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
Ec	ducation 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
Ec	ducation 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.)
Р	eers with mental illness
6.	Do you know anyone who suffers from mental illness?
	Markér kun ét felt.
	Yes Gå til spørgsmål 7
	No Gå til spørgsmål 9
	Don't know Gå til spørgsmål 9
	Prefer not to answer Gå til spørgsmål 9
P	eers 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
v	
Y	our own mental health
9.	Do you or have you had one or more psychiatric diagnoses?
	Markér kun ét felt.
	Yes Gå til spørgsmål 10
	No Gå til spørgsmål 12
	No diagnosis, but I think I suffer from one or more psychiatric disorders Gå til spørgsmål 10
	Prefer not to answer Gå til spørgsmål 12
D	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

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.

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19.	How o	ften do	you d	isregar	d you	r own n	nental	al health trying to help others?
	Markér	kun ét f	elt.					
		1	2	3	4	5	6	
	Never							All the time
20.	If you h	nave ar	nything	to add	d to th	is secti	on, ple	lease write so here
		F	Please ra	te how m	nuch you	u agree o	r disagr	ree with the following statements.
	eracting h peers		people wi	th menta If (if you s) - if you	al illness have ar	s in gener ny (they d	al and p lon't hav	ar, but these are just to distinguish between people who have similar mental health issues ave to be severe for you to answer these any mental health issues yourself, just skip the
21.	Interac	cting w	ith pec	ple wit	:h mer	ntal illne	ess ma	akes me feel understood
	Markér	kun ét f	elt.					
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	Disagr	ee () () () (Agree

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Disagre	e						Agree				
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mental	•	people	e with r	nental	illness	makes	me fe	el guil	ty abo	out my	own
mental	health	people	e with r	nental 4	illness 5	makes 6	me fe	el guil	ty abo	out my	own

Interacting with people with similar mental health issues as myself makes maguilty about my own mental health (If you have not experienced any mental issues yourself, then just skip this question) Markér kun ét felt. 1 2 3 4 5 6 Disagree Agree If you have any comments to these statements, please write so here 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 Agree If you have any comments to these statements, please write so here When interacting with people with mental illness I avoid bringing up my own problems since I'm afraid to make their situation worse	guilty abo	ut my own r	mental health	(If you have no	·
Disagree Agree If you have any comments to these statements, please write so here 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.			
If you have any comments to these statements, please write so here When interacting with people with mental illness I avoid bringing up my own problems since I'm afraid to make their situation worse		1 2	3 4	5 6	
When interacting with people with mental illness I avoid bringing up my own problems since I'm afraid to make their situation worse	Disagree				Agree
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problems since I'm afraid to make their situation worse					
problems since I'm afraid to make their situation worse					
Markér kun ét felt.					
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6

Agree

1

Disagree

3

28.	bringing (up my (experie	own pr	oblem	s since	l'm afr	mental healtl aid to make sues yoursel	thei	r situa	ation wo	rse (If you
	Markér kun	ét felt.									
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	Disagree						Agree	<u> </u>			
29.	If you hav	e any d	comme	ents to	these	statem	ents, please	writ	e so h	nere	
29.	If you hav	e any d	comme	ents to	these	statem	ents, please	writ	e so h	nere	
29.	If you hav	e any d	comme	ents to	these	statem	ents, please	writ	re so h	nere	
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Markér kun ét felt.

	1	2	3	4	5	6	
Disagree							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 Agree
32.	If you have any comments to these statements, please write so here
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 Agree

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Disa	gree							Agree	_				
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37.	I learn a lot f have not exp question)			•	•	•			-	f you
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	Disagree						Agree			
38.	If you have a	any co	ommer	nts to t	hese s	tateme	ents, please	write so he	ere	
39.	I feel like it is	s my ı	respon	sibility	to mal	ke my į	peers who h	ave menta	ıl illness happ	ЭУ
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	Disagree						Agree			
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	yourself, the	-	t skip t	his qu	estion)					
	Markér kun ét	felt.								
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	Disagree						Agree			

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larkér kur	n ét felt.									
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Disagree							Agree			
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f you hav	eractin	g with	people	e with n		ents, please	write so he	

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 kur	n ét felt.									
		1	2	3	4	5	6				
	Disagree						Agre	ee			
50.	If you hav	•	•		•		other state	ments o	r though	nts you thin	ık

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