**Debriefing Form for Mental Health Help-Seeking and Attitudes**

**What are we trying to learn from this research?**

Although it is typical for medical providers to ask brief questions screening for mental health symptoms, patients may not always feel comfortable self-disclosing these symptoms. Further, many people rely on other sources (such as family, friends, and religious leaders) for emotional support.  Peoples' willingness to seek help for mental health symptoms and which sources they tend to self-disclose to vary across demographic, clinical, and personality variables (Picco et al., 2018; Liddon et al., 2018; Bhui & Bugra, 2002; Reynolds et al., 2022; Samuel & Kamenetsky, 2022; Steel, 1991). The aims of this study are to 1) identify which providers or other sources individuals are most likely to self-disclose mental health symptoms to, and 2) determine whether demographic, clinical, or personality traits best predict willingness to self-disclose mental health symptoms to specific provider types. 

1. **Why is this important to scientists or to the general public?**

This study will likely yield valuable information about who people self-disclose mental health symptoms to and what factors make someone more or less likely to self-disclose. This information will be useful to clinicians and could lead to improved care for patients who are not comfortable self-disclosing mental health symptoms in all settings.

1. **Where can I learn more?**

For more information on self-disclosure and mental health help-seeking, please see:

Samuel, R., & Kamenetsky, S. B. (2022). Help-Seeking Preferences and Factors Associated with Attitudes Toward Seeking Mental Health Services Among First-Year Undergraduates. Canadian Journal of Higher Education, 52(1), 30–50. https://doi.org/10.47678/cjhe.v52i1.189245

**Additional Information**

If you are experiencing psychological distress, please consider contacting the Substance Abuse and Mental Health Services Administration (SAMHSA) at[1-800-662-HELP (4357)](tel:1-800-662-4357) for assistance connecting to services in your area. You may ask for resources for low-cost or sliding scale therapy sessions are also available upon request.

If you have any questions or concerns about this research study, please reach out to the research team. You can contact Gracie Kelly at [akelly32@gmu.edu](mailto:akelly32@gmu.edu) or Dr. Tonge at [ntonge@gmu.edu](mailto:ntonge@gmu.edu). You also may contact the George Mason University Institutional Review Board office at 703-993-4121 or IRB@gmu.edu if you have questions or comments regarding your rights as a participant in the research.