

# 2018 New Zealand Mental Health Monitor

Questionnaire

January 2019

Prepared for the Health Promotion Agency by:

CBG Health Research

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## SECTION A: INITIAL DEMOGRAPHICS

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

### SHOWCARD A1

A1 Looking at Showcard A1, which ethnic group or groups do you belong to?

① If respondent answers with nationality rather than ethnicity, probe further and record ethnicity.

① Multiple responses allowed.

New Zealand European .....	1
Māori .....	2
Samoan.....	3
Cook Island Māori.....	4
Tongan.....	5
Niuean.....	6
Tokelauan .....	7
Fijian .....	8
Tuvaluan .....	9
Chinese.....	10
Indian .....	11
Other (please specify in A1a) .....	12
Don't know .....	99
Refused.....	98

A1a Record 'Other' response.

Note: Responses to this question are programmed from the StatsNZ ETHNIC05 code file.

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**SHOWCARD A2**

A2 **Looking at Showcard A2, which best describes you at the moment?**

① **Employment is considered full-time when an employee works an average of 30 hours or more each week, in any or all of their jobs, this includes Self-Employed. Working in paid employment includes students if they have any paid employment.**

① **Employment focus: whether respondent is working, not their specific role, e.g., Teacher, Nurse, etc.**

**In paid employment/self employed**

- Full time ..... 1
- Part time..... 2

**NOT in paid employment**

- Looking for a job ..... 3

**NOT in paid employment and NOT looking for a job**

- Student..... 4
- Homemaker ..... 5
- Beneficiary ..... 6
- Retired ..... 7

**Other**

- Please specify in A2a ..... 8
- Don't know ..... 99
- Refused ..... 98

A2a **Record 'Other' response.**

A3 **[If necessary:] I need to record whether you are male or female?**

① **If needed: Please provide your biological sex; we will ask about gender identity later in the survey.**

- Male ..... 1
- Female..... 2

## SECTION B: OVERALL WELLBEING AND CONNECTEDNESS

[B1\_] This section is about your general wellbeing and social connections with family/whānau and friends. Please tell me, looking at the Showcard, how much you agree or disagree with the following statements. You only need to call out the option number.

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...

### FAMILY AND FRIENDSHIP CONNECTIONS

#### SHOWCARD B1

B1 I make an effort to see family, whānau or friends I don't live with.

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused..... 8

#### SHOWCARD B2

B2 I can always rely on a friend or family/whānau member for support if I need it.

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused..... 8

#### SHOWCARD B3

B3 I feel strongly connected to my culture.

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused..... 8

**SHOWCARD B4**

**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
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B5**

**B5 Suppose you felt down or depressed and wanted to talk with someone about it. How easy or hard would it be to talk to someone?**

- Very easy ..... 1
- Easy ..... 2
- Sometimes easy, sometimes hard ..... 3
- Hard ..... 4
- Very hard ..... 5
- I would not talk to anyone ..... 6
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B6**

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

- 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 ..... 9
- Refused ..... 8

**SHOWCARD B7**

**B7 On a normal day, how much time do you spend on the Internet? Please exclude any time you spend online as part of your job or study requirements.**

- 5 hours or more per day ..... 1
- 3 to 4 hours per day ..... 2
- 1 to 2 hours per day ..... 3
- Less than 1 hour per day ..... 4
- Less often than once a day ..... 5
- I never use the Internet ..... 6
- Don't know ..... 9
- Refused ..... 8

IF B7=6 GO TO B9  
OTHERWISE GO TO B8

**SHOWCARD B8**

**B8 Have you used the Internet for any of the following during the past 7 days? Again, exclude any time you spent online as part of your job or study requirements. Please say as many as apply, using Showcard B8.**

**① Multiple responses allowed.**

**CODE 24 IS UNIQUE.**

Facebook .....	1
Twitter .....	2
Online chat, instant messaging or Skype .....	3
E-mail.....	4
Uploading content (e.g., photos, videos, writing) .....	5
Downloading or listening to music .....	6
YouTube .....	7
Downloading or streaming TV programmes or movies .....	8
Watching on-demand TV programmes (e.g., On Demand, Catch Up) .....	9
Online shopping and trading (e.g., Trade Me).....	10
Google Plus .....	11
Looking for information to do with health or wellbeing .....	12
Finding out about music, sports, hobbies or interests .....	13
Looking at blogs.....	14
Tumblr.....	15
Snapchat.....	16
Pinterest.....	17
Instagram .....	18
Ask.fm .....	19
Vine.....	20
Online gaming (e.g., League of Legends, World of Warcraft) .....	21
Online casino games (e.g., poker, slots) .....	22
Other .....	23
I have not used the Internet in the past 7 days .....	24
Don't know .....	99
Refused .....	98



**LIFESTYLE BEHAVIOURS**

**SHOWCARD B9**

B9 Please tell me, looking at Showcard B9, how much you agree or disagree with the following statement.

**I get enough sleep to feel rested upon waking in the morning.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B10**

B10 Do you currently smoke tobacco on a daily basis, less than daily, or not at all?

- Daily ..... 1
- Less than daily ..... 2
- Not at all ..... 3
- Don't know ..... 9
- Refused ..... 8

IF A1 = 2 GO TO B11_I OTHERWISE GO TO B17
--

**MĀORI CULTURE AND CONNECTEDNESS**

[B11\_] For the next questions, we have Showcards with both Te Reo Māori and English. You are welcome to use either or both language versions, as suits you.

**📍 Point to both Te Reo Māori and English versions of the Showcards.**

**SHOWCARD B11**

B11 Thinking about your life as a whole, how important is it for you to be involved in, or to be a part of, Māori culture?

**📍 If necessary, point to options on Showcard B11.**

- Very important ..... 1
- Quite important ..... 2
- Somewhat important ..... 3
- A little important ..... 4
- Not at all important ..... 5
- Don't know ..... 9
- Refused ..... 8

B12 **Have you ever been to any of your ancestral marae? By this I mean a marae that your parents, grandparents, tīpuna or ancestors are from.**

- Yes..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B13**

B13 **How well are you able to speak Te Reo Māori in day-to-day conversation?**

**① If necessary, point to options on Showcard B13.**

- Very well – I can talk about almost anything in Te Reo Māori..... 1
- Well – I can talk about many things in Te Reo Māori ..... 2
- Fairly well – I can talk about some things in Te Reo Māori ..... 3
- Not very well – I can only talk about simple/basic things ..... 4
- No more than a few words or phrases ..... 5
- Don't know ..... 9
- Refused..... 8

**SHOWCARD B14**

B14 **Sometimes people need others to help them with Māori cultural practices, such as going to a tangi, speaking at a hui, or blessing a taonga.**

**How easy or hard would it be to find someone to help you with these kinds of cultural practices, if needed?**

**① If necessary: This could be anyone, including someone who lives with you.**

- Very easy ..... 1
- Easy ..... 2
- Sometimes easy, sometimes hard ..... 3
- Hard ..... 4
- Very hard ..... 5
- I would not ask anyone to help me ..... 6
- Not applicable/not needed ..... 7
- Don't know ..... 9
- Refused..... 8

**SHOWCARD B15**

B15 Which of these do you know? Please say yes or no for each item I read out to you.

		Yes	No	Don't know	Refused
1	Your iwi or tribe	1	5	9	8
2	Your hapū or sub-tribe	1	5	9	8
3	Your maunga or mountain	1	5	9	8
4	Your awa, moana, river or water	1	5	9	8
5	Your waka or canoe	1	5	9	8
6	Your tīpuna, or ancestors	1	5	9	8

IF B15\_1 = 1 GO TO B16  
OTHERWISE GO TO B17

B16 Can you tell me the name of your iwi or tribe?

ANSWER OPTIONS ARE SUPPLIED IN THE APPENDIX

Don't know ..... 9  
Refused ..... 8

**BELONGING, PURPOSE AND WELLBEING**

**SHOWCARD B17**

B17 How would you rate how your family/whānau is doing these days? Please answer from Showcard B17.

① PROMPT: Just overall – it's however you interpret how well they are doing.

Very well ..... 1  
Well ..... 2  
Neither well nor badly ..... 3  
Badly ..... 4  
Very badly ..... 5  
Don't know ..... 9  
Refused ..... 8

**SHOWCARD B18**

B18 **In general, how would you rate the way your family/whānau get along with one another? Please answer from Showcard B18.**

① **PROMPT: Just overall – on the whole.**

- Very well ..... 1
- Well ..... 2
- Neither well nor badly ..... 3
- Badly ..... 4
- Very badly ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B19**

B19 **How easy or difficult 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? Please answer from Showcard B19.**

- Very easy ..... 1
- Easy ..... 2
- Neither easy nor difficult ..... 3
- Difficult ..... 4
- Very difficult ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B20**

B20 **How easy or difficult would it be for you to be able to provide help to someone when they needed it, such as an elderly relative, grandchild or mokopuna in need of care? Please answer from Showcard B20.**

- Very easy ..... 1
- Easy ..... 2
- Neither easy nor difficult ..... 3
- Difficult ..... 4
- Very difficult ..... 5
- Don't know ..... 9
- Refused ..... 8

B21 **In the recent past, has there been an occasion when you felt personally excluded from a social situation?**

① **If respondent asks what 'recent past' means, say "in the last couple of years".**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

IF A2 = 7 GO TO B23 OTHERWISE GO TO B22
--

B22 In the recent past, has there been an occasion when you felt personally excluded at work?

① If respondent asks what 'recent past' means, say "in the last couple of years".

- Yes ..... 1
- No ..... 5
- Not applicable – have not worked in recent past. 6
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B23**

B23 Overall, how satisfied are you with life as a whole these days? Please answer from Showcard B23.

- Very satisfied ..... 1
- Satisfied ..... 2
- Neither satisfied nor dissatisfied ..... 3
- Dissatisfied ..... 4
- Very dissatisfied ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B24**

B24 Overall, to what extent do you feel the things you do in your life are worthwhile? Please answer from Showcard B24.

- Very worthwhile ..... 1
- Worthwhile ..... 2
- Neutral ..... 3
- Not worthwhile ..... 4
- Not at all worthwhile ..... 5
- Don't know ..... 9
- Refused ..... 8

[B25\_] Please tell me how much you agree or disagree with the following statements. Please answer using the Showcard.

**SHOWCARD B25**

B25 I feel I don't really belong anywhere.

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B26**

**B26 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
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B27**

**B27 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
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B28**

**B28 In general, I lead a purposeful and meaningful life.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B29**

**B29 My social relationships are supportive and rewarding.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD B30**

**B30 I actively contribute to the happiness and wellbeing of others.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SECTION K: MENTAL HEALTH TERMINOLOGY**

K1 **Have you ever heard someone use the term “mental distress” when talking about mental illness?**

- Yes..... 1
- No .....5
- Don't know .....9
- Refused .....8

K2 **What do you think “mental distress” means?**

- ① **Do not read out options.**
- ① **If needed: “even if you are unsure, just tell me what you think it might mean”.**
- ① **Multiple responses allowed.**

- Mental illness/mental health problem ..... 1
- Feeling stressed/under pressure .....2
- Not coping/feeling overwhelmed .....3
- Feeling like you're about to snap or melt down .....4
- When mental condition deteriorates .....5
- Not being able to think straight .....6
- When you need help.....7
- Feeling isolated from others .....8
- Other (please specify in K2a) .....9
- Don't Know .....99
- Refused .....98

IF K2 = 9 GO TO K2a  
OTHERWISE GO TO C3\_I

K2a **Record 'Other' response.**



## SECTION C: KNOWLEDGE OF DEPRESSION AND ANXIETY

[C3\_] Now I'll ask you some questions about depression and anxiety.

C3 If you thought you or someone you know might be experiencing depression, do you know where you could get help? Please say where. You can mention more than one.

① Do not read out options. Probe.

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.

① Multiple responses allowed.

**CODE 18 IS UNIQUE.**

### Internet

depression.org.nz/John Kirwan website ..... 1

thelowdown.co.nz ..... 2

Another website ..... 3

Google ..... 4

### Helplines

Ring the Depression Helpline ..... 5

Ring another helpline ..... 6

### Professional help

See a doctor ..... 7

See a therapist/counsellor ..... 8

Other health professional/social worker ..... 9

Go to the Emergency Department/hospital ..... 10

### Other help

Email/text/chat to Internet help service ..... 11

Talk to a friend or family/whānau member ..... 12

Talk to another trusted person ..... 13

Church/spiritual help ..... 14

Community organisation/group ..... 15

Workplace support/counselling ..... 16

Other (please specify in C3a) ..... 17

### No

Don't know where to go ..... 18

Don't know ..... 99

Refused ..... 98

C3a Record 'Other' response.

--

C4 **If you were experiencing depression, where would you first go for help?**

① **If respondent is unsure if they would know if they were experiencing depression, say “if you thought you might be experiencing depression”.**

① **Do not read out options.**

**Internet**

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz ..... 2
- Another website ..... 3
- Google ..... 4

**Helplines**

- Ring the Depression Helpline ..... 5
- Ring another helpline ..... 6

**Professional help**

- See a doctor ..... 7
- See a therapist/counsellor ..... 8
- Other health professional/social worker ..... 9
- Go to the Emergency Department/hospital ..... 10

**Other help**

- Email/text/chat to Internet help service ..... 11
- Talk to a friend or family/whānau member ..... 12
- Talk to another trusted person ..... 13
- Church/spiritual help ..... 14
- Community organisation/group ..... 15
- Workplace support/counselling ..... 16
- Other (please specify in C4a) ..... 17

**Nobody/nowhere**

- Would not seek help ..... 18
- Don't know ..... 99
- Refused ..... 98

C4a **Record 'Other' response.**

C5 **Have you heard about any New Zealand websites that can assist people to find out about, or get through, depression?**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

IF C5 = 1 GO TO C6  
OTHERWISE GO TO C7

**C6 What are the names of those websites?**

① Do not read out options.

① Multiple responses allowed.

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz ..... 2
- Other (please specify in C6a) ..... 3
- Don't know ..... 9
- Refused..... 8

IF C6=3 GO TO C6a  
OTHERWISE GO TO CHECK BEFORE C7

**C6a Record 'Other' response.**

IF C6 NOT=1 GO TO C7  
OTHERWISE GO TO C7a

**C7 Have you heard of a website called depression.org.nz?**

- Yes..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

IF C6 NOT=2 GO TO C7a  
OTHERWISE GO TO C7b

**C7a Have you heard of a website called thelowdown.co.nz?**

- Yes..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

IF (C7=1 OR C7a=1 OR C6=1 OR C6=2) GO TO C7b  
OTHERWISE GO TO C1

C7b If you, or someone you knew, was experiencing depression or anxiety, what would prevent you from going onto depression.org.nz or thelowdown.co.nz websites?

① Do not read out options.

① Multiple responses allowed.

**CODE 1 IS UNIQUE.**

- Nothing would stop me ..... 1
  
- Can't remember website name.....2
- Don't have readily available Internet access ..... 3
- Don't think it would help.....4
- Prefer another place for help .....5
  
- Other (please specify in C7c) .....6
- Don't know .....9
- Refused .....8

C7c Record 'Other' response.

C1 If something happened to a friend that made them feel down, and a week later they were still feeling the same way, would you think they might be experiencing depression?

① PROMPT: It doesn't need to be a diagnosis, just your overall impression of them.

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

C2 If a friend felt down for two weeks or longer for no known reason, and had lost interest in the things they usually enjoyed doing, would you think they might be experiencing depression?

① PROMPT: It doesn't need to be a diagnosis, just your impression of them.

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

[C8\_1] The following questions ask about your opinions of people with mental illness, including severe mental illness. This refers to people who live in the community, whose experience of mental illness may make it hard for them to function as well as others: that is, to join in with some activities that other people might see as part of ordinary life.

Using the Showcard, please tell me how much you agree or disagree with the following statements. Don't over-think them, it's your first reaction that is important.

① The term 'function' in this section refers to 'ordinary day-to-day activities', such as joining a club, flatting, having a job or being in a relationship.

**SHOWCARD C8**

C8 Most people with mental illness want to have paid employment.

① PROMPT: 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 ..... 9
- Refused ..... 8

**SHOWCARD C9**

C9 If a friend had a mental illness, I know what advice to give them to get professional help.

① PROMPT: 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 ..... 9
- Refused ..... 8

**SHOWCARD C10**

C10 Medication can be an effective treatment for people with mental illness.

① PROMPT: 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 ..... 9
- Refused ..... 8

**SHOWCARD C11**

C11 **Psychotherapy, like counselling or talking therapy, can be an effective treatment for people with mental illness.**

① **PROMPT: 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 ..... 9
- Refused ..... 8

**SHOWCARD C12**

C12 **People with severe mental illness can fully recover.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

① **If respondent is unsure what "severe mental illness" refers to, say "people who live in the community, whose experience of mental illness makes it hard for them to function as well as others, such as joining a club, flattening, having a job or being in a relationship".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD C13**

C13 **Most people with mental illness go to a healthcare professional to get help.**

① **PROMPT: 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 ..... 9
- Refused ..... 8

C14\_I **The next questions ask about anxiety.**

C14 **If a close friend was excessively worried over a few weeks, would you think they might have problems with anxiety?**

① **PROMPT: It doesn't need to be a diagnosis, just your impression of them.**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

C15 If a close friend was excessively worried more days than not, over six months or longer, would you think they might have problems with anxiety?

① PROMPT: It doesn't need to be a diagnosis, just your impression of them.

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

C16 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.

① Probe: "anywhere else you can think of?"

① Do not read out options.

① Multiple responses allowed.

**CODE 16 IS UNIQUE.**

**Internet**

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz .....2
- Another website .....3
- Google .....4

**Helplines**

- Ring the Depression Helpline .....5
- Ring another helpline.....6

**Professional help**

- See a doctor .....7
- See a therapist/counsellor .....8
- Other health professional/social worker .....9
- Go to the Emergency Department/hospital ..... 10

**Other help**

- Email/text/chat to Internet help service..... 11
- Talk to a friend or family/whānau member ..... 12
- Church/spiritual help ..... 13
- Community organisation/group..... 14
- Other (please specify in C16a) ..... 15

**Not sure**

- Unsure where to go ..... 16
- Don't know.....99
- Refused .....98

C16a Record 'Other' response.

C17 **If you had problems with anxiety, where would you first go for help?**

① **Do not read out options.**

① **If respondent is unsure if they would know they had problems with anxiety, say “if you thought you might have problems with anxiety”.**

**Internet**

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz ..... 2
- Another website ..... 3
- Google ..... 4

**Helplines**

- Ring the Depression Helpline ..... 5
- Ring another helpline ..... 6

**Professional help**

- See a doctor ..... 7
- See a therapist/counsellor ..... 8
- Other health professional/social worker ..... 9
- Go to the Emergency Department/hospital ..... 10

**Other help**

- Email/text/chat to Internet help service..... 11
- Talk to a friend or family/whānau member ..... 12
- Church/spiritual help ..... 13
- Community organisation/group..... 14
- Other (please specify in C16a) ..... 15

**Nobody/nowhere**

- Would not seek help ..... 16
- Don't know.....99
- Refused .....98

C17a **Record 'Other' response.**

C18 **Have you heard about any New Zealand websites that can assist people to find out about anxiety, or find help getting through their problems with anxiety?**

- Yes..... 1
- No .....5
- Don't know ..... 9
- Refused ..... 8

IF C18=1 GO TO C19  
OTHERWISE GO TO C20



C19 What are the names of those websites?

① Do not read out options.

① Multiple responses allowed.

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz ..... 2
- Other (please specify in C19a) ..... 3
- Don't know ..... 9
- Refused..... 8

IF C19=3 GO TO C19a  
OTHERWISE GO TO C20

C19a Record 'Other' response.

① Please enter website names, separated with a ";"

C20 Do you know someone who has been diagnosed with a mental illness, not including yourself?

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

① If asked, the term "diagnosed" refers to an illness identified by a conventional medical practitioner.

- Yes..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

IF C20 NOT = 5 GO TO C21  
OTHERWISE GO TO C22

C21 Do you have a family or whānau member who has experienced mental illness?

① PROMPT: If you think they might have experienced mental illness, to the best of your knowledge.

- Yes..... 1
- No ..... 5
- Don't know ..... 9
- Refused ..... 8

C22 **Have you ever personally had an experience of mental illness?**

① **If respondent is unsure if they've had an experience of mental illness, say "if you thought you might have had, or are perhaps currently having, mental health problems".**

① **This can include self-defined or diagnosed by a health professional.**

Yes .....	1
No .....	5
Don't know .....	9
Refused .....	8

## SECTION D: STIGMA BEHAVIOURS

[D1\_] The following questions once again ask about your experience and views of people with mental illness: people who may not be able to function as well as others, such as joining in with community or ordinary day-to-day activities.

① The term 'function' in this section refers to 'ordinary day-to-day activities', such as joining a club, flatting, having a job or being in a relationship.

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

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

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

- Yes..... 1
- No .....5
- Don't know/not applicable.....9
- Refused.....8

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

① PROMPT: To the best of your knowledge.

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

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

- Yes..... 1
- No .....5
- Don't know .....9
- Refused.....8

[D5\_] Please tell me how much you agree or disagree with the following statements. Please answer using the Showcard.

**SHOWCARD D5**

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

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD D6**

D6 In the future, I would be willing to work with someone with a mental illness.

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused ..... 8

**SHOWCARD D7**

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

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused..... 8

**SHOWCARD D8**

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

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know ..... 9
- Refused..... 8

## SECTION E: STIGMA IN THE COMMUNITY

[E1\_] I'll now read out a selection of opinions about mental illness, and about those who experience mental illness. Mental health services and facilities are also asked about in this section.

Using the Showcard, please say how much you agree or disagree with the following statements. 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.

Some people feel more comfortable typing their answers into the computer themselves, so if you would like to do that, please let me know.

① The term 'function' in this section also refers to 'ordinary day-to-day activities', such as joining a club, flattening, having a job or being in a relationship.

Note: Questions E1–15 are in randomised order.

### SHOWCARD E1

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

① PROMPT: Don't over-think it, it's your first reaction that is important.

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 sometimes makes it hard for them to function as well as others".

Strongly agree .....	1
Agree .....	2
Neither agree nor disagree .....	3
Disagree .....	4
Strongly disagree .....	5
Don't know/can't answer .....	9
Refused .....	8

### SHOWCARD E2

E2 The best therapy for many people with mental illnesses is to be a part of a normal community.

① PROMPT: Don't over-think it, it's your first reaction that is important.

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 sometimes makes it hard for them to function as well as others".

Strongly agree .....	1
Agree .....	2
Neither agree nor disagree .....	3
Disagree .....	4
Strongly disagree .....	5
Don't know/can't answer .....	9
Refused .....	8

**SHOWCARD E3**

**E3 We need to adopt a far more tolerant attitude towards people with mental illnesses in our society.**

**① PROMPT: Don't over-think it, it's your first reaction that is important.**

**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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E4**

**E4 Residents should accept the location of mental health facilities in their neighbourhood to serve the needs of the local community.**

**① PROMPT: Don't over-think it, it's your first reaction that is important.**

**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 sometimes makes it hard for them to function as well as others".**

**① If respondent asks what a mental health facility is, explain: "These are small clinics based in the suburbs where psychiatrists and nurses diagnose and treat people with mental health conditions".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E5**

**E5 We have a responsibility to provide the best care for people with mental illnesses.**

**① PROMPT: Don't over-think it, it's your first reaction that is important.**

**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 sometimes makes it hard for them to function as well as others".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E6**

E6 **Locating mental health services in residential neighbourhoods does not endanger local residents.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

① **If respondent asks what mental health services are, explain: "These are small clinics based in the suburbs where psychiatrists and nurses diagnose and treat people with mental health conditions".**

Strongly agree .....	1
Agree .....	2
Neither agree nor disagree .....	3
Disagree .....	4
Strongly disagree .....	5
Don't know/can't answer .....	9
Refused.....	8

**SHOWCARD E7**

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

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

Strongly agree .....	1
Agree .....	2
Neither agree nor disagree .....	3
Disagree .....	4
Strongly disagree .....	5
Don't know/can't answer .....	9
Refused.....	8



**SHOWCARD E8**

**E8 Residents have nothing to fear from people coming into their neighbourhood to obtain mental health services.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

① **If respondent asks what mental health services are, explain: "These are small clinics based in the suburbs where psychiatrists and nurses diagnose and treat people with mental health conditions".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E9**

**E9 As far as possible, mental health services should be provided through community-based facilities.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others".**

① **If respondent 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 mental health conditions".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E10**

E10 **Employers should be understanding of how mental illness could affect an employee’s performance at work.**

① **PROMPT: Don’t over-think it, it’s your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others, but who are still able to go to work”.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don’t know/can’t answer ..... 9
- Refused ..... 8

**SHOWCARD E11**

E11 **Co-workers should stick up for a workmate with experience of mental illness, if they are being teased because of their experience.**

① **PROMPT: Don’t over-think it, it’s your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others, but who are still able to go to work”.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don’t know/can’t answer ..... 9
- Refused ..... 8

**SHOWCARD E12**

E12 **Employers need to set a good example of how to treat people with experience of mental illness.**

① **PROMPT: Don’t over-think it, it’s your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others, but who are still able to go to work”.**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don’t know/can’t answer ..... 9
- Refused ..... 8

**SHOWCARD E13**

E13 **Workers should make an effort to include a co-worker who has experience of mental illness in their social circles.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others, but who are still able to go to work".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

**SHOWCARD E15**

E15 **It is wrong to avoid a co-worker because they have mentioned that they've had an experience of mental illness.**

① **PROMPT: Don't over-think it, it's your first reaction that is important.**

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 sometimes makes it hard for them to function as well as others, but who are still able to go to work".**

- Strongly agree ..... 1
- Agree ..... 2
- Neither agree nor disagree ..... 3
- Disagree ..... 4
- Strongly disagree ..... 5
- Don't know/can't answer ..... 9
- Refused ..... 8

## SECTION F: PHQ-9

[F1\_] The next sections of the survey are about your current state of mental health. Some people find these questions to be sensitive, so please let me know at any time if you would prefer to enter the answers into the computer yourself, or if you are feeling uncomfortable.

Over the last two weeks, how often have you been bothered by the following problems? Please answer from the Showcard.

### SHOWCARD F1

F1 Little interest or pleasure in doing things.

- Not at all..... 1
- Several days .....2
- More than half the days .....3
- Nearly every day .....4
- Don't know .....9
- Refused.....8

### SHOWCARD F2

① Over the last two weeks, how often have you been bothered by the following problems?

F2 Feeling down, depressed, or hopeless.

- Not at all..... 1
- Several days .....2
- More than half the days .....3
- Nearly every day .....4
- Don't know .....9
- Refused.....8

### SHOWCARD F3

① Over the last two weeks, how often have you been bothered by the following problems?

F3 Trouble falling or staying asleep, or sleeping too much.

- Not at all..... 1
- Several days .....2
- More than half the days .....3
- Nearly every day .....4
- Don't know .....9
- Refused.....8

**SHOWCARD F4**

**① Over the last two weeks, how often have you been bothered by the following problems?**

- F4 Feeling tired or having little energy.**
- Not at all..... 1
  - Several days .....2
  - More than half the days .....3
  - Nearly every day.....4
  - Don't know .....9
  - Refused.....8

**SHOWCARD F5**

**① Over the last two weeks, how often have you been bothered by the following problems?**

- F5 Poor appetite or overeating.**
- Not at all..... 1
  - Several days .....2
  - More than half the days .....3
  - Nearly every day.....4
  - Don't know .....9
  - Refused.....8

**SHOWCARD F6**

**① Over the last two weeks, how often have you been bothered by the following problems?**

- F6 Feeling bad about yourself – or that you are a failure or have let yourself or your family/whānau down.**
- Not at all..... 1
  - Several days .....2
  - More than half the days .....3
  - Nearly every day.....4
  - Don't know .....9
  - Refused.....8

**SHOWCARD F7**

**① Over the last two weeks, how often have you been bothered by the following problems?**

- F7 Trouble concentrating on things, such as reading the newspaper or watching television.**
- Not at all..... 1
  - Several days .....2
  - More than half the days .....3
  - Nearly every day.....4
  - Don't know .....9
  - Refused.....8

**SHOWCARD F8**

① Over the last two weeks, how often have you been bothered by the following problems?

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.

- Not at all..... 1
- Several days .....2
- More than half the days ..... 3
- Nearly every day ..... 4
- Don't know .....9
- Refused.....8

F9\_I The next question is more personal, so I will let you record the answer yourself.

Once you have selected your answer, click the 'Next' button and hand the laptop back to me.

① The interviewer can administer the next question using the showcard, but only if privacy can be ensured.

**SHOWCARD F9**

① Over the last two weeks, how often have you been bothered by the following problems?

F9 Thoughts that you would be better off dead, or thoughts about hurting yourself.

- Not at all..... 1
- Several days .....2
- More than half the days .....3
- Nearly every day .....4
- Don't know .....9
- Refused.....8

IF ALL F1–F9 = 1 OR 8 OR 9 GO TO [H1\_I]  
OTHERWISE GO TO F10

**SHOWCARD F10**

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 Showcard F10.

① The 'problems' referred to in this question are those asked about in F1 to F9. Respondents are only asked F10 if they answered anything other than "Not at all" to at least one question in F1 to F9.

① If necessary, this relates to having little pleasure in doing things, having a poor appetite, feeling tired, sleeping too much or not enough, having trouble concentrating, or feeling down.

- Not at all difficult ..... 1
- Somewhat difficult.....2
- Very difficult ..... 3
- Extremely difficult.....4
- Don't know .....9
- Refused.....8

## SECTION H: GAD-7

[H1\_] How often have you been bothered by the following problems, over the last two weeks? Please answer using the Showcard.

Again, if you would like to type in your own answers, just let me know.

### SHOWCARD H1

① How often have you been bothered by the following problems, over the last two weeks?

H1	<b>Feeling nervous, anxious or on edge.</b>	
	Not at all.....	1
	Several days .....	2
	More than half the days .....	3
	Nearly every day .....	4
	Don't know .....	9
	Refused.....	8

### SHOWCARD H2

① How often have you been bothered by the following problems, over the last two weeks?

H2	<b>Not being able to stop or control worrying.</b>	
	Not at all.....	1
	Several days .....	2
	More than half the days .....	3
	Nearly every day .....	4
	Don't know .....	9
	Refused.....	8

### SHOWCARD H3

① How often have you been bothered by the following problems, over the last two weeks?

H3	<b>Worrying too much about different things.</b>	
	Not at all.....	1
	Several days .....	2
	More than half the days .....	3
	Nearly every day .....	4
	Don't know .....	9
	Refused.....	8

**SHOWCARD H4**

**① How often have you been bothered by the following problems, over the last two weeks?**

- H4 **Trouble relaxing.**
- Not at all..... 1
  - Several days ..... 2
  - More than half the days ..... 3
  - Nearly every day ..... 4
  - Don't know ..... 9
  - Refused..... 8

**SHOWCARD H5**

**① How often have you been bothered by the following problems, over the last two weeks?**

- H5 **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
  - Don't know ..... 9
  - Refused..... 8

**SHOWCARD H6**

**① How often have you been bothered by the following problems, over the last two weeks?**

- H6 **Becoming easily annoyed or irritable.**
- Not at all..... 1
  - Several days ..... 2
  - More than half the days ..... 3
  - Nearly every day ..... 4
  - Don't know ..... 9
  - Refused..... 8

**SHOWCARD H7**

**① How often have you been bothered by the following problems, over the last two weeks?**

- H7 **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
  - Don't know ..... 9
  - Refused..... 8



## SECTION G: K10

[G1\_] This section asks how you have been feeling over the past four weeks specifically. Some of these questions may seem similar to those you previously answered.

Please answer using the Showcard.

### SHOWCARD G1

G1 In the past four 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
- Don't know ..... 9
- Refused..... 8

### SHOWCARD G2

G2 In the past four 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
- Don't know ..... 9
- Refused..... 8

IF G2 = 2-5 GO TO G3 OTHERWISE GO TO G4
--

### SHOWCARD G3

G3 In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G4**

G4 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G5**

G5 **In the past four 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
- Don't know ..... 9
- Refused..... 8

IF G5 = 2-5 GO TO G6  
OTHERWISE GO TO G7

**SHOWCARD G6**

G6 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G7**

G7 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G8**

G8 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G9**

G9 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SHOWCARD G10**

G10 **In the past four 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
- Don't know ..... 9
- Refused..... 8

**SECTION I: 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? Conditions might include depression, anxiety or bipolar disorder.**

**① Code “sometimes” as yes.**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9
- Refused..... 8

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

**① If necessary, conditions might include depression, anxiety or bipolar disorder.**

**① Code “sometimes” as yes.**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9
- Refused..... 8

**[Next Screen]**

**[THANKS] Thank you very much for answering these questions. Your answers will be extremely helpful in this study.**

**Please hand the laptop back to the interviewer.**

## SECTION J: FOLLOW-ON DEMOGRAPHICS

[J1\_] Now some final questions about you. The information gathered in this section, is used to provide an indication of how different experiences and awareness of mental health and wellbeing issues, vary between people.

The first two questions are about your gender and sexual identity. Please let me know if you would like to enter your answers into the computer yourself. Otherwise, you can call out the option number from the Showcard that best applies to you.

### SHOWCARD J1

J1 What gender do you identify with?

① If necessary, 'Gender diverse' is identifying your gender in a way that is not the traditional 'male' or 'female' and may be different than the biological sex you were born with. For example: Trans, Queen, Fa'fafine, Whakawahine, Tangata ira Tane, Genderqueer.

① If respondent asks about the repeated question, say "we did ask you a similar question at the start of the survey, but this question is more about how you see yourself".

① If necessary, say "you can just call out the option number".

Male .....	1
Female .....	2
Gender diverse .....	3
Don't know .....	9
Refused.....	8

### SHOWCARD J2

J2 Which of the following options best describes how you think of yourself?

① If necessary, Takatāpui is a traditional Māori term meaning 'intimate companion of the same sex'.

① If necessary, say "you can just call out the option number".

Heterosexual or straight.....	1
Gay or lesbian (Takatāpui) .....	2
Bisexual (Takatāpui) .....	3
Other .....	4
Don't know .....	9
Refused.....	8

**SHOWCARD J3**

J3 From Showcard J3, 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
- 45–54 years ..... 6
- 55–64 years ..... 7
- 65–69 years ..... 8
- 70–74 years ..... 9
- 75+ years ..... 10
- Refused..... 98

**SHOWCARD J4**

J4 Which country were you born in?

① When selecting 'Other' you are able to enter a historic name of the country. The codefile will recognise this and assign it to the same category as the country's present name.

- New Zealand..... 1
- Australia ..... 2
- England..... 3
- China (People's Republic of) ..... 4
- India ..... 5
- South Africa ..... 6
- Samoa..... 7
- Cook Islands ..... 8
- Other (Please specify in J4a) ..... 9
- Don't know ..... 99
- Refused..... 98

IF J4 = 1, 99, 98 GO TO J6

J4a Please specify the country you were born in.

Note: Responses to this question are programmed from the StatsNZ code file.

J5 In what year did you arrive to live in New Zealand?

① Record 4-digit date e.g., 1967.

① Answer must be  $\geq$  year of birth.

RANGE=1900–2018

Don't know ..... 99

Refused..... 98

**SHOWCARD J6**

J6 Looking at Showcard J6, which number 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

Don't know ..... 99

Refused..... 98

**SHOWCARD J7**

J7 **Looking at Showcard J7, can you please tell me the highest qualification you have?**

**None**

No formal school qualification ..... 1

**Secondary school**

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 New Zealand (specify in J8) ..... 7

Other secondary school qualification gained overseas ..... 8

**Trade/technical certificate, professional qualification**

Trade or technical certificate, for example, builder ..... 9

Professional qualification, for example, ACA, teachers, nurses ..... 10

**Undergraduate qualification**

Undergraduate diploma ..... 11

Bachelors degree, for example, BA, BSc ..... 12

**Postgraduate qualification**

Postgraduate diploma ..... 13

Postgraduate degree, for example, Honours, Masters or PhD ..... 14

**Other**

Please specify in J9 ..... 15

Don't know ..... 99

Refused ..... 98

IF J7 = 7 GO TO J8  
IF J7 = 15 GO TO J9  
OTHERWISE GO TO J10

J8 **What is that 'Other New Zealand secondary school qualification'?**

**RECORD THEN GO TO J10.**

J9 **What is that 'Other qualification'?**



J10 **How many children, aged under 18 years old, do you have?**

- None .....0
- One .....1
- Two .....2
- Three.....3
- Four.....4
- Five .....5
- Six .....6
- Seven.....7
- Eight or more .....8
- Don't know .....99
- Refused .....98

IF J10 ≠ 0, 99, 98 GO TO J11  
OTHERWISE GO TO J12

J11 **What are their ages please?**

**RECORD ONE AGE FOR EACH CHILD. J11 MUST = J10 RESPONSE.**

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- Don't know .....9
- Refused .....8

J12 **Including yourself, how many people aged 15 years or over, live in your household?**  
**(RECORD NUMBER) RANGE 1-20**

- Don't know .....9
- Refused .....8

**SECTION X: AUDIT AND RECONTACT**

[X1a\_] 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 previous answers to the survey questions.

X1a **Is there a landline phone number that my Supervisor can reach you on in order to validate my work, or to check that you are happy with the way the interview was conducted?**

- Yes ..... 1
- I don't have a landline ..... 2
- No ..... 5
- Don't know ..... 9

IF X1a = 1 GO TO X1b  
OTHERWISE GO TO X2a

X1b **Could I have that number including the area code please?**

X2a **Do you have a mobile number that my Supervisor can reach you on?**

- Yes ..... 1
- I don't have a mobile number ..... 2
- No ..... 5
- Don't know ..... 9

IF X2a = 1 GO TO X2b  
OTHERWISE GO TO X3a

X2b **Could I have that number please?**

X3a **Do you have an email address, in case we cannot contact you by telephone?**

- Yes ..... 1
- No ..... 5
- Don't know ..... 9

IF X3a = 1 GO TO X3b  
OTHERWISE GO TO X4

X3b **Could I have that email address please?**

X4 **Would you be happy to be contacted again within the next five years, 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
- Don't know / unsure ..... 9
- Refused..... 8

IF X4 = 1 GO TO X5  
OTHERWISE GO TO THANKSAGAIN

X5 **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

IF X5 = 1 GO TO X6  
OTHERWISE GO TO THANKSAGAIN

X6 **May I have your first name?**

## SECTION R: RESPONDENT BURDEN

[R1\_] The next questions will ask you about your experience of the survey process. I will turn the computer towards you, so you can answer the questions privately. Please click the 'Next' button when you are done.

Please rate on a scale of 1–5, where 1 is Absolutely NOT Acceptable and 5 is Highly Acceptable:

**R1 Survey length?**

- Absolutely NOT acceptable ..... 1
- Slightly unacceptable ..... 2
- Neutral ..... 3
- Acceptable ..... 4
- Highly acceptable ..... 5

**R2 Number of questions?**

- Absolutely NOT acceptable ..... 1
- Slightly unacceptable ..... 2
- Neutral ..... 3
- Acceptable ..... 4
- Highly acceptable ..... 5

**R3 Complexity of questions?**

- Absolutely NOT acceptable ..... 1
- Slightly unacceptable ..... 2
- Neutral ..... 3
- Acceptable ..... 4
- Highly acceptable ..... 5

**R4 Intrusiveness of questions?**

- Absolutely NOT acceptable ..... 1
- Slightly unacceptable ..... 2
- Neutral ..... 3
- Acceptable ..... 4
- Highly acceptable ..... 5

**R5 Would you take part in the New Zealand Mental Health and Wellbeing Survey again?**

- Yes [go to R5b] ..... 1
- No ..... 5

R5a **Please indicate why you would not take part again?**

**[Tick all that apply]**

- Took too long ..... 1
- Too many questions ..... 2
- Questions were too personal .... 3
- Questions were not relevant ..... 4
- Survey was too repetitive..... 5
- Lost interest ..... 6
- Other – please specify ..... 7

R5b **Are there any other comments you would like to make about taking part in the survey?**

**[R\_OUTRO]**

**Thank you for your comments on your experience of the survey.**

**Please hand the computer back to the interviewer.**

## SECTION O: INTERVIEWER OBSERVATIONS

O1 **What level of language assistance, if any, was used for the interview?**

None .....1

The interviewer helped interpret questions into a language other than English .....2

A friend/family/whānau member helped interpret questions into a language other than English.....3

Official interpreter was used .....4

Don't know .....9

O2 **At any time during the interview, did the participant take the opportunity to enter answers directly into the laptop themselves?**

Yes ..... 1

No ..... 5

IF F9=2-4 GO TO [O\_ALERT]

OTHERWISE [End Survey]

**[O\_ALERT]**

Consider leaving the green at-risk info card with the respondent.

**[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 CBG.

**[End Survey]**

## APPENDIX A: ANSWER OPTIONS FOR QUESTION B16

Stats NZ Iwi Classification v1.0 (IWIRGv10 Sep 2017)

- 0101 Te Aupōuri
- 0102 Ngāti Kahu
- 0103 Ngāti Kurī
- 0104 Ngāpuhi
- 0105 Ngāpuhi ki Whaingaroa-Ngāti Kahu ki Whaingaroa
- 0106 Te Rarawa
- 0107 Ngāi Takoto
- 0108 Ngāti Wai
- 0109 Ngāti Whātua (not Ōrākei or Kaipara)
- 0110 Te Kawerau ā Maki
- 0111 Te Uri-o-Hau
- 0112 Te Roroa
- 0113 Ngāti Whātua o Kaipara
- 0114 Ngāti Whātua o Ōrākei
- 0115 Ngāi Tai ki Tāmaki
- 0116 Ngāti Hine (Te Tai Tokerau)
- 0117 Te Paatu
- 0118 Ngāti Manuhiri
- 0119 Ngāti Rēhua
- 0201 Ngāti Hako
- 0202 Ngāti Hei
- 0203 Ngāti Maru (Hauraki)
- 0204 Ngāti Paoa
- 0205 Patukirikiri
- 0206 Ngāti Porou ki Harataunga ki Mataora
- 0207 Ngāti Pūkenga ki Waiau
- 0208 Ngāti Rāhiri Tumutumu
- 0210 Ngāti Tamaterā
- 0211 Ngāti Tara Tokanui
- 0212 Ngāti Whanaunga
- 0301 Ngāti Haua (Waikato)
- 0302 Ngāti Maniapoto
- 0303 Raukawa (Waikato)
- 0304 Waikato
- 0305 Ngāti Te Ata
- 0306 Ngāti Hīkairo
- 0307 Rereahu
- 0308 Ngāti Tiipa
- 0309 Ngāti Korokī Kahukura
- 0310 Ngāti Tamaoho
- 0311 Te Ākitai-Waiohū
- 0401 Ngāti Pīkiao (Te Arawa)
- 0402 Ngāti Rangiteaorere (Te Arawa)

0403 Ngāti Rangitīhi (Te Arawa)  
0404 Ngāti Rangiwewehi (Te Arawa)  
0405 Tapuika (Te Arawa)  
0406 Ngāti Tarāwhai (Te Arawa)  
0407 Tūhourangi (Te Arawa)  
0408 Uenuku-Kōpako (Te Arawa)  
0409 Waitaha (Te Arawa)  
0410 Ngāti Whakaue (Te Arawa)  
0411 Ngāti Tūwharetoa (ki Taupō)  
0412 Ngāti Tahu-Ngāti Whaoa (Te Arawa)  
0413 Ngāti Mākino  
0414 Ngāti Kearoa / Ngāti Tuarā  
0415 Ngāti Rongomai (Te Arawa)  
0501 Ngāti Pūkenga  
0502 Ngāi Te Rangi  
0503 Ngāti Ranginui  
0504 Ngāti Awa  
0505 Ngāti Manawa  
0506 Ngāi Tai (Tauranga Moana/Mātaatua)  
0507 Tūhoe  
0508 Whakatōhea  
0509 Te Whānau-ā-Apanui  
0510 Ngāti Whare  
0511 Ngā Pōtiki ā Tamapahore  
0512 Te Upokorehe  
0513 Ngāti Tūwharetoa ki Kawerau  
0601 Ngāti Porou  
0602 Te Aitanga-a-Māhaki  
0603 Rongowhakaata  
0604 Ngāi Tāmanuhiri  
0605 Te Aitanga ā Hauiti  
0701 Rongomaiwahine (Te Māhia)  
0702 Ngāti Kahungunu ki Te Wairoa  
0703 Ngāti Kahungunu ki Heretaunga  
0704 Ngāti Kahungunu ki Wairarapa  
0706 Rangitāne (Te Matau-a-Māui/Hawke's Bay/Wairarapa)  
0707 Ngāti Kahungunu ki Te Whanganui-a-Orotu  
0708 Ngāti Kahungunu ki Tamatea  
0709 Ngāti Kahungunu ki Tamakinui a Rua  
0710 Ngāti Pāhauwera  
0711 Ngāti Rākaipaaka  
0712 Ngāti Hineuru  
0713 Maungaharuru Tangitū  
0714 Rangitāne o Tamaki nui ā Rua  
0715 Ngāti Ruapani ki Waikaremoana  
0716 Te Hika o Pāpāuma



0801 Te Atiawa (Taranaki)  
 0802 Ngāti Maru (Taranaki)  
 0803 Ngāti Mutunga (Taranaki)  
 0804 Ngā Rauru  
 0805 Ngā Ruahine  
 0806 Ngāti Ruanui  
 0807 Ngāti Tama (Taranaki)  
 0808 Taranaki  
 0809 Tangāhoe  
 0810 Pakakohi  
 0901 Ngāti Apa (Rangitīkei)  
 0902 Te Ati Haunui-a-Pāpārangi  
 0903 Ngāti Haua (Taumarunui)  
 0904 Ngāti Hauti (Rangitīkei)  
 0905 Ngāti Whitikaupeka (Rangitīkei)  
 0906 Ngāi Te Ohuake (Rangitīkei)  
 0907 Ngāti Tamakōpiri (Rangitīkei)  
 0908 Ngāti Rangi (Ruapehu, Whanganui)  
 0909 Uenuku (Ruapehu, Waimarino)  
 0910 Tamahaki (Ruapehu, Waimarino)  
 0911 Tamakana (Ruapehu, Waimarino)  
 1001 Te Atiawa (Te Whanganui-a-Tara/Wellington)  
 1002 Muaūpoko  
 1003 Rangitāne (Manawatū)  
 1004 Ngāti Raukawa (Horowhenua/Manawatū)  
 1005 Ngāti Toarangatira (Te Whanganui-a-Tara/Wellington)  
 1006 Te Atiawa ki Whakarongotai  
 1007 Ngāti Tama ki Te Upoko o Te Ika (Te Whanganui-a-Tara/Wellington)  
 1008 Ngāti Kauwhata  
 1009 Ngāti Tukorehe  
 1101 Te Atiawa (Te Waipounamu/South Island)  
 1102 Ngāti Koata  
 1103 Ngāti Kuia  
 1104 Kāti Māmoe  
 1105 Moriori  
 1106 Ngāti Mutunga (Wharekauri/Chatham Islands)  
 1107 Rangitāne (Te Waipounamu/South Island)  
 1108 Ngāti Rārua  
 1109 Ngāi Tahu / Kāi Tahu  
 1110 Ngāti Tama (Te Waipounamu/South Island)  
 1111 Ngāti Toarangatira (Te Waipounamu/South Island)  
 1112 Waitaha (Te Waipounamu/South Island)  
 1113 Ngāti Apa ki Te Rā Tō  
 2001 Tainui, iwi not named  
 2002 Te Arawa, iwi not named  
 2003 Tākitimu, iwi not named

2004 Aotea, iwi not named  
 2005 Mātaatua, iwi not named  
 2006 Mahuru, iwi not named  
 2007 Māmari, iwi not named  
 2008 Ngātokimatawhaorua, iwi not named  
 2009 Nukutere, iwi not named  
 2010 Tokomaru, iwi not named  
 2011 Kurahaupō, iwi not named  
 2012 Muriwhenua, iwi not named  
 2013 Hauraki / Pare Hauraki, iwi not named  
 2014 Tūranganui a Kiwa, iwi not named  
 2015 Te Taihū o Te Waka a Māui, iwi not named  
 2016 Tauranga Moana, iwi not named  
 2017 Horouta, iwi not named  
 2018 Mōkai Pātea, iwi not named  
 2101 Te Atiawa, region not known  
 2102 Ngāti Haua, region not known  
 2103 Ngāti Maru, region not known  
 2104 Ngāti Mutunga, region not known  
 2105 Rangitāne, region not known  
 2106 Ngāti Raukawa, region not known  
 2107 Ngāti Tama, region not known  
 2108 Ngāti Toa, region not known  
 2109 Waitaha, region not known  
 2110 Ngāti Apa, region not known  
 2111 Ngāi Tai, region not known  
 2112 Ngāti Kahungunu, region not known  
 2113 Ngāti Tūwharetoa, region not known  
 2201 Hapū affiliated to more than one iwi  
 2301 Te Tai Tokerau/Tāmaki-makaurau Region, Iwi not named  
 2302 Hauraki Region, Iwi not named  
 2303 Waikato/Te Rohe Pōtae Region, Iwi not named  
 2304 Te Arawa/Taupō Region, Iwi not named  
 2305 Tauranga Moana/Mātaatua Region, Iwi not named  
 2306 Te Tai Rāwhiti Region, Iwi not named  
 2307 Te Matau-a-Māui/Wairarapa Region, Iwi not named  
 2308 Taranaki Region, Iwi not named  
 2309 Whanganui/Rangitīkei Region, Iwi not named  
 2310 Manawatū/Horowhenua/Te Whanganui-a-Tara Region, Iwi not named  
 2311 Te Waipounamu/Wharekauri Region, Iwi not named

## APPENDIX B: LIST OF CHANGES FROM 2016 QUESTIONNAIRE

The 2018 NZMHM questionnaire is based on the questionnaire from the previous year (2016) with minor revisions. The main revisions made to the questionnaire are listed below, but some other minor wording or response option changes have not been included in the list.

The following questions were not included in the 2016 NZMHM, but used for the first time in 2018 (question numbers refer to the 2018 questionnaire):

Section	Questions
B: Overall wellbeing and connectedness	B5, B7, B8, B9, B10, B14, B25

The following questions were removed in 2018:

Section	Questions
K: Mental health terminology	K2, K3, K4
E: Stigma in the community	E14

The following text was added in 2018:

Section	Questions
A: Initial demographics	A1, A2
B: Overall wellbeing and connectedness	B16
C: Knowledge of depression and anxiety	C8_1, C14, C22
F: PHQ-9	F9_1
X: Audit and re-contact	X4

The following text was removed in 2018:

Section	Questions
E: Stigma in the community	E1_1
J: Follow-on demographics	J1, J2

## APPENDIX C: COMPUTER-ASSISTED PERSONAL INTERVIEWER SCREEN SHOTS

The screenshots below show what the Interviewer sees on their electronic devices. When these refer to showcards this is information provided to the participant.

### SECTION A

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

#### SHOWCARD A1 page 1

A1 Looking at Showcard A1, which ethnic group or groups do you belong to?

① If respondent answers with nationality rather than ethnicity, probe further and record ethnicity.

① Multiple responses allowed.

- 1. New Zealand European
- 2. Māori
- 3. Samoan
- 4. Cook Island Māori
- 5. Tongan
- 6. Niuean
- 7. Tokelauan
- 8. Fijian
- 9. Tuvaluan
- 10. Chinese
- 11. Indian
- 12. Other (please specify)
- Don't know
- Refused

Rectangular Snip

#### SHOWCARD B6 page 8

B6 In the last four weeks, how often have you felt isolated from others? Please answer from Showcard B6.

- 1. None of the time
- 2. A little of the time
- 3. Some of the time
- 4. Most of the time
- 5. All of the time
- Refused
- Don't know

### BELONGING, PURPOSE AND WELLBEING

#### SHOWCARD B17 page 17

B17 How would you rate how your family/whānau is doing these days? Please answer from Showcard B17.

① PROMPT: Just overall – it's however you interpret how well they are doing.

- 1. Very well
- 2. Well
- 3. Neither well nor badly
- 4. Badly
- 5. Very badly
- Refused
- Don't know

## LIFESTYLE BEHAVIOURS

### SHOWCARD B9 page 11

B9 Please tell me, looking at Showcard B9, how much you agree or disagree with the following statement.

I get enough sleep to feel rested upon waking in the morning.

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

## BELONGING, PURPOSE AND WELLBEING

### SHOWCARD B17 page 17

B17 How would you rate how your family/whānau is doing these days? Please answer from Showcard B17.

① **PROMPT:** Just overall – it's however you interpret how well they are doing.

- 1. Very well
- 2. Well
- 3. Neither well nor badly
- 4. Badly
- 5. Very badly
- Refused
- Don't know

B21 In the recent past, has there been an occasion when you felt personally excluded from a social situation?

① If respondent asks what 'recent past' means, say "in the last couple of years".

- Yes
- No
- Refused
- Don't know

### SHOWCARD J2 page 81

J2 Which of the following options best describes how you think of yourself?

① If necessary, Takatāpui is a traditional Māori term meaning 'intimate companion of the same sex'.

① If necessary, say "you can just call out the option number".

- 1. Heterosexual or straight
- 2. Gay or lesbian (Takatāpui)
- 3. Bisexual (Takatāpui)
- 4. Other
- Refused
- Don't know

## SECTION K

K1 Have you ever heard someone use the term “mental distress” when talking about mental illness?

- Yes
- No
- Refused
- Don't know

K2 What do you think “mental distress” means?

**ⓘ Do not read out options.**

**ⓘ If needed: “even if you are unsure, just tell me what you think it might mean”.**

**ⓘ Multiple responses allowed.**

- Mental illness/mental health problem
- Feeling stressed/under pressure
- Not coping/feeling overwhelmed
- Feeling like you're about to snap or melt down
- When mental condition deteriorates
- Not being able to think straight
- When you need help
- Feeling isolated from others
- Other (please specify)
- Refused
- Don't know