



STOP Stigma Survey (student version)

Class: _____

Male Female

Date: _____

This is an **anonymous and confidential** survey about what you know / think about Mental Health. It is being used at the beginning and end of a project you are going to do in school called **'STOP Stigma'**. The survey will help us evaluate the project. No-one will see your individual answers. We have only asked for class / gender information so that we can compare **groups of results** when we repeat the survey at the end of the project. Please read the statements below and tick one of the boxes labelled 1 to 5. Please answer as truthfully as possible. There are no 'right' or 'wrong' answers and this is not a test.

		1 strongly disagree	2 disagree	3 neither agree nor disagree	4 agree	5 strongly agree
1	Anyone can have a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I would be too embarrassed to tell anyone that I had a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I would be happy to have someone with a mental health problem at my school or place of work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Mental health problems are not real illnesses in the same way that physical illnesses are; people with mental health problems should just 'pull themselves together'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	People with mental health problems are likely to be violent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	It's easy to spot someone with a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Once you have a mental health problem you have it for life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Medication is the only treatment for mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Someone with a mental health problem should have the same right to a job as anyone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I would not want to live next door to someone with a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		1 strongly disagree	2 disagree	3 neither agree nor disagree	4 agree	5 strongly agree
11	Anyone with a history of mental health problems should be excluded from public office (e.g. from being Prime Minister or in the Government).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	As soon as a person shows signs of a mental health problem they should be put into hospital.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	If I thought a friend had a mental health problem I would stay away from them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	It is important for a person with a mental health problem to be part of a supportive community that includes family and friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I have heard a person I know call someone names like 'nutter', 'psycho', 'loony'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	If I thought a friend had a mental health problem I would want to help them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	If I thought that I had a mental health problem I would talk to someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	People are born with mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	Using words like 'nutter', 'psycho', 'loony' is just a bit of fun. No-one gets hurt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Mental health problems only affect adults, not children and young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	If I thought that I had a mental health problem I would know how to get help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	Only certain kinds of people develop mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	It's more important to spend National Health Service (NHS) money on treating physical conditions rather than mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>