

# Mental Health Literacy Intervention (Post-test)

Greetings

**You have successfully completed the intervention.**

Your completion of this short survey (takes approximately 5-10 minutes) would mark the end of your participation in the study.

Hearty gratitude for your time and effort.

Let us reassure that the data collected will remain anonymous and confidential and will only be used for the purposes of our research study.

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\* Indicates required question

1. Email \*

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2. Name

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3. Contact no: (Whatsapp) \*

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4. Check the following boxes if applicable: \*

*Check all that apply.*

- ☐ I have used all the prompts provided in the intervention to interact with ChatGPT
- ☐ I have properly read and tried to comprehend the text response generated by chatGPT
- ☐ I have used prompts of my own to clarify doubts or to demand more information
- ☐ I have spent a minimum of 15 minutes on each of the topics/ prompts provided by the researchers

### MHLq\_SVa

The following questions focus on aspects related to mental health issues, such as what you think about this type of problems or which resources people may look for to get help.

**For each statement, please select the option that indicates how much you agree or disagree. Please answer honestly, do not worry about giving the “right” answer.**

5. Physical exercise contributes to a good mental health. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

6. Mental disorders don't affect people's behaviors. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

7. Sleeping well contributes to a good mental health. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

8. If I had a mental disorder I would seek for a psychologist's help. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

9. Mental disorders don't affect people's feelings. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

10. Only adults have mental disorders. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

11. Changes in brain function may lead to the onset of mental disorders. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

12. If someone close to me had a mental disorder, I would encourage her/him to see a psychiatrist. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

13. A balanced diet contributes to good mental health. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

14. One of the symptoms of depression is the loss of interest or pleasure in most things. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

15. The symptom's length is one of the important criteria for the diagnosis of a mental disorder. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

16. Mental disorders affect people's thoughts. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

17. Doing something enjoyable contributes to a good mental health. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

18. A person with schizophrenia may see and hear things that nobody else sees and hears. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

19. Highly stressful situations may cause mental disorders. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

20. If I had a mental disorder, I would seek for a psychiatrist's help. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

## **MHSAS**

For the purposes of this survey, "mental health professionals" include psychologists, psychiatrists, clinical social workers, and counselors. Likewise, "mental health concerns" include issues ranging from personal difficulties (e.g., loss of a loved one) to mental illness (e.g., anxiety, depression).

**Please mark the circle that best represents your opinion.**

*For example, if you feel that your seeking help would be extremely useless, you would mark the circle closest to "useless" indicated by circle number '1'. If you are undecided, you would mark the circle in the middle ie circle number '4'. If you feel that your seeking help would be slightly useful, you would mark the circle number '5'.*

If I had a mental health concern, seeking help from a mental health professional would be...

21.

Mark only one oval.

[illegible]

22.

Mark only one oval.

[illegible]

23.

Mark only one oval.

1     2     3     4     5     6     7

---

Unh ○    ○    ○    ○    ○    ○    ○ Healthy

---

24.

Mark only one oval.

1    2    3    4    5    6    7

---

Ineffective ○ ○ ○ ○ ○ ○ ○ Effective

---





29. \*

*Mark only one oval.*

	1	2	3	4	5	6	7	
Desi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Undesirable

### STIG-9

**Please cross the appropriate box:**

I think that most people...

30. ... take the opinion of someone who has been treated for a mental illness less seriously. \*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

31. ... consider someone who has been treated for a mental illness to be dangerous. \*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

32. ... hesitate to do business with someone who has been treated for a mental illness. \*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

33. ... think badly of someone who has been treated for a mental illness. \*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

34. ... consider mental illness to be a sign of personal weakness. \*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

35. ... hesitate to entrust their child with someone who has been treated for a mental illness.

\*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

36. ... do not even take a look at an application from someone who has been treated for a mental illness.

\*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

37. ... do not enter into a relationship with someone who has been treated for a mental illness.

\*

*Mark only one oval.*

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

38. ... feel uneasy when someone who has been treated for a mental illness moves into the neighborhood. \*

Mark only one oval.

- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

**MHSES**

**Please read each question and rate how confident you are that, on an average day in the next month, you will be able to do the following things.**

39. You can keep your stress, anxiety or depression from interfering with the things that you want to do? \*

Mark only one oval.

[illegible]

40. You can do the different tasks and activities needed to manage your stress, anxiety or depression so as to reduce your need to see a doctor? \*

Mark only one oval.

[illegible]

- \*

[illegible][illegible]

- \*

[illegible]

- \*

[illegible]

## SPANE

Please think about what you have been doing and experiencing during the past four weeks.

**Then report how much you experienced each of the following feelings, using the scale below.**

45. Positive \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

46. Negative \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

47. Good \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

48. Bad \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

49. Pleasant \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always



50. Unpleasant \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

51. Happy \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

52. Sad \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

53. Afraid \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

54. Joyful \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

55. Angry \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

56. Contented \*

*Mark only one oval.*

- ☐ Very rarely or never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often or always

### **FLOU-SC**

Below are 8 statements with which you may agree or disagree.

**Using the scale below, indicate your agreement with each item by indicating that response for each statement.**

57. I lead a purposeful and meaningful life. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

58. My social relationships are supportive and rewarding. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

59. I am engaged and interested in my daily activities. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

60. I actively contribute to the happiness and well-being of others. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

61. I am competent and capable in the activities that are important to me. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

62. I am a good person and live a good life. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

63. I am optimistic about my future. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

64. People respect me. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Slightly disagree
- ☐ Mixed or neither agree nor disagree
- ☐ Slightly agree
- ☐ Agree
- ☐ Strongly agree

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