			
Italian -----	11			
Japanese -----	12			
Korean -----	13			
Polish -----	14			
Scottish -----	15			
South African -----	16			
South Slav -----	17			
Sri Lankan -----	18			
Tokelauan -----	19			
Vietnamese -----	20			
Welsh -----	21			
Other (specify) -----	80	}	→	GO TO A3c
Not sure/Don't know -----	98			
Prefer not to answer -----	99			

A3c Please specify your other ethnic group or groups. *You can enter more than one - or leave blank and press 'Enter' key if you prefer not to answer.*

A4 From the following list, which one of these best describes you at the moment?

- | | | | | |
|---|----|---|---|---------------|
| Working in paid employment: Full time ----- | 1 | } | → | GO TO B INTRO |
| Working in paid employment: Part time ----- | 2 | | | |
| In paid work but currently on maternity leave ----- | 3 | | | |
| Not in paid work and not looking for a job----- | 4 | | | |
| Not in paid work and looking for a job----- | 5 | | | |
| Other (specify) ----- | 8 | | | GO TO A4b |
| Not sure/Don't know----- | 98 | } | → | GO TO B INTRO |
| Prefer not to answer----- | 99 | | | |

A4b What is that 'other' form of employment? *(or leave blank and press 'Enter' key if you prefer not to answer).*

SECTION B: OVERALL WELLBEING AND CONNECTEDNESS

Please tell us how much you agree or disagree with the following statements.

Programmer – please can you randomise the order of presentation of B1 to B6

B1 The last twelve months have been among the most difficult times of my life.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B2 I make an effort to see family or friends I don't live with.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B3 I can always rely on a friend or family member for support if I need it.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B4 Maintaining a strong connection to my culture is important to me.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B5 **I feel strongly connected to my culture.**

- Strongly agree ----- 1
 Agree----- 2
 Neither agree nor disagree ----- 3
 Disagree----- 4
 Strongly disagree ----- 5
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

B6 **In the last four weeks, how often have you felt isolated from others?**

- None of the time----- 1
 A little of the time----- 2
 Some of the time ----- 3
 Most of the time ----- 4
 All of the time----- 5
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

IF A3 = 2 GO TO B7 OTHERWISE GO TO B11

B7

The next few questions are in both **Te Reo** and English.

Thinking about your life as a whole, how important is it for you to be involved in things to do with Māori culture? **Whakaaro ake ki tōu ake oranga, pēhea nei tō tino kaingākau ki te whakauru atu ki ngā kaupapa e pā ana ki te ahurea Māori?**

- Very important **he mea tino nui** -----1
 Quite important **he mea āhua nui** -----2
 Somewhat important **he mea nui**-----3
 A little important **he paku nei ōna pānga** -----4
 Not at all important **kāore ōna pānga**-----5
 Not sure/Don't know-----8
 Prefer not to answer-----9

B8 **Have you ever been to any of your ancestral marae? By this we mean a marae that your parents, grandparents, tipuna or ancestors are from. **Kua hoki atu koe ki ōu ake tipuna marae? Ko te tikanaga o tēnei, ko tō marae ka whakapapa atu ō mātua, ō tipuna kuia, koroua rānei.****

- Yes **āe** ----- 1
 No **kāo** ----- 5
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

B9 **How well are you able to speak Māori in day-to-day conversation? Hē pehea tō kaha ki te kōrero Māori i ngā kōrero o ia rā?**

- Very well (I can talk about almost anything in Māori) **he pai rawa atu** ----- 1
 Well (I can talk about many things in Māori) **he pai** ----- 2
 Fairly well (I can talk about some things in Māori) **he āhua pai**----- 3
 Not very well (I can only talk about simple/basic things) **kāore i te tino pai** ----- 4
 Not more than a few words or phrases **kāore i tua atu i ētahi kupu noa iho ētahi kīanga rānei**--- 5
 Not sure/Don't know ----- 8
 Prefer not to answer ----- 9

B10 **Which of these do you know? Ko ēhea o ēnei e mōhio ana koe?**

		Yes āe	No kāo	Don't know	Prefer not to answer
1	Your iwi or tribe tō iwi	1	5	8	9
2	Your hapu or sub-tribe tō hapū	1	5	8	9
3	Your maunga or mountain tō maunga	1	5	8	9
4	Your awa, moana, river or water tō awa, tō moana, tō wai	1	5	8	9
5	Your waka or canoe tō waka	1	5	8	9
6	Your tipuna, tupuna or ancestors tō tipuna, tupuna rānei	1	5	8	9

B11 **In general (or 'overall'), how would you rate the way your family/whānau get along with one another?**

- Very well ----- 1
 Well----- 2
 Neither well nor badly----- 3
 Badly ----- 4
 Very badly ----- 5
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

B12 **How would you rate how your family/whānau is doing these days? We just mean ‘in general’ or ‘overall’.**

- Very well ----- 1
- Well----- 2
- Neither well nor badly----- 3
- Badly ----- 4
- Very badly ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B13 **How easy or hard would it be to find someone to help you with things such as looking after pets, collecting mail, or checking your house while you are away from home?**

- Very easy ----- 1
- Easy----- 2
- Neither easy nor hard----- 3
- Hard ----- 4
- Very hard----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B14 **How easy or hard would it be to find someone to help you in times of need, such as providing a place to stay if you suddenly needed one?**

- Very easy ----- 1
- Easy----- 2
- Neither easy nor hard----- 3
- Hard ----- 4
- Very hard----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B15 **In the past year, has there been an occasion when you felt personally excluded from a social situation?**

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

IF A4 = 1 or 2 GO TO B16 OTHERWISE GO TO B17

B16 **In the past year, has there been an occasion when you felt personally excluded at work?**

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B17 **Overall, how satisfied are you with life as a whole these days?**

- Very satisfied----- 1
- Satisfied ----- 2
- Neither satisfied nor dissatisfied----- 3
- Dissatisfied ----- 4
- Very dissatisfied----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

B18 **Overall, to what extent do you feel the things you do in your life are worthwhile?**

- Very worthwhile----- 1
- Worthwhile ----- 2
- Neutral ----- 3
- Not worthwhile ----- 4
- Not at all worthwhile ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

[B19_] **Please tell us how much you agree or disagree with the following statements.**

B19 **I am able to cope with everyday stresses of life.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

SECTION C: KNOWLEDGE ABOUT DEPRESSION AND ANXIETY

This section is to find out what people think about certain mental issues. It is important to answer the questions to the best of your knowledge without looking the information up.

Now, please tell us how much you agree or disagree with the following statements.

C1 **If a friend had depression, you would be able to recognise the signs and symptoms.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C2 **You would be able to recognise if you had depression.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C3 **If a person has depression, what are some of the signs or behaviours they might have?**

Just try for as many as you can think of (up to 5). Leave blank and press 'Continue' if you can't think of any right now. Programmer – these questions do not require an answer.

a

b

c

d

e

C4 What types of treatment do you think are suitable for someone with depression? *Enter as many types as you can think of - or leave blank if you can't answer.*

C5 If you or someone you know has depression, do you know where you could go to get help? Please say where. *Enter as many types as you can think of - or leave blank if you can't answer..*

C6 If you thought you might be experiencing depression, do you know who or where would you be most likely to turn to for help?

- Yes ----- 1
- No----- 2 →
- Nobody/nowhere, would not seek help ----- 3 →
- Not sure/Don't know ----- 8 →
- Prefer not to answer----- 9

C6b Who or or where would you be most likely to turn to for help? *Please just mention the one – or leave blank and press 'Continue' if you can't answer.*

 →

C7 Why do you think you wouldn't seek help? *You can enter more than one answers - or leave blank and press 'Enter' key if you can't answer.*

C8 Have you heard about any New Zealand websites that can assist people to find out about or get through depression?

- Yes ----- 1
- No----- 5
- Not sure/Don't know ----- 8
- Prefer not to answer----- 9

IF C8 = 1 GO TO C9
OTHERWISE GO TO C10

C9 **What are the names of those websites? You can enter more than one answer- or leave blank and press 'Continue' if you can't answer.**

C10 **Have you heard of a website called www.depression.org.nz?**

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

The following questions are about people with mental illness. This refers to people who live in the community, whose experience of mental illness makes it hard for them to function: that is, to join in with some activities that other people might see as part of ordinary life.

Please tell me how much you agree or disagree with the following statements.

C12 **If a friend had a mental illness, you know what advice to give them to get professional help.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C13 **Medication can be an effective treatment for people with mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C14 **Psychotherapy, like counselling or talking therapy, can be an effective treatment for people with mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C15 **People with severe mental illness can fully recover.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C16 **Most people with mental illness go to a healthcare professional to get help.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

[C23_] **And please tell us how much you agree or disagree with the following statements.**

C23 **If a close friend had problems with anxiety, you would be able to recognise the signs and symptoms.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C24 **You would be able to recognise if you had problems with anxiety.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

C25 If a person has problems with anxiety, what are some of the signs or behaviours they might have? *Just type in as many as you can think of (up to 5). If you can't think of any just leave blank.* Programmer – these questions do not require an answer.

a

b

c

d

e

C26 If you or someone you know had problems with anxiety, do you know where you could get help? Please say where. *You can enter more than one answer. If you can't think of any, just leave blank.*

C27 If you thought you might have problems with anxiety, do you know who or where would you be most likely to turn to for help?

Yes	1	
No.....	2	→ GO TO SECTION D
Nobody/nowhere, would not seek help	3	→ GO TO C28
Not sure/Don't know.....	8	→ GO TO SECTION D
Prefer not to answer.....	9	

C27b Who or where would you be most likely to turn to for help? *Please just mention the one – or leave blank and press 'Continue' if you can't answer.*

 → GO TO SECTION D

C28 Why do you think you wouldn't seek help? *You can mention more than one reason – or if you can't think of any just leave blank.*

SECTION D: VIEWS OF PEOPLE WITH MENTAL HEALTH PROBLEMS

The following questions ask about your experience and views in relation to people with mental illness. This refers to people who live in the community, whose experience of mental illness makes it hard for them to function: that is, to join in with some activities that other people might see as part of ordinary life.

D1 Are you currently living with, or have you ever lived with, someone with a mental illness?

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

D2 Are you currently working with, or have you ever worked with, someone with a mental illness?

- Yes ----- 1
- No----- 5
- Not sure/Don't know-----98
- Prefer not to answer-----99

D3 Do you currently have, or have you ever had, a neighbour with a mental illness?

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

D4 Do you currently have, or have you ever had, a close friend with a mental illness?

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

Please tell us how much you agree or disagree with the following statements.

D5 **In the future, you would be willing to live with someone with mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

D6 **In the future, you would be willing to work with someone with mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

D7 **In the future, you would be willing to live nearby to someone with mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

D8 **In the future, you would be willing to continue a relationship with a friend who developed mental illness.**

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

SECTION E: POSTNATAL FEELINGS - PART 1

As you have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

E1 **You have been able to laugh and see the funny side of things. *In the last 7 days.***

- As much as I always could ----- 1
- Not quite so much now ----- 2
- Definitely not so much now ----- 3
- Not at all ----- 4
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

E2 **You have looked forward with enjoyment to things. *In the last 7 days***

- As much as I ever did ----- 1
- Rather less than I used to ----- 2
- Definitely less than I used to ----- 3
- Hardly at all ----- 4
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

E3 **You have blamed yourself unnecessarily when things went wrong. *In the last 7 days***

- Yes, most of the time ----- 1
- Yes, some of the time ----- 2
- Not very often ----- 3
- No, never ----- 4
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

E4 **You have been anxious or worried for no good reason. *In the last 7 days***

- No, not at all ----- 1
- Hardly ever ----- 2
- Yes, sometimes ----- 3
- Yes, very often ----- 4
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

E5 **You have felt scared or panicky for no very good reason. *In the last 7 days.***

- Yes, quite a lot ----- 1
- Yes, sometimes ----- 2
- No, not much ----- 3
- No, not at all ----- 4
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

E6 Things have been getting on top of you. *In the last 7 days*

- Yes, most of the time I haven't been able to cope at all ----- 1
 Yes, sometimes I haven't been coping as well as usual----- 2
 No, most of the time I have coped quite well ----- 3
 No, I have been coping as well as ever ----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

E7 You have been so unhappy that you have had difficulty sleeping. *In the last 7 days*

- Yes, most of the time----- 1
 Yes, sometimes ----- 2
 Not very often ----- 3
 No, not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

E8 You have felt sad or miserable. *In the last 7 days*

- Yes, most of the time----- 1
 Yes, quite often ----- 2
 Not very often ----- 3
 No, not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

E9 You have been so unhappy that you have been crying. *In the last 7 days*

- Yes, most of the time----- 1
 Yes, quite often ----- 2
 Only occasionally ----- 3
 No, not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

E10 The thought of harming yourself has occurred to you. *In the last 7 days*

- Yes, quite often ----- 1
 Sometimes----- 2
 Hardly ever ----- 3
 Never----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

SECTION F: POSTNATAL FEELINGS – PART 2

Some words are listed below which describe some of the feelings mothers have towards their baby. For each word, select the answer that best describes how you have felt towards your baby in the last two weeks.

F1 Loving. *In the last 2 weeks.*

- Very much ----- 1
- A lot----- 2
- A little ----- 3
- Not at all----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

F2 Resentful. *In the last 2 weeks*

- Very much ----- 1
- A lot----- 2
- A little ----- 3
- Not at all----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

F3 Neutral or felt nothing. *In the last 2 weeks*

- Very much ----- 1
- A lot----- 2
- A little ----- 3
- Not at all----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

F4 Joyful. *In the last 2 weeks*

- Very much ----- 1
- A lot----- 2
- A little ----- 3
- Not at all----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

F5 **Dislike. *In the last 2 weeks***

Very much ----- 1
 A lot----- 2
 A little ----- 3
 Not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

F6 **Protective. *In the last 2 weeks***

Very much ----- 1
 A lot----- 2
 A little ----- 3
 Not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

F7 **Disappointed. *In the last 2 weeks***

Very much ----- 1
 A lot----- 2
 A little ----- 3
 Not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

F8 **Aggressive. *In the last 2 weeks***

Very much ----- 1
 A lot----- 2
 A little ----- 3
 Not at all----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

SECTION G: BREASTFEEDING**G1 Which of the following statements best describes you:**

I currently breastfeed my baby----- 1 → GO TO H

I breastfed my baby when he/she was younger,
but I have weaned them now----- 2 → GO TO G2

I have never breastfed my baby----- 3 → GO TO H

Not sure/Don't know----- 8

Prefer not to answer----- 9

G2 How old was your baby when you weaned him/her?

Less than 2 months----- 1

2-4 months----- 2

4-6 months----- 3

6-8 months----- 4

8-10 months ----- 5

10-12 months ----- 6

More than 12 months ----- 7

Not sure/Don't know----- 8

Prefer not to answer----- 9

SECTION H: PARENTING

Please indicate how much you agree or disagree with the following statements:

H1 You meet your own personal expectations for expertise in caring for your child.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

H2 If anyone can find the answer to what is troubling your child, you are the one.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

H3 You honestly believe you have all the skills necessary to be a good mother to your child.

- Strongly agree ----- 1
- Agree----- 2
- Neither agree nor disagree ----- 3
- Disagree----- 4
- Strongly disagree ----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

SECTION I: EMOTIONS – PART 1

The next items are about yourself.

11 **In the past 4 weeks, about how often did you feel tired out for no good reason?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

12 **In the past 4 weeks, about how often did you feel nervous?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

13 **In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

14 **In the past 4 weeks, about how often did you feel hopeless?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

15 **In the past 4 weeks, about how often did you feel restless or fidgety?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

16 **In the past 4 weeks, about how often did you feel so restless you could not sit still?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

17 **In the past 4 weeks, about how often did you feel depressed?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

18 **In the past 4 weeks, about how often did you feel that everything was an effort?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

19 **In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

110 **In the past 4 weeks, about how often did you feel worthless?**

- None of the time----- 1
- A little of the time----- 2
- Some of the time ----- 3
- Most of the time ----- 4
- All of the time----- 5
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

SECTION J: EMOTIONS – PART 2

Over the last two weeks, how often have you been bothered by the following problems?

- J1 **Feeling nervous, anxious or on edge.**
- Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9
- J2 **Not being able to stop or control worrying.**
- Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9
- J3 **Worrying too much about different things.**
- Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9
- J4 **Trouble relaxing.**
- Not at all----- 1
 Several days ----- 2
 More than half the days ----- 3
 Nearly every day ----- 4
 Not sure/Don't know----- 8
 Prefer not to answer----- 9

J5 **Being so restless that it is hard to sit still.**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

J6 **Becoming easily annoyed or irritable.**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

J7 **Feeling afraid as if something awful might happen.**

- Not at all----- 1
- Several days ----- 2
- More than half the days ----- 3
- Nearly every day ----- 4
- Not sure/Don't know----- 8
- Prefer not to answer----- 9

SECTION K: LIFE DIFFICULTIES

K1 **Does a long-term emotional, psychological, or psychiatric condition cause you difficulty doing everyday activities that people your age can usually do? Common conditions include depression, anxiety or bipolar disorder. *If 'sometimes', answer 'yes'.***

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Refuse to answer ----- 9

K2 **Does a long-term emotional, psychological or psychiatric condition cause you difficulty communicating, mixing with others, or socialising? *If 'sometimes', answer 'yes'.***

- Yes ----- 1
- No----- 5
- Not sure/Don't know----- 8
- Refuse to answer ----- 9

SECTION L: DEMOGRAPHICS

Now there are some questions about yourself. That information will be used to show how experiences and awareness vary between different types of people.

L1 **Which of these age groups do you belong to?**

- 15-17 years ----- 1
- 18-19 years ----- 2
- 20-24 years ----- 3
- 25-34 years ----- 4
- 35-44 years ----- 5
- 45-55 years ----- 6

Prefer not to answer----- 9

L2 **Which income range shown below best fits the total income that your household got from all sources, before tax or anything was taken out of it, in the last 12 months?**

- Less than \$20,000 ----- 1
- \$20,001 - \$40,000 ----- 2
- \$40,001 - \$60,000 ----- 3
- \$60,001 - \$80,000 ----- 4
- \$80,001 - \$100,000----- 5
- \$100,001 - \$150,000 ----- 6
- \$150,001 - \$250,000 ----- 7
- Over \$250,000 ----- 8

Not sure/Don't know-----98
Prefer not to answer-----99

L3 **Can you please tell us the highest qualification you have?**

No formal qualification -----	1	} →	GO TO L4
NZ School Certificate in one or more subjects or National Certificate Level 1 or NCEA Level 1 -----	2		
NZ Sixth Form Certificate in one or more subjects or National Certificate Level 2 or NZ UE before 1996 in one or more subjects or NCEA Level 2 -----	3		
NZ Higher School Certificate or Higher Leaving Certificate -----	4		
University Entrance 1996 onwards -----	5		
Bursary/Scholarship or National Certificate Level 3 or NCEA Level 3 or NZ Scholarship Level 4 -----	6		
Other secondary school qualification gained in NZ (to specify) -----	7	→	GO TO L3b
Other secondary school qualification gained overseas -----	8	→	GO TO L4
Trade or technical certificate which took more than 3 months full-time study -----	9	} →	GO TO L4
Professional qualification, for example, ACA, teachers, nurses -----	10		
Undergraduate diploma -----	11		
Bachelors degree, for example, BA, BSc -----	12		
Postgraduate degree, for example Honours, Masters or PhD -----	13		
Postgraduate diploma -----	14		
Other (to specify) -----	97	→	GO TO L3c
Not sure/Don't know -----	98	→	GO TO L4
Prefer not to answer -----	99		

L3b **What is that 'other NZ secondary school qualification'?**

<input style="width: 600px; height: 25px;" type="text"/>	→	GO TO L4
--	---	----------

L3c **What is that 'other qualification'?**

<input style="width: 700px; height: 25px;" type="text"/>
--

L4 **How many children aged under 18 years do you have?**

- None ----- 0
- One ----- 1
- Two ----- 2
- Three ----- 3
- Four ----- 4
- Five ----- 5
- Six ----- 6
- Seven ----- 7
- Eight or more ----- 8
- Not sure/Don't know ----- 98
- Prefer not to answer ----- 99

IF L4 ≠ 0 GO TO L6
OTHERWISE GO TO L5

L5 **What are their ages please? *Please enter the age in years of each child. If a child is less than 1, put age as 1.*** Programmer - Show the correct number of rows according to answer at L4.

Child	Age
1	
2	
3	
4	
5	
6	
7	
8	
9	

L6 **And including yourself, how many people aged 15 years or over, live in your household?**
Enter a number.

L7 **Finally, one last question. Do you know someone who has been diagnosed with a mental illness, excluding yourself?**

- Yes ----- 1
- No ----- 5
- Not sure/Don't know ----- 8
- Prefer not to answer ----- 9

REQUEST TO RECONTACT

M1 **Would you be happy to be contacted again about the possibility of answering other health questions on behalf of the Health Promotion Agency? Saying yes to this question won't commit you, it just means they can contact you to ask if you would like to participate again.**

Yes, you can contact me and ask if I want to help again----- 1

No, don't contact me again -----5 →

GO TO THANK AND CLOSE

M2 **Can we record your first name so the Health Promotion Agency can make sure they're talking to the right person?**

Yes ----- 1

No-----5 →

GO TO THANK AND CLOSE

M3 **Please type in your first name:**

THANK YOU!

That's all the questions done! Thank you very much for spending the time and effort to answer these questions.

**You are now entered into the draw for an iPad Air 2 or a Samsung Galaxy Tab S.
Good luck!**

You can now exit this page.

NOTES FOR PROGRAMMER

Please can you make the 'Not sure/Don't know' and 'Prefer not to answer' answer options different looking (more diminutive) to the main answers. Perhaps in grey or positioned to the right hand side of the screen. The idea is that people will be less likely to be drawn to these answer options.

Please make all the questions 'answer required' – even if it is a 'don't know' or 'refused'. There are a few exceptions which are noted beside the questions (C3 a-e, C25 a-e) which shouldn't require an answer.

Can you please ensure that the questionnaire saves automatically in the case that someone just shuts the page down. We want them to be able to get back to where they got up to when they go back into the questionnaire.

Can we please also have a progress bar?

Note: Survey end variables are: Date, Time, Duration, Email address, email name, password, IP address, question times.