

# Mental Health and Peer Interactions

Thank you for wanting to participate in this study.

My name is Cecilie and I am on my sixth semester of cognitive science at Aarhus University.

With this study I intend to explore the relationship between mental health and peer interactions. This project is a part of my exam in a course that explores the social and cultural dynamics of cognitive science.

As there is not much research on this subject, this study is very explorative and thereby open to new ideas and perspectives. This is why you will have the opportunity to specify your answers and make comments after almost every pair of questions. While this is highly encouraged, it is purely optional and made for you to contribute in your own way, and you are not required to answer any of the questions. If you don't feel like elaborating, then just skip the question.

The questionnaire will take approximately 10-12 minutes to complete and is for everyone - you do not need to have experience with mental illness to participate.

Note that the survey is completely anonymous. You can also always choose to either skip a question or select "Prefer not to answer".

Please also note that you can exit the questionnaire at any time.

Finally, I tried to make the questions neutral (not triggering) but being exposed to mental illness in general can be hard for people who have experienced it before, so if you do not feel like you currently have the mental capacity to read or answer these questions, please do not proceed. I am happy that you took the time to read this.

Thank you in advance!

Mental Health and Peer Interactions

1. What is your age?

*Markér kun ét felt.*

- ☐ Under 15 years old
- ☐ 15-24 years old
- ☐ 25-34 years old
- ☐ 35-44 years old
- ☐ 45-54 years old
- ☐ 55-64 years old
- ☐ 65 or older
- ☐ Prefer not to answer

2. What gender do you identify as?

*Markér kun ét felt.*

- ☐ Female
- ☐ Male
- ☐ Non-binary
- ☐ Other
- ☐ Prefer not to say

3. What is the highest degree or level of education you have completed?

*Markér kun ét felt.*

- ☐ Elementary school
- ☐ High school degree or equivalent
- ☐ Some college but no degree
- ☐ Associate degree
- ☐ Bachelor's degree
- ☐ Master's degree
- ☐ Doctorate degree
- ☐ Other
- ☐ Prefer not to answer

Education regarding psychiatric disorders

4. Have you received some kind of education relating to psychiatric disorders (either specific disorders or in general)

*Markér kun ét felt.*

- ☐ Yes     *Gå til spørgsmål 5*
- ☐ No     *Gå til spørgsmål 6*
- ☐ Prefer not to answer     *Gå til spørgsmål 6*

Education regarding psychiatric disorders

5. What kind of education relating to psychiatric disorders have you received? (e.g. in school, through treatment, courses for relatives etc.)

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### Peers with mental illness

6. Do you know anyone who suffers from mental illness?

*Markér kun ét felt.*

- ☐ Yes      *Gå til spørsmål 7*
- ☐ No      *Gå til spørsmål 9*
- ☐ Don't know      *Gå til spørsmål 9*
- ☐ Prefer not to answer      *Gå til spørsmål 9*

### Peers with mental illness

7. Who do you know who suffers from mental illness?

*Markér alle, du er enig i.*

- ☐ My partner
- ☐ Close relatives
- ☐ Distant relatives
- ☐ Close friends
- ☐ Distant friends
- ☐ Close coworker/fellow student
- ☐ Distant coworker/fellow student
- ☐ Acquaintances
- ☐ Other
- ☐ Prefer not to answer

8. If you have more answers to the question above that are not included in the choices, please feel free to specify here

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### Your own mental health

9. Do you or have you had one or more psychiatric diagnoses?

*Markér kun ét felt.*

- ☐ Yes      *Gå til spørsmål 10*
- ☐ No      *Gå til spørsmål 12*
- ☐ No diagnosis, but I think I suffer from one or more psychiatric disorders  
*Gå til spørsmål 10*
- ☐ Prefer not to answer      *Gå til spørsmål 12*

### Diagnoses

10. Select the diagnoses that you have or think you might have

*Markér alle, du er enig i.*

- ☐ ADHD (including ADD)
- ☐ Anxiety (any kind of anxiety disorder)
- ☐ Autism Spectrum Disorder
- ☐ Bipolar disorder
- ☐ Unipolar depression (depression without mania)
- ☐ Disordered Eating (any kind of eating disorder)
- ☐ Obsessive Compulsive Disorder (OCD)
- ☐ Post-Traumatic Stress Disorder (any kind of stress disorder)
- ☐ Schizophrenia
- ☐ Other
- ☐ Prefer not to answer

11. If you have more/other answers to the question above that are not included in the choices, please feel free to specify here

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Your own  
mental health

The next couple of questions focus on your own mental health and how it affects different aspects of your life.  
You can always choose not to answer.

12. How much would you say your mental health affects your ability to function in your social life?

*Markér kun ét felt.*

|            | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |                   |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|
| Not at all | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | To a large extent |

13. How much would you say your mental health affects your ability to function in your professional life (school or work)?

*Markér kun ét felt.*

|            | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |                   |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|
| Not at all | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | To a large extent |

14. How much would you say your mental health affects your ability to function in your private life?

*Markér kun ét felt.*

|            | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |                   |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|
| Not at all | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | To a large extent |

15. How much would you say your mental health affects your ability to function in your daily life? (getting groceries, cleaning)

*Markér kun ét felt.*

|            | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |                   |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|
| Not at all | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | To a large extent |

16. If you have any comments on how mental illness affects your life, please write so here

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Your  
interaction  
with peers

The next couple of questions focus on your actual interaction with peers who have mental illness or issues with mental health. It is important that you rate how much you actually do the following things and not how much you want to do them

17. When you interact with people, how often do you interact with people who are experiencing or have experienced mental illness that you know of?

*Markér kun ét felt.*

|       | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |              |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|
| Never | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | All the time |

18. How often do you go to people with mental illness for emotional support?

*Markér kun ét felt.*

|       | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |              |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|
| Never | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | All the time |



19. How often do you disregard your own mental health trying to help others?

*Markér kun ét felt.*

|       |                       |                       |                       |                       |                       |                       |              |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|
|       | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |              |
| Never | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | All the time |

20. If you have anything to add to this section, please write so here

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Interacting  
with peers

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

Also note that some questions look similar, but these are just to distinguish between people with mental illness in general and people who have similar mental health issues as yourself (if you have any (they don't have to be severe for you to answer these questions) - if you have not experienced any mental health issues yourself, just skip the question).

21. Interacting with people with mental illness makes me feel understood

*Markér kun ét felt.*

|          |                       |                       |                       |                       |                       |                       |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

22. Interacting with people with similar mental health issues as myself makes me feel understood (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

23. If you have any comments to these statements, please write so here

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24. Interacting with people with mental illness makes me feel guilty about my own mental health

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

25. Interacting with people with similar mental health issues as myself makes me feel guilty about my own mental health (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

26. If you have any comments to these statements, please write so here

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27. When interacting with people with mental illness I avoid bringing up my own problems since I'm afraid to make their situation worse

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

28. When interacting with people with similar mental health issues as myself I avoid bringing up my own problems since I'm afraid to make their situation worse (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

29. If you have any comments to these statements, please write so here

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30. Interacting with people with mental illness makes me feel supported

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

31. Interacting with people with similar mental issues as myself makes me feel supported (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

32. If you have any comments to these statements, please write so here

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33. Interacting with people with mental illness is hard/exhausting for my own mental health

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

34. Interacting with people with similar mental health issues as myself is hard/exhausting for my own mental health (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          |                       |                       |                       |                       |                       |                       |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

35. If you have any comments to these statements, please write so here

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Interacting  
with peers

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

Also note that some questions look similar, but these are just to distinguish between people with mental illness in general and people who have similar mental health issues as yourself (if you have any (they don't have to be severe for you to answer these questions) if you have not experienced any mental health issues yourself, just skip the question).

36. I learn a lot from interacting with people who have mental illness

*Markér kun ét felt.*

|          |                       |                       |                       |                       |                       |                       |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

37. I learn a lot from interacting with people with similar mental issues as myself (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

38. If you have any comments to these statements, please write so here

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39. I feel like it is my responsibility to make my peers who have mental illness happy

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

40. I feel like it is my responsibility to make my peers who have similar mental health issues as myself happy (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

41. If you have any comments to these statements, please write so here

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42. Interacting with people with mental illness makes me blame myself for their mental state

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

43. Interacting with people with similar mental health issues as myself makes me blame myself for their mental state (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

44. If you have any comments to these statements, please write so here

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45. When interacting with people with mental illness I tend to compare myself to them in a way that affects me negatively

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

46. When interacting with people with similar mental issues as myself I tend to compare myself to them in a way that affects me negatively (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

47. If you have any comments to these statements, please write so here

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48. When interacting with people with mental illness I tend to compare myself to them in a way that affects me positively

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

49. When interacting with people with similar mental health issues as myself I tend to compare myself to them in a way that affects me positively (If you have not experienced any mental health issues yourself, then just skip this question)

*Markér kun ét felt.*

|          | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |       |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| Disagree | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Agree |

50. If you have anything to add (explanations, other statements or thoughts you think need to be added), please write so here

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