

## Screening

Please indicate whether you are fluent in English:

- Yes *(if yes, continue to next question)*
- No *(if no, participant is excluded from participating)*

Please indicate which age group you belong in:

- Younger than 13 years old *(if yes, participant is excluded from participating)*
- Between 13-17 years old *(if yes, participant is directed to parental permission form)*
- Between 18-37 years old *(if yes, participant is directed to consent form)*
- Older than 38 years old *(if yes, participant is excluded from participating)*

## General Information for Survey

In this survey, you will be asked about your perceptions of different mental health services and tools. If you are at least 18 years old, the survey will also include some questions about your mental health history. Here are a few things to keep in mind:

**A Diagnosable Mental Health Condition** is a mental health condition that affects your everyday life such as depression, anxiety, bipolar disorder, etc. These conditions are usually defined by a set of criteria. A mental health condition is not a temporary state of mind such as “sadness” or “nervousness.” Rather, it lasts for a longer period of time and usually disrupts a person’s ability to function at some level.

Mental health conditions differ from **Stress**, which is a temporary state of mind characterized by worry, strain, or tension usually caused by a person’s feelings of being overwhelmed. While only some people have diagnosable mental health conditions, everyone has experienced stress at some point. Some people experience stress so often, however, that it can lead to a mental health condition.

You will be asked in this survey about your perceptions of different mental health services and/or types of support. It’s important that you know what we mean when we refer to the following terms:

**Mental Health Professionals** are individuals with a degree who are trained and certified to provide mental health services. Examples include psychologists, psychiatrists, and licensed counselors.

**Primary Care Providers** are individuals with a degree who are trained and certified to provide physical health services. Examples include medical doctors, nurse practitioners, and physician assistants.

**Self-Help Books** are books designed and marketed to help a person increase their mental wellbeing and/or manage their mental health concerns.

**Mobile Apps** are applications a person can download on their phone or mobile device that are designed and marketed to help a person increase their mental wellbeing and/or manage their mental health concerns.

**Online Support Communities** are places where people will often connect with others to discuss their mental health concerns and provide support. Examples include blogs and/or threads on Tumblr or Reddit.

**Peer Counselors** are individuals without a formalized degree or certification who offer support for mental health concerns by providing active listening and problem-solving services.

Do you feel that you have a general understanding of what these terms mean?

Yes       No (*if no, participant is excluded from participating*)

### Demographics

Date of Birth (MM/DD/YY): \_\_\_\_\_

What was the sex assigned to you on your birth certificate?

Male       Female       Intersex

What is your current Gender Identity?

*Gender refers to cultural values (roles, behaviors, activities and attributes) that a society associates with being male or female. Your gender is how you feel inside and can be the same or different than the sex assigned to you on your birth certificate.*

Male       Female       Transgender       Gender Non-Comforming  
 Nonbinary       Gender Queer       Not Listed (please specify)

If there are other words or labels that better describe your gender identity, please list them here:

\_\_\_\_\_

Ethnicity:       Hispanic or Latino       Not Hispanic or Latino

Race (participants are able to select multiple boxes):

American Indian / Alaskan Native       Asian  
 Native Hawaiian/ Other Pacific Islander       Black / African American  
 White       More than one race       Unknown / Do not wish to say

Do you consider yourself a part of one of these generations?

Millennial    Gen Z    Unsure    Neither, I consider myself \_\_\_\_\_.

What is your total household income?

- Less than \$20,000
- \$20,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- Over \$100,000

Which of the following describes your personal income last year?

- \$0
- \$1 to \$9,999
- \$10,000 to \$24,999
- \$25,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- Over \$100,000

What is the highest degree or level of school you have completed?

- Less than a high school diploma                       High school degree or equivalent (e.g. GED)
- Some college, no degree                                       Associate degree (e.g. AA, AS)
- Bachelor's degree (e.g. BA, BS)                       Master's degree (e.g. MA, MS, MEd)
- Professional degree (e.g. MD, DDS, DVM)
- Doctorate (e.g. PhD, EdD)

Mental Health History/Engagement with Treatment

*(NOTE: Only participants 18 years or older will complete this section)*

1. Do you have a diagnosable mental health condition?

- Yes                      No                      Unsure

*(If yes question 1)*

Please check any diagnosable mental health conditions you have.

- Major Depressive Disorder
- Bipolar Disorder
- Generalized Anxiety Disorder
- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)

- Eating Disorder
- Schizophrenia
- Other : \_\_\_\_\_

*(If yes question 1)*

Please check any methods you have used in the last six months to treat and/or manage your condition(s):

- I work with a Mental Health Professional
- I work with my Primary Care Provider
- I read Self-Help Books
- I use mobile apps
- I talk to peer counselors
- I participate in online communities
- Other : \_\_\_\_\_
- I do not use any methods to treat and/or manage my condition

2. Over the last two weeks, how often did you feel overwhelming stress?

- Not at all     Several Days     More than half the days     Nearly everyday

*(If question 2 answer other than "not at all")*

Please check any methods you have used in the last six months to manage your stress:

- I work with a Mental Health Professional
- I work with my Primary Care Provider
- I read Self-Help Books
- I use mobile apps
- I talk to peer counselors
- I participate in online communities
- Other : \_\_\_\_\_
- I do not use any methods to manage my stress

Health Care Perceptions

Please rate how accessible you think the following resources are to you:

	Very Accessible	Accessible	Unsure	Inaccessible	Very Inaccessible
Primary Care Providers					
Mental Health Professionals					
Self-Help Books about stress and/or mental health					
Mobile Apps about stress and/or mental health					
Online Communities					
Peer Counselors					

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"If I was stressed, I would be willing to talk to my primary care provider about it."					
"If I was stressed, I would be willing to talk to a mental health professional about it."					
"If I was stressed, I would be willing to read a self-help book that could help me."					
"If I was stressed, I would be willing to use a mobile app for it."					
"If I was stressed, I would be willing to seek help from an online community."					
"If I was stressed, I would be willing to talk to a peer counselor about it."					

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
“If I had a diagnosable mental health condition, I would be willing to talk to my primary care provider about it.”					
“If I had a diagnosable mental health condition, I would be willing to talk to a mental health professional about it.”					
“If I had a diagnosable mental health condition, I would be willing to read a self-help book that could help me.”					
“If I had a diagnosable mental health condition, I would be willing to use a mobile app for it.”					
“If I had a diagnosable mental health condition, I would be willing to seek help from an online community.”					
“If I had a diagnosable mental health condition, I would be willing to talk to a peer counselor about it.”					

Reliability/Barriers to Care

How reliable do you think information about stress or mental health is coming from your primary care provider?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"Cost of care keeps me from talking to my primary care provider about stress or mental health."					
"Time constraints keep me from talking to my primary care provider about stress or mental health"					
"Fear of judgement keeps me from talking to my primary care provider about stress or mental health."					

How reliable do you think information about stress or mental health is coming from a Mental Health Professional?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
“Cost of care keeps me from seeing a mental health professional about stress or mental health.”					
“Time constraints keep me from seeing a mental health professional about stress or mental health”					
“Fear of judgement keeps me from seeing a mental health professional about stress or mental health.”					

How reliable do you think information about stress or mental health is coming from self-help books?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"Money keeps me from reading a self-help book about stress or mental health."					
"Time constraints keep me from reading a self-help book about stress or mental health"					
"Fear of judgement keeps me from reading a self-help book about stress or mental health."					

How reliable do you think information about stress or mental health is coming from mobile apps?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"Money keeps me from using mobile apps about stress or mental health."					
"Time constraints keep me from using mobile apps about stress or mental health"					
"Fear of judgement keeps me from using mobile apps about stress or mental health."					

How reliable do you think information about stress or mental health is coming from online communities?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"Money keeps me seeking support from online communities for stress or mental health."					
"Time constraints keep me from seeking support from online communities for stress or mental health"					
"Fear of judgement keeps me from seeking support from online communities for stress or mental health."					

How reliable do you think information about stress or mental health is coming from peer counselors?

- Very Reliable
- Somewhat Reliable
- Unsure
- Somewhat Unreliable
- Very Unreliable

Please rate how much you agree with the following statements:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
"Money keeps me talking to peer counselors about stress or mental health."					
"Time constraints keep me from talking to peer counselors about stress or mental health"					
"Fear of judgement keeps me from talking to peer counselors about stress or mental health."					

## Rankings

Please rank which of the following services you would most prefer to use to manage stress. (1 = most preferred, 6 = least preferred)

- \_\_\_\_\_ Primary Care Providers
- \_\_\_\_\_ Mental Health Professionals
- \_\_\_\_\_ Self-Help Books
- \_\_\_\_\_ Mobile Apps
- \_\_\_\_\_ Online Communities
- \_\_\_\_\_ Peer Counselors

Please rank which of the following services you would most prefer to use to treat and/or manage a diagnosable mental health condition. (1 = most preferred, 6 = least preferred)

- \_\_\_\_\_ Primary Care Providers
- \_\_\_\_\_ Mental Health Professionals
- \_\_\_\_\_ Self-Help Books
- \_\_\_\_\_ Mobile Apps
- \_\_\_\_\_ Online Communities
- \_\_\_\_\_ Peer Counselors

## Validity of Responses

Please indicate whether or not you have completed this survey thoughtfully and read each question carefully by selecting the last option shown below and writing your favorite color.

- Not at all
- Not very much
- Somewhat
- Very Much
- Other: \_\_\_\_\_