

Prompt Card 14

**1.
MORE LIKELY
THAN OTHER
PEOPLE**

**2.
JUST AS LIKELY
AS OTHER
PEOPLE**

**3.
LESS LIKELY
THAN OTHER
PEOPLE**

LONG TERM OUTCOMES AFTER GETTING HELP

To be violent

To drink too much alcohol

To take illegal drugs

To have poor friendships

To attempt suicide

To be understanding of other people's feelings

To have a good marriage

To be a caring parent

To be a productive worker

To be creative or artistic

Prompt Card 15

- | | | | | |
|---------------------------|--------------|---|-----------------|------------------------------|
| 1. | 2. | 3. | 4. | 5. |
| STRONGLY
AGREE | AGREE | NEITHER
AGREE NOR
DISAGREE | DISAGREE | STRONGLY
DISAGREE |

STATEMENTS ABOUT THEIR PROBLEM

People with a problem like this could snap out of it if they wanted

A problem like this is a sign of personal weakness

Their problem is not a real medical illness

People with a problem like this are dangerous

It is best to avoid people with a problem like this so that you don't develop this problem

People with a problem like this are unpredictable

If I had a problem like this I would not tell anyone

I would not employ someone if I knew they had this problem

I would not vote for a politician if I knew they had suffered a problem like this.

Prompt Card 16

- | | | | | |
|---------------------------|--------------|---|-----------------|------------------------------|
| 1. | 2. | 3. | 4. | 5. |
| STRONGLY
AGREE | AGREE | NEITHER
AGREE NOR
DISAGREE | DISAGREE | STRONGLY
DISAGREE |

STATEMENTS ABOUT THEIR PROBLEM

Most people believe that people with a problem like this could snap out of it if they wanted

Most people believe that a problem like this is a sign of personal weakness

Most people believe that their problem is not a real medical illness

Most people believe that people with a problem like this are dangerous

Most people believe it is best to avoid people with a problem like this so that you don't develop this problem

Most people believe that people with a problem like this are unpredictable

If they had a problem like this most people would not tell anyone

Most people would not employ someone they knew had suffered a problem like this

Most people would not vote for a politician they knew had suffered a problem like this

Prompt Card 17

1
DEFINITELY
WILLING

2
PROBABLY
WILLING

3
PROBABLY
UNWILLING

4
DEFINITELY
UNWILLING

WILLINGNESS FOR CONTACT

MOVE NEXT DOOR TO THEM

SPEND AN EVENING SOCIALISING WITH THEM

MAKE FRIENDS WITH THEM

**HAVE THEM START WORKING CLOSELY WITH
YOU ON A JOB**

HAVE THEM MARRY INTO YOUR FAMILY

Prompt Card 18

1.
VERY LIKELY

2.
LIKELY

3.
NOT LIKELY

POSSIBLE CAUSES

A virus or infection

An allergy or reaction

Day-to-day problems (eg stress, family arguments, etc)

Recent death of a close friend or relative

Recent traumatic event

Problems from childhood

Inherited or genetic

Being a nervous person

Weakness of character

Prompt Card 19

- | | | |
|--|--|----------------------|
| 1. | 2. | 3. |
| MORE LIKELY
THAN OTHER
PEOPLE | LESS LIKELY
THAN OTHER
PEOPLE | NO DIFFERENCE |

WHO IS LIKELY TO HAVE THESE PROBLEMS

Women more or less likely than men

Young people (under 25)

Older people (over 65)

Poor people

The unemployed

The divorced or separated

People who are single (never married)

調査票 3

Japan-Australia Joint Project on Mental Health Awareness

1. Your age group

- | | | | | | |
|-------|--------------------------|---|-------|--------------------------|----|
| 18-19 | <input type="checkbox"/> | 1 | 50-54 | <input type="checkbox"/> | 8 |
| 20-24 | <input type="checkbox"/> | 2 | 55-59 | <input type="checkbox"/> | 9 |
| 25-29 | <input type="checkbox"/> | 3 | 60-64 | <input type="checkbox"/> | 10 |
| 30-34 | <input type="checkbox"/> | 4 | 65-69 | <input type="checkbox"/> | 11 |
| 35-39 | <input type="checkbox"/> | 5 | 70-74 | <input type="checkbox"/> | 12 |
| 40-44 | <input type="checkbox"/> | 6 | 75+ | <input type="checkbox"/> | 13 |
| 45-49 | <input type="checkbox"/> | 7 | | | |

2. Your Sex

- Male ₁ Female ₂

3. Marital Status

- Single ₁
Married ₂
Separated Divorced Widowed ₃

4. Your (address) zip-code

5. (Deleted)

6. Your birthplace

(name of country)_____

7. Educational Background

- Currently attending school
(Items 2-5 deleted in Australian context)
Finished university
Others

The following questions concern a variety of particular types of health problems and health services

8. Interviewer

Follow the instructions given by your interviewer and select a code number randomly and write it in the box. (Do this before the interview begins).

9. Arrangement

<i>If 8 = 1</i>	————→	10
<i>If 8 = 2</i>	————→	11
<i>If 8 = 3</i>	————→	12
<i>If 8 = 4</i>	————→	13
<i>If 8 = 5</i>	————→	14
<i>If 8 = 6</i>	————→	15
<i>If 8 = 7</i>	————→	16
<i>If 8 = 8</i>	————→	17

10. The person described below is fictional. However it is very likely that a person such as this does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #1

John is 30 years old. For some weeks now he has been feeling unusually sad and unhappy. Although he is always tired, almost every night he cannot sleep. John has lost his appetite and has lost weight. He cannot concentrate on his work and puts off making various decisions. In his daily employment he seems not to be getting things done. John's superiors have started to notice that his efficiency at work is on the decline.

11. The person described below is fictional. However it is very likely that a person such as this does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #2

Mary is 30 years old. For some weeks now she has been feeling unusually sad and unhappy. Although she is always tired, almost every night she cannot sleep. Mary has lost her appetite and has lost weight. She cannot concentrate on her work and puts off making various decisions. In her daily employment she seems not to be getting things done. Mary's superiors have started to notice that her efficiency at work is on the decline. .

12. The person described below is fictional. However it is very likely that a similar person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #3

John is 24 years old and lives with his parents. After he left school he had several temporary jobs and is currently unemployed. For over six months, he has stopped seeing friends, locks himself in his bedroom, does not eat with the family and refuses to take a bath. In the middle of the night when everyone is in bed, his parents can hear him walking up and down in his room. His parents know he is alone but it almost seems as if there is another person in the room since they can hear him making a noise and arguing. When his parents urge him to get out and do something, he mutters that he cannot leave the house because someone in the neighbourhood is watching him. He does not meet anyone, does not go anywhere and his parents are convinced he is taking drugs.

13. The person described below is fictional. However it is very likely that a such a person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #4

Mary is 24 years old and lives with her parents. After she left school she had several temporary jobs and is currently unemployed. For over six months, she has stopped seeing friends, locks herself in her bedroom, does not eat with the family and refuses to take a bath. In the middle of the night when everyone is in bed, her parents can hear her walking up and down in her room. Her parents know she is alone but it almost seems as if there is another person in the room since they can hear her making a noise and arguing. When her parents urge her to get out and do something, she mutters on that she cannot leave the house because someone in the neighbourhood is watching her. She does not meet anyone, does not go anywhere and her parents are convinced she is taking drugs.

14. The person described below is fictional. However it is very likely that a similar person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #5

John is 30 years old. For some weeks now he has been feeling unusually sad and unhappy. Although he is always tired, almost every night he cannot sleep. John has lost his appetite and has lost weight. He cannot concentrate on his work and puts off making various decisions. In his daily employment he seems not to be getting things done. John's superiors have started to notice that his efficiency at work is on the decline. John feels as if he will never be happy again and believes that his family would be better off without him. In order to rid himself of this pain, John is constantly thinking of ways of ending his life.

15. The person described below is fictional. However it is very likely that a similar person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #6

Mary is 30 years old. For some weeks now she has been feeling unusually sad and unhappy. Although she is always tired, almost every night she cannot sleep. Mary has lost her appetite and has lost weight. She cannot concentrate on her work and puts off making various decisions. In her daily employment she seems not to be getting things done. Mary's superiors have started to notice that her efficiency at work is on the decline. Mary feels like she will never be happy again and believes that her family would be better off without her. In order to rid herself of this pain, Mary is constantly thinking of ways of ending her life.

16. The person described below is fictional. However it is very likely that a similar person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #7

John is 44 years old. He lives in a dormitory adjoining a construction site and has not worked for some years. Whatever the weather he wears the same clothes all year round, his hair is long and unkempt. He is always by himself, and is often seen sitting in a park talking to himself. Sometimes he would suddenly stand up and start talking to someone as if they were next to the tree and would wave his hands about. He rarely drinks (beer, spirits, etc.). He speaks carefully and uses unusual language and occasionally makes up his own words. He is polite but avoids verbal contact with others. Sometimes he accuses shopkeepers of spreading information about him to other people. He has asked the landlord to put another lock on the door and a remove the television. He says that spies are trying to place him under surveillance because he says he has secret information about a international computer system that controls people via a television transmitter. The landlord complains about the filthy condition of the apartment and the amount of glass items piling up. John says he is using them to receive messages from outer space.

17. The person described below is fictional. However it is very likely that a similar person does exist. If you happen to know a person similar to the one described below it is a coincidence.

Interviewer: Present card #8

Mary is 44 years old. She lives in a dormitory adjoining a construction site and has not worked for some years. Whatever the weather she wears the same clothes all year round, her hair is long and unkempt. She is always by herself, and is often seen sitting in a park talking to herself. Sometimes he would suddenly stand up and start talking to someone as if they were next to the tree and would wave her hands about. She rarely drinks (beer, spirits, etc.). She speaks carefully and uses unusual language and occasionally makes up her own words. She is polite but avoids verbal contact with others. Sometimes she accuses shopkeepers of spreading information about her to other people. She has asked the landlord to put another lock on the door and a remove the television. She says that spies are trying to place her under surveillance because she says she has secret information about a international computer system that controls people via a television transmitter. The landlord complains about the filthy condition of the apartment and the amount of glass items piling up. Mary says she is using them to receive messages from outer space.

18. Given that John (Mary) has a problem what do you think it is?

- Depression
 - Nervous debility
 - Schizophrenia/paranoia
 - An emotional illness
 - A psychological/nervous/emotional problem
 - Stress
 - Some sort of problem
 - Cancer
 - Others (be specific)
- No problem
Don't know

19. What is the most effective help for John (Mary)?

- Get advice from Friends/Family
 - Get medical advice (General Practitioner)
 - Get medical help (Psychiatrist)
 - Oral medication
 - Get help from a counsellor/undergo counselling
 - John (Mary) recognising that they have a problem
 - Others (be specific)
- Don't know

20. You have known John (Mary) for a long time. Imagine that you are worried about him (her) and want to do something to help. What would you do?

It is possible for John (Mary) to get help. There are professionals and non-professionals of many kinds. Look at the list below. Do you think they can be helpful, harmful, neither help nor harm for John (Mary)?

Interviewer: Show card #9

21. An ordinary general practitioner or family doctor?

Can help Neither help nor harm Harmful It depends Don't know

22. A local chemist (drug store)?

Can help Neither help nor harm Harmful It depends Don't know

23. A counsellor?

Can help Neither help nor harm Harmful It depends Don't know

24. Do you think a social worker can be helpful or harmful or neither?

Can help Neither help nor harm Harmful It depends Don't know

25. A telephone counselling service where you can get advice?

Can help Neither help nor harm Harmful It depends Don't know

26. A psychiatrist?

Can help Neither help nor harm Harmful It depends Don't know

27. A psychologist?

Can help Neither help nor harm Harmful It depends Don't know

28. Do you think the family can provide help and support, or be harmful, neither help nor harm?

Can help Neither help nor harm Harmful It depends Don't know

29. How about help from friends?

Can help Neither help nor harm Harmful It depends Don't know

30. How about a natural, holistic or herbal medicine approach?

Can help Neither help nor harm Harmful It depends Don't know

31. A pastor, priest or other clergy?

Can help Neither help nor harm Harmful It depends Don't know

32. If John (Mary) tries to deal with his (her) problem by himself (herself) could this be helpful, harmful, neither help nor harm?

Can help Neither help nor harm Harmful It depends Don't know

Help can be sought from people like those listed above. There exist many kinds of help and treatment.

Look at the list of medicines below. Do you think they can be of help, harm, neither help nor harm for John (Mary)?

Interviewer: Show card #10

33. Vitamins, minerals, tonics, herbal medicine?

Can help Neither help nor harm Harmful It depends Don't know

34. Aspirin, codeine, panadol, or other pain-killers?

Can help Neither help nor harm Harmful It depends Don't know

35. Anti-depressant?

Can help Neither help nor harm Harmful It depends Don't know

36. Antibiotics?

Can help Neither help nor harm Harmful It depends Don't know

37. Sleeping pills?

Can help Neither help nor harm Harmful It depends Don't know

38. A drug for psychiatric illness?

Can help Neither help nor harm Harmful It depends Don't know

39. Some tranquillizer like Valium?

Can help Neither help nor harm Harmful It depends Don't know

40. Look at the list of treatments below. Do you think they can be of help, harm, neither help nor harm for John (Mary)?

Interviewer: Show card #11

41. Do more sport, a lot more walking, gardening for really getting the body to move more?

Can help Neither help nor harm Harmful It depends Don't know

42. Read about people who have had similar problems and find out how they overcame them?

Can help Neither help nor harm Harmful It depends Don't know

43. Get out and walk more?

Can help Neither help nor harm Harmful It depends Don't know

44. Relaxation, stress-management, meditation, enrol in a yoga course?

Can help Neither help nor harm Harmful It depends Don't know

45. Stop drinking (alcohol) completely?

Can help Neither help nor harm Harmful It depends Don't know

46. Undergo psychotherapy?

Can help Neither help nor harm Harmful It depends Don't know

47. Undergo hypnosis?

Can help Neither help nor harm Harmful It depends Don't know

48. Go into hospital (psychiatric ward)?

Can help Neither help nor harm Harmful It depends Don't know

49. Undergo electric shock treatment (ECT)?

Can help Neither help nor harm Harmful It depends Don't know

50. Have an occasional drink (alcoholic) in order to relax?

Can help Neither help nor harm Harmful It depends Don't know

51. Go on a special diet or avoid certain foods?

Can help Neither help nor harm Harmful It depends Don't know

Look at the list below. Do you think they can be of help, harm, neither help nor harm for John (Mary)?

Interviewer: Show card #12

52. Look at a website which provides information on John's (Mary's) problem.

Can help Neither help nor harm Harmful It depends Don't know

53. By email or websearch seek a specialist's advice regarding John's (Mary's) problem.

Can help Neither help nor harm Harmful It depends Don't know

54. Look for information in a book which deals with John's (Mary's) problem.

Can help Neither help nor harm Harmful It depends Don't know

55. Get information on John's (Mary's) health problem from a teacher of health education

Interviewer: Show card #13

56. If John (Mary) received the best specialist help what would the result be?

1. There would be complete recovery with no further problems.
 2. There would be complete recovery but the possibility of recurrence.
 3. There would be partial recovery
 4. There would be partial recovery with the possibility of recurrence
 5. No recovery
 6. The condition would worsen
- Don't know

Interviewer: Show card #13

57. If John (Mary) did not receive specialist help what would the result be?

1. There would be complete recovery with no further problems.
2. There would be complete recovery but the possibility of recurrence.
3. There would be partial recovery
4. There would be partial recovery with the possibility of recurrence
5. No recovery
6. The condition would worsen
 Don't know

Suppose that John (Mary) received the best specialist help. Look at the list below. Compared to people around him how is he (she) likely to do in the long-term?

Interviewer: Show card #14

58. After receiving help, how violent is he (she) more likely to become?

More likely About the same Less likely It depends Don't know

59. How likely is he (she) to indulge in heavy drinking?

More likely About the same Less likely It depends Don't know

60. How more likely is he (she) to take illegal drugs?

More likely About the same Less likely It depends Don't know

61. After receiving help, how more likely is he (she) to suffer a breakdown of relations with friends?

More likely About the same Less likely It depends Don't know

62. How more likely is a suicide attempt?

More likely About the same Less likely It depends Don't know

63. How more likely is he (she) to start to understand how others feel?

More likely About the same Less likely It depends Don't know

64. After receiving help, how more likely is he (she) to get married?

More likely About the same Less likely It depends Don't know

65. Is he (she) likely to become a kinder parent?

More likely About the same Less likely It depends Don't know

66. Is he (she) likely to become a more efficient and hard worker?

More likely About the same Less likely It depends Don't know

67. Is he (she) likely to become more imaginative or artistic?

More likely About the same Less likely It depends Don't know

68. Do you suppose that if people around John (Mary) knew about his problem they would discriminate against him.

Yes

No

Don't know

The questions below include an account of John's (Mary's) problem. Indicate to what extent you personally agree or disagree.

Show card #15

69. People with John's (Mary's) problem can easily solve it if they want

Strongly Agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

70. John's (Mary's) problem reveals a character weakness
Strongly Agree

Agree
Neither agree nor disagree
Disagree
Strongly disagree

71. John's (Mary's) problem is not really a medical illness

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

72. People with John's (Mary's) problem are dangerous

Interviewer: If the meaning of the term 'dangerous' in this statement is unclear to the interviewee explain that it means "a danger to others"

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

73. If you do not want have the same problem as John (Mary) it is best to avoid people with such problems

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

74. We cannot figure out at all what people like John (Mary) will get up to in the future.

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

75. If I had problems like John (Mary) I would likely not reveal it to others.

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

76. If I knew somebody had a problem like John's (Mary's) I would not employ them.

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

77. If John (Mary) was a politician suffering from such a problem I would likely not vote for him (her).

Strongly Agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

Next, we would like you to think about what **most other people** think. Indicate to what extent you personally agree or disagree.