

# 2016 New Zealand Mental Health Survey Questionnaire

November 2016

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# LIST OF CHANGES FROM 2015 QUESTIONNAIRE

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The 2016 NZMHS questionnaire is based on the questionnaire used in the 2015 NZMHS, 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 the 2015 NZMHS, but used for the first time in 2016 (question numbers refer to the 2016 questionnaire):

- A3
- M10a
- Section K
- C1-C2
- C7a-C7b
- C14-C15
- C20-C22
- E10-E15
- J2

The following questions were used in the 2015 NZMHS but the wording was revised in 2016 (question numbers refer to the 2016 questionnaire):

- A1, J1
- B4
- B13 - B14
- C4
- C17

The following questions were asked in 2015 but deleted from the 2016 NZMHS questionnaire (question numbers refer to the 2015 questionnaire):

- C1-C3
- C7
- C17-C22
- C23-C25
- E3
- E5
- E6
- E8
- E9
- E11
- E13
- E14
- E16
- E17
- E20

# QUESTIONNAIRE

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## SECTION A: INITIAL DEMOGRAPHICS

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

### SHOWCARD A1a

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

① **Multiple responses allowed.**

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

A1b **Please specify your other ethnic group or groups. (RECORD)**

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

**SHOWCARD A2a**

A2a **Looking at Showcard A2a, 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.**

① **If respondent says ‘self-employed’, ask if full or part-time and record under the relevant code (1 or 2).**

**In paid employment**

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 A2b ..... 97

Don't know ..... 99

Refused ..... 98

IF A2a = 97 GO TO A2b OTHERWISE GO TO A3
---

A2b **What is that ‘other’ form of employment?**

--

A3 **[If necessary:] I need to record whether you are male or female? (CODE ONE ONLY)**

① **Enter the gender of the respondent.**

Male ..... 1

Female ..... 2

## SECTION B: OVERALL WELLBEING AND CONNECTEDNESS

[B1\_1] This section is about your general wellbeing and social connections with family/whānau and friends. Please tell me, looking at Showcard B1, how much you agree or disagree with the following statements. You only need to call out the option number.

**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.**

### SHOWCARD B1

B2 I make an effort to see family, whānau 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 ..... 9
- Refused..... 8

### SHOWCARD B1

B3 I can always rely on a friend or family or whānau 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 ..... 9
- Refused..... 8

**SHOWCARD B1**

**B4 I feel strongly connected to my culture. For example: Māori, New Zealand, Samoan, Hindu or Jewish culture. (CODE ONE ONLY)**

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

**SHOWCARD B1**

**B5 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 ..... 9
- Refused ..... 8

**SHOWCARD B1**

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

**SHOWCARD B6**

**B6 In the last four weeks, how often have you felt isolated from others? Please answer from Showcard B6. (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 ..... 9
- Refused ..... 8

IF A1a = 2 GO TO M7 INTRO  
OTHERWISE GO TO B11

M7INTRO

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

① Point to both Te Reo and English versions of Showcard M7, M9 and M10.

**SHOWCARD M7**

M7 Thinking about your life as a whole, how important is it for you to be involved in things to do with Māori culture? (CODE ONE ONLY)

① If necessary, point to options on Showcard M7.

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

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. (CODE ONE ONLY)

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

**SHOWCARD M9**

M9 How well are you able to speak Māori in day-to-day conversation? (CODE ONE ONLY)

① If necessary, point to options on Showcard M9.

- Very well (I can talk about almost anything in Māori) ..... 1
- Well (I can talk about many things in Māori) ..... 2
- Fairly well (I can talk about some things in 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 M10**

**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	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 tipuna, tupuna or ancestors	1	5	9	8

IF M10\_1 = 1 GO TO M10a  
OTHERWISE GO TO B11

**M10a What is the name of your iwi or tribe? (CODE ONE ONLY)**

ANSWER OPTIONS ARE SUPPLIED IN THE APPENDIX

Don't know ..... 9

Refused ..... 8

**SHOWCARD B11**

**B11 How would you rate how your family/whānau is doing these days? Please answer from Showcard B11. (CODE ONE ONLY)**

**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 B11**

**B12 In general, how would you rate the way your family/whānau get along with one another? Please answer from Showcard B11. (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 ..... 9
- Refused ..... 8

**SHOWCARD B13**

**B13 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, or looking after pets while you're away from home? Again, please answer from Showcard B13. (CODE ONE ONLY)**

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

**SHOWCARD B13**

**B14 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? Again, please answer from Showcard B13. (CODE ONE ONLY)**

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

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

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

**B16 In the recent past, has there been an occasion when you felt personally excluded:  
At work? (CODE ONE ONLY)**

**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

**SHOWCARD B17**

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

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

**SHOWCARD B18**

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

Very worthwhile .....	1
Worthwhile .....	2

Neutral .....	3
Not worthwhile .....	4
Not at all worthwhile.....	5
Don't know .....	9
Refused.....	8

[B19\_] Please tell me how much you agree or disagree with the following statement: Please answer from Showcard B19.

**SHOWCARD B19**

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

**SECTION K: MENTAL HEALTH TERMINOLOGY**

K1 **Have you ever heard someone use the term “mental distress” when talking about mental illness? (CODE ONE ONLY)**

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

K2 **What do you think “mental distress” means? (MULTIPLE RESPONSES ALLOWED)**

① **If needed: Even if you are unsure, just tell me what you think it might mean.**

- 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
- Euphemism .....8
- Other (please specify in K2a) .....9
- Don't Know .....99
- Refused .....98

IF K2 = 9 GO TO K2a  
OTHERWISE GO TO K3

K2a **RECORD MEANINGS NOT LISTED.**

**In the next questions, we are interested in the way that people interpret the term “mental distress”, so please answer according to what you think it means.**

K3 **If a friend was feeling stressed out because of a deadline at work, would you think they might be experiencing mental distress? (CODE ONE ONLY)**

- ① **“Mental distress” is however you interpret it.**
- ① **PROMPT: It doesn't need to be a diagnosis, just your first impression.**

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

K4 **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 mental distress? (CODE ONE ONLY)**

① **“Mental distress” is however you interpret it.**

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

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

K5 **If a friend felt down for two weeks or longer for no known reason, and had lost interest in the things they usually enjoy doing, would you think they might be experiencing mental distress? (CODE ONE ONLY)**

① **“Mental distress” is however you interpret it.**

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

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

## 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? (MULTIPLE RESPONSES ALLOWED)

① Do not read out options. Probe, multiple responses allowed. CODE 18 IS UNIQUE.

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.

### 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 or 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

I don't know .....	18
Refused .....	98

C3a **RECORD PLACES OR PEOPLE NOT LISTED.**

--

C4 If you were experiencing depression, where would you **first** go for help? (CODE ONE ONLY)

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

① Do not read out options. Only one response allowed.

**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 or 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 ANSWERS NOT LISTED.**

--

C5 **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 ..... 9
- Refused ..... 8

IF C5 = 1 GO TO C6  
OTHERWISE GO TO C7

**C6 What are the names of those websites? (MULTIPLE RESPONSES ALLOWED)**

**ⓘ Do not read out options. 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 NAMES MENTIONED.**

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

**C7 Have you heard of a website called depression.org.nz? (CODE ONE ONLY)**

- 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? (CODE ONE ONLY)**

- 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 C8\_I

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? (MULTIPLE RESPONSES ALLOWED)

① Do not read out options. Multiple responses allowed.

- 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 REASON MENTIONED.

**NOTE: C1 and C2 were only routed to by those who responded (C7=1 OR C7a=1 OR C6=1 OR C6=2)**

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? (CODE ONE ONLY)

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

- 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? (CODE ONE ONLY)

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

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

[C8\_I] The following questions ask about people with mental illness, including those who experience severe mental illness. This refers to people who live in the community, whose experience of mental illness may vary, but these experiences 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. Please tell me how much you agree or disagree with the following statements. Please answer from Showcard C8.

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. (CODE ONE ONLY)

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 C8**

C9 If a friend had a mental illness, I know what advice to give them to get professional help. (CODE ONE ONLY)

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 C8**

C10 Medication can be an effective treatment for people with mental illness. (CODE ONE ONLY)

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 C8**

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

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 C8**

C12 **People with severe mental illness can fully recover. (CODE ONE ONLY)**

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, flatting, 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 C8**

C13 **Most people with mental illness go to a healthcare professional to get help. (CODE ONE ONLY)**

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 If a close friend was excessively worried over a few weeks, would you think they might have problems with anxiety? (CODE ONE ONLY)

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

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? (CODE ONE ONLY)

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

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. (MULTIPLE RESPONSES ALLOWED)**

① **Probe: Anywhere else you can think of?**

① **Do not read out options. Multiple responses allowed. CODE 13 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 or whānau member .... 12
- Church/spiritual help ..... 13
- Community organisation/group..... 14
- Other (please specify in C16a) ..... 15

**Not sure**

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

C16a **RECORD ANSWERS NOT LISTED.**

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C17 **If you had problems with anxiety, where would you first go for help? (CODE ONE ONLY)**

① **Do not read out options. Only one response allowed.**

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 or 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 ANY UNLISTED ANSWER.**

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? (CODE ONE ONLY)**

- 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? (MULTIPLE RESPONSES ALLOWED)**

**① Do not read out options. Multiple responses allowed.**

- depression.org.nz/John Kirwan website ..... 1
- thelowdown.co.nz ..... 2
- Other (please specify in C19ba) ..... 3
- Don't know ..... 9
- Refused..... 8

IF C19=3 GO TO C19a  
OTHERWISE GO TO C20

C19a **RECORD OTHER NAMES MENTIONED.**

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

C20 **Do you know someone who has been diagnosed with a mental illness, not including yourself? (CODE ONE ONLY)**

**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? (CODE ONE ONLY)**

**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? (CODE ONE ONLY)**

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".**

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

## SECTION D: STIGMA BEHAVIOURS

[D1\_I] 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?  
(CODE ONE ONLY)

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? (CODE ONE ONLY)

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? (CODE ONE ONLY)

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? (CODE ONE ONLY)

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 from Showcard D5.

**SHOWCARD D5**

D5 In the future, I would be willing to live with someone with a mental illness. (CODE ONE ONLY)

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 D5**

D6 In the future, I would be willing to work with someone with a mental illness. (CODE ONE ONLY)

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 D5**

D7 In the future, I would be willing to live nearby to someone with a mental illness. (CODE ONE ONLY)

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 D5**

D8 In the future, I would be willing to continue a relationship with a friend who developed a mental illness. (CODE ONE ONLY)

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. This refers to people who live in the community, whose experience of mental illness may vary, but these experiences sometimes 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. Mental health services and facilities are also asked about in this section.

Please say from Showcard E1 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.

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, flatting, 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.  
(CODE ONE ONLY)

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 E1**

**E2 The best therapy for many people with mental illnesses is to be a part of a normal community. (CODE ONE ONLY)**

**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 E1**

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

**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 E1**

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

**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 E1**

**E5 We have a responsibility to provide the best care for people with mental illnesses. (CODE ONE ONLY)**

**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 E1**

**E6 Locating mental health services in residential neighbourhoods does not endanger local residents. (CODE ONE ONLY)**

**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 E1**

E7 **People with mental illness have been the subject of ridicule for too long. (CODE ONE ONLY)**

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 E1**

E8 **Residents have nothing to fear from people coming into their neighbourhood to obtain mental health services. (CODE ONE ONLY)**

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 E1**

E9 **As far as possible, mental health services should be provided through community-based facilities. (CODE ONE ONLY)**

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 E1**

E10 **Employers should be understanding of how mental illness could affect an employee's performance at work. (CODE ONE ONLY)**

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 and work 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 E1**

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

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 and work 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 E1**

E12 **Employers need to set a good example of how to treat people with experience of mental illness. (CODE ONE ONLY)**

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 and work 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 E1**

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

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 and work 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 E1**

E14 **If someone has had an experience of mental illness, it is up to them whether or not they tell their co-workers about it. (CODE ONE ONLY)**

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 and work 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 E1**

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

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 and work 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 Showcard F1.

### SHOWCARD F1

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

### SHOWCARD F1

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

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

### SHOWCARD F1

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. (CODE ONE ONLY)

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

### SHOWCARD F1

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

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

**SHOWCARD F1**

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

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

**SHOWCARD F1**

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. (CODE ONE ONLY)**

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

**SHOWCARD F1**

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. (CODE ONE ONLY)**

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

**SHOWCARD F1**

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. (CODE ONE ONLY)**

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

**SHOWCARD F1**

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. (CODE ONE ONLY)

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\_] ]  
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. (CODE ONE ONLY)

① 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.

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 from Showcard H1.

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

### SHOWCARD H1

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

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

### SHOWCARD H1

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

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

### SHOWCARD H1

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

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

**SHOWCARD H1**

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. (CODE ONE ONLY)**

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

**SHOWCARD H1**

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

H6 **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 ..... 9  
 Refused..... 8

**SHOWCARD H1**

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. (CODE ONE ONLY)**

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

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 from Showcard G1.

### SHOWCARD G1

G1 In the past four 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 ..... 9
- Refused..... 8

### SHOWCARD G1

G2 In the past four 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 ..... 9
- Refused..... 8

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

### SHOWCARD G1

G3 In the past four 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 ..... 9
- Refused..... 8

**SHOWCARD G1**

**G4 In the past four 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 ..... 9
- Refused..... 8

**SHOWCARD G1**

**G5 In the past four 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 ..... 9
- Refused..... 8

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

**SHOWCARD G1**

**G6 In the past four 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 ..... 9
- Refused..... 8

**SHOWCARD G1**

**G7 In the past four 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 .....9  
Refused.....8

**SHOWCARD G1**

**G8 In the past four 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 .....9  
Refused.....8

**SHOWCARD G1**

**G9 In the past four 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 .....9  
Refused.....8

**SHOWCARD G1**

**G10 In the past four 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 .....9  
Refused.....8

## SECTION I: ADULT PSYCHOLOGICAL/PSYCHIATRIC IMPAIRMENT

- 11 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. (CODE ONE ONLY)

① Code “sometimes” as yes.

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

- 12 Does a long-term emotional, psychological or psychiatric condition cause you difficulty communicating, mixing with others, or socialising? (CODE ONE ONLY)

① If necessary, common conditions 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.

## SECTION J: FOLLOW-ON DEMOGRAPHICS

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 issues vary between people.

The first two questions are about your gender and sexual identity. Some people find these to be sensitive, so 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? (CODE ONE ONLY)

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
I don't know.....	99
Choose not to answer .....	98

### SHOWCARD J2

J2 Which of the following options best describes how you think of yourself? (CODE ONE ONLY)

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

① If respondent is unsure why this question is being asked, say “we want to find out about how experience and awareness of mental health issues can vary between different people, and sexual orientation may contribute to that”

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
I don't know.....	99
Choose not to answer.....	98

### SHOWCARD J3

J3 From Showcard J3, 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.....	98

### SHOWCARD J4

J4 Looking at Showcard J4, 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? (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 .....	99
Refused.....	98

**SHOWCARD J5a**

J5a **From showcard J5a, can you please tell me the highest qualification you have? (CODE ONE ONLY)**

**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 J5b) ..... 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 J5c ..... 97

Don't know ..... 99

Refused ..... 98

IF J5a = 7 GO TO J5b  
IF J5a = 97 GO TO J5c  
OTHERWISE GO TO J6a

J5b **What is that 'other New Zealand secondary school qualification'?**

**RECORD THEN GO TO J6a.**

J5c **What is that 'other qualification'?**

J6a **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 .....99
- Refused .....98

IF J6a ≠ 0 GO TO J6b  
OTHERWISE GO TO J6c

J6b **What are their ages please?**

**RECORD ONE AGE FOR EACH CHILD.**

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

16  
17

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

J6c **And including yourself, how many people aged 15 years or over, live in your household?**  
**(RECORD NUMBER)**

## SECTION R: AUDIT AND RECONTACT

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.

R1a **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? (CODE ONE ONLY)**

Yes..... 1

I don't have a landline.....2

No .....5

Don't know .....9

IF R1a = 1 GO TO R1b  
OTHERWISE GO TO R2a

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

R2a **Do you have a mobile number that my Supervisor can reach you on? (CODE ONE ONLY)**

Yes.....1

I don't have a mobile number.....2

No .....5

Don't know.....9

IF R2a = 1 GO TO R2b  
OTHERWISE GO TO R3a

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

R3a **Do you have an email address, in case we cannot contact you by telephone? (CODE ONE ONLY)**

Yes..... 1

No ..... 5

Don't know ..... 9

IF R3a = 1 GO TO R3b  
OTHERWISE GO TO R4

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: Re-contact 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

IF R4 = 1 GO TO R5  
OTHERWISE GO TO THANKSAGAIN

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

IF R5 = 1 GO TO R6  
OTHERWISE GO TO THANKSAGAIN

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 CBG.

## SECTION RB: RESPONDENT BURDEN

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 Acceptance – 5 Highly Acceptable**

### RB1 survey length?

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

### RB2 number of questions?

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

### RB3 complexity of questions?

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

### RB4 relative intrusiveness of questions?

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

### RB5 Would you take part in the New Zealand Mental Health Survey again?

- 1 Yes [\[go to RB5b\]](#)
- 2 No

### RB5a Please indicate why you would not take part again? [\[Tick all that apply\]](#)

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

### RB5b Are there any other comments you would like to make about taking part in the survey?

**[RB\_OUTRO]**

**Thank you for your comments on your experience of the survey.  
Please hand the computer back to the interviewer now.**

## **INTERVIEWER OBSERVATIONS**

### **OBS1**

**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/whānau member helped interpret questions into a language other than English
- 4 Official interpreter was used
- 9 Don't know

### **OBS2**

**At any time during the interview, did the participant take the opportunity to enter answers directly into the laptop themselves? (CODE ONE ONLY)**

- 1 Yes
- 2 No

IF F9=2-4 GO TO [OBS_ALERT] OTHERWISE [End survey]
---

**[OBS\_ALERT]**

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

**[End survey]**

## APPENDIX: ANSWER OPTIONS FOR QUESTION M10A

0100	Te Tai Tokerau/Tāmaki-makaurau (Northland/Auckland) Region, not further defined
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
0110	Te Kawerau
0111	Te Uri-o-Hau
0112	Te Roroa
0200	Hauraki (Coromandel) Region, not further defined
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
0209	Ngāi Tai (Hauraki)
0210	Ngāti Tamaterā
0211	Ngāti Tara Tokanui
0212	Ngāti Whanaunga
0300	Waikato/Te Rohe Pōtae (Waikato/King Country) Region, not further defined
0301	Ngāti Haua (Waikato)
0302	Ngāti Maniapoto
0303	Ngāti Raukawa (Waikato)
0304	Waikato
0400	Te Arawa/Taupō (Rotorua/Taupō) Region, not further defined
0401	Ngāti Pīkiao (Te Arawa)
0402	Ngāti Rangiteaorere (Te Arawa)
0403	Ngāti Rangitīhi (Te Arawa)
0404	Ngāti Rangiwēwehi (Te Arawa)
0405	Tapuika (Te Arawa)
0406	Tarāwhai (Te Arawa)
0407	Tūhourangi (Te Arawa)
0408	Uenuku-Kōpako (Te Arawa)
0409	Waitaha (Te Arawa)
0410	Ngāti Whakaue (Te Arawa)
0411	Ngāti Tūwharetoa
0412	Ngāti Tahu-Ngāti Whāoa (Te Arawa)
0500	Tauranga Moana/Mātaatua (Bay of Plenty) Region, not further defined
0501	Ngāti Pūkenga
0502	Ngaiterangi
0503	Ngāti Ranginui
0504	Ngāti Awa
0505	Ngāti Manawa
0506	Ngāi Tai (Tauranga Moana/Mātaatua)

0507 Tūhoe  
 0508 Whakatōhea  
 0509 Te Whānau-a-Apanui  
 0510 Ngāti Whare  
 0600 Te Tai Rāwhiti (East Coast) Region, not further defined  
 0601 Ngāti Porou  
 0602 Te Aitanga-a-Māhaki  
 0603 Rongowhakaata  
 0604 Ngāi Tāmanuhiri  
 0700 Te Matau-a-Māui/Wairarapa (Hawke's Bay/Wairarapa) Region, not further defined  
 0701 Rongomaiwahine (Te Māhia)  
 0702 Ngāti Kahungunu ki Te Wairoa  
 0703 Ngāti Kahungunu ki Heretaunga  
 0704 Ngāti Kahungunu ki Wairarapa  
 0705 Ngāti Kahungunu, region unspecified  
 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  
 0800 Taranaki (Taranaki) Region, not further defined  
 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  
 0900 Whanganui/Rangitīkei (Wanganui/Rangitīkei) Region, not further defined  
 0901 Ngāti Apa (Rangitīkei)  
 0902 Te Ati Haunui-a-Pāpārangī  
 0903 Ngāti Haua (Taumarunui)  
 0904 Ngāti Hauti  
 1000 Manawatū/Horowhenua/Te Whanganui-a-Tara(Manawatū/Horowhenua/Wellington)  
 Region, not further defined  
 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  
 1100 Te Waipounamu/Wharekauri (South Island/Chatham Islands) Region, not further defined  
 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
2002	Te Arawa
2003	Tākitimu
2004	Aotea
2005	Mātaatua
2006	Mahuru
2007	Māmari
2008	Ngātokimatawhaorua
2009	Nukutere
2010	Tokomaru
2011	Kurahaupō
2012	Muriwhenua
2013	Hauraki / Pare Hauraki
2014	Tūranganui a Kiwa
2015	Te Taihu o Te Waka a Māui
2016	Tauranga Moana
2017	Horouta
2101	Te Atiawa, region unspecified
2102	Ngāti Haua, region unspecified
2103	Ngāti Maru, region unspecified
2104	Ngāti Mutunga, region unspecified
2105	Rangitāne, region unspecified
2106	Ngāti Raukawa, region unspecified
2107	Ngāti Tama, region unspecified
2108	Ngāti Toa, region unspecified
2109	Waitaha, region unspecified
2110	Ngāti Apa, region unspecified
2200	Hapū Affiliated to More Than One Iwi
4444	Don't Know
5555	Refused To Answer