

**ATTACHMENT 6:**  
***TEACHER MENTAL HEALTH LITERACY SURVEY***

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### PRESCREENING

Have you completed a Mental Health First Aid Training program between November 2016 and August 2017?

**Yes**

*If so:*

Please list the start and end dates of your MHFA training program: \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

Did you complete a survey (*mark all that apply*):

- Prior to beginning the program?
- Immediately following the program?
- 3 months after completing the program?
- 6 months after completing the program?

*(Your survey is now complete)*

**No** (*Please continue to Section ONE below*).

### SECTION ONE: DEMOGRAPHICS

**This section is designed to provide information and you and your role as an educator, which will provide context for future research.**

1. How many years have you worked in schools?

*Less than 1 year      1-2 years      3-5 years      6-10 years      11-15 years  
16-20 years      More than 20 years*

2. How many years have you worked in your current school?

*Less than 1 year      1-2 years      3-5 years      6-10 years      11-15 years*

16-20 years    More than 20 years

3. What is your main role in your school?

Leadership    Classroom teacher    Student welfare/counselor    Support Officer (SSO)  
Other

4. What subjects do you teach?

Arts    English    Technology    Language other than English  
Studies of Society and Environment    Science    Health & Physical Education    Mathematics  
Not applicable

5. What is the highest level of schooling that you completed?

Some high school    High school    Vocational school certificate  
Some college    Associate degree    Bachelor's degree  
Some graduate school    Graduate degree (e.g., Master's, Doctorate)

6. What is your gender?

Woman    Man    Transgender    Genderqueer    Other (Please specify): \_\_\_\_\_

7. What is your race?

Black/African American    Asian    Pacific Islander    Native American    White  
Mixed (one or more races)    Other: \_\_\_\_\_

8. What is your ethnicity?

Hispanic    Non-Hispanic

9. How old are 

--	--

 you? years

10. Is English the primary language spoken at home?

Yes    No    (If no, please specify the primary language spoken at home: \_\_\_\_\_)

11. What level of mental health training have you completed?

No previous mental health training

Minimal mental health training (e.g., a few talks and presentations about mental health)

Moderate mental health training (e.g., several workshops, trainings, or classes about mental health)

Extensive mental health training (e.g., graduate degrees and/or license in social work, psychology, psychiatry, or substance abuse)

## SECTION TWO: YOUR PERSONAL BELIEFS

For this survey, please consider the term mental health problem(s) to include a range of signs and symptoms that disrupt daily functioning:

- Physical signs (e.g., changes in normal patterns or appearance)
- Emotional symptoms (e.g., depressed mood, irritability, excessive worry)
- Thinking problems (e.g., racing thoughts, odd ideas, confused thinking)
- Behavioral signs (e.g., difficulty concentrating, avoiding feared situations, excessive alcohol and substance use)
- Extreme distress (e.g., thoughts of suicide or self-harm, experienced or witnessed traumatic event(s) [i.e., events that are perceived to be dangerous and threatens serious injury or death like accidents, domestic violence, physical or sexual abuse, loss of a caregiver, dog bites, shootings, natural disasters, painful medical procedures, etc.]

**In this section, we would like to know what YOU BELIEVE about mental health problems. Please select the response that best describes your level of agreement.**

### **A1. In general, I believe that I should...**

*Response Category for Qs 8-12:*

*Do not agree at all*      1      2      3      4      5      *Strongly agree*

12. Encourage a person experiencing a mental health crisis to get professional help.
13. Listen without expressing my judgment to a person about his/her mental health problems.
14. Give practical resources (e.g., self-help information, crisis hotline number) to a person experiencing a mental health problem(s).
15. Ask directly about suicidal thoughts or harm if I suspect a person is experiencing a mental health crisis.
16. Encourage a person experiencing mental health problem(s) to participate in activities that will promote their well-being.

### **A2. In general, I believe that people with mental health problem(s)...**

*Response Category for Qs 13-16:*

*Do not agree at all*      1      2      3      4      5      *Strongly agree*

17. are easy to talk with
18. are unpredictable
19. get better with treatment
20. are dangerous

### **A3. [NO QUESTION STEM]**

*Response Category for Qs 17-21:*

*Do not agree at all*      1      2      3      4      5      *Strongly agree*

21. If I had a mental health problem(s), I would not tell anyone.
22. If someone in my family had a mental health problem(s), I would not tell anyone.
23. I intent to take action to help anyone address his/her mental health problem(s).

- 24. I intend to take action to help anyone address his/her mental health problem(s).
- 25. I intend to listen without expressing my judgment to anyone I suspect of experiencing a mental health problem(s).

**SECTION THREE: YOUR BELIEFS ABOUT MENTAL HEALTH ACTIONS**

**For each action, please select the response that best describes HOW DIFFICULT it is for you to perform that action.**

**B1. Currently, I believe that, for me...**

*Response Categories for Qs 22-26:*

- |  |   |   |   |   |   |                            |  |
|--|---|---|---|---|---|----------------------------|--|
| <i>Not at all difficult</i>  | 1 | 2 | 3 | 4 | 5 | <i>Extremely difficult</i> |  |
| 26. Giving practical resources (e.g., self-help information, crisis hotline number) to a person showing signs and symptoms of a mental health problem(s) is: |   |   |   |   |   |                            |  |
| 27. Listening to a person about his/her mental health problem(s) without expressing my judgment is:  |   |   |   |   |   |                            |  |
| 28. Asking a person experiencing a mental health problem(s) if he or she is thinking about suicide or harm is:   |   |   |   |   |   |                            |  |
| 29. Referring a person experiencing a mental health problem(s) to a mental health provider is:   |   |   |   |   |   |                            |  |
| 30. Encouraging a person showing signs of mental health problem(s) to engage in activities that might help decrease symptoms is:                             |   |   |   |   |   |                            |  |

**B2. For each statement below, please select the response that best describes YOUR OPINION about how likely it would be for a person with mental health problems to respond to a specific action of yours.**

*Response Categories for Qs 27-30:*

- |  |   |   |   |   |   |                         |  |
|--|---|---|---|---|---|-------------------------|--|
| <i>Not at all likely</i>   | 1 | 2 | 3 | 4 | 5 | <i>Extremely likely</i> |  |
| 31. If I express my concerns to any person about the mental health signs and symptoms that he or she is experiencing, it will help that person to seek timely support. |   |   |   |   |   |                         |  |
| 32. If I listen to any person without expressing my judgment, it will help that person talk to me about his/her mental health problem(s).                              |   |   |   |   |   |                         |  |
| 33. If I ask about suicidal thoughts directly, a person with such thoughts will feel a sense of relief.  |   |   |   |   |   |                         |  |
| 34. If I give information about mental health providers in the community to any person experiencing a mental health problem(s), it will assist that person get help.   |   |   |   |   |   |                         |  |

**We would like to learn from you whether helping anyone with mental health problem(s) would be personally rewarding—in other words, something that would feel beneficial to you.**

**For each action, please select the response that best describes HOW REWARDING it is for you to perform that action.**

**B3. Currently, I believe that, for me...**

*Response Categories for Qs 31-35:*

- Not at all rewarding    1       2       3       4       5       Extremely rewarding
35. Giving practical resources (e.g., self-help information, crisis hotline number) to a person showing signs and symptoms of a mental health problem(s) is:
  36. Listening to a person about his/her mental health problem(s) without expressing my judgment is:
  37. Asking a person experiencing a mental health problem(s) if he or she is thinking about suicide or harm is:
  38. Referring a person experiencing a mental health problem(s) to a mental health provider is:
  39. Encouraging a person showing signs of a mental health problem(s) to engage in activities that might help decrease symptoms is:

#### SECTION FOUR: YOUR BELIEFS ABOUT PEOPLE IMPORTANT TO YOU

In this section, please tell us what you think PEOPLE WHO ARE IMPORTANT TO YOU (i.e., people who influence the way you think) BELIEVE. Select the response that best describes your level of agreement.

**C1. In general, people who are important to me believe that I should...**

*Response categories for Qs 36-40:*

- Do not agree at all    1       2       3       4       5       Strongly agree
40. Encourage a person experiencing a mental health crisis to get professional help.
  41. Listen without expressing my judgment to a person about his/her mental health problem(s).
  42. Give practical resources (e.g., self-help information, crisis hotline number) to a person experiencing a mental health problem(s).
  43. Ask directly about suicidal thoughts or harm if I suspect a person is experiencing a mental health crisis.
  44. Encourage a person experiencing mental health problem(s) to participate in activities that will promote their well-being.

**C2. In general, people who are important to me believe that people with mental health problem(s)...**

*Response categories for Qs 41-44:*

- Do not agree at all    1       2       3       4       5       Strongly agree
45. Are easy to talk with.
  46. Are unpredictable.
  47. Get better with treatment.
  48. Are dangerous.

#### SECTION FIVE: YOUR CONFIDENCE IN PERFORMING MENTAL HEALTH ACTIONS

Please select the response that best describes your level of agreement with the following statements.

**D1. Currently, I am confident that I can...**

Response categories for Qs 45-53:

Do not agree at all      1      2      3      4      5      Strongly agree

- 49. Assist a person who may be dealing with a mental health problem(s) to seek professional help.
- 50. Provide practical resources (e.g., self-help information, crisis hotline number to help a person who may have a mental health problem(s).
- 51. Recognize the signs and symptoms of mental health problem(s) in a person.
- 52. Ask a person directly whether he/she is considering killing her/himself.
- 53. De-escalate a situation where a person is agitated or aggressive.
- 54. Ask a person directly about experiencing or witnessing a traumatic event(s) (i.e., events that are perceived to be dangerous and threatens serious injury or death like accidents, domestic violence, physical or sexual abuse, loss of a caregiver, dog bites, shootings, natural disasters, painful medical procedures, etc.)
- 55. Listen without expressing my judgment to a person in distress
- 56. Correct misconceptions in others about mental health and mental illness.
- 57. Suggest supportive and self-help strategies to a person with mental health problems.

**D2. For each statement below, please select the response that best describes the LIKELIHOOD that you would carry out the following actions *currently*.**

Response categories for Qs 54-60:

Not at all likely    1      2      3      4      5      Extremely likely

- 58. I will approach a person with a mental health problem(s) if I feel I have the knowledge to talk to him/her about their problems.
- 59. I will help a person with a mental health problem(s) if I have practice in asking about suicidal thoughts or harm.
- 60. I will talk to a person about their mental health problem(s) if he/she is willing to talk to me about the problem.
- 61. I will recommend getting help from a mental health provider to a person experiencing a mental health problem(s) if I know the resources in the community.
- 62. I will encourage a person experiencing a mental health problem(s) to use self-help strategies if I know which strategies to recommend.
- 63. I will help a person experiencing a mental health symptom(s) to find supports if I know the resources available in the community.

**SECTION SIX: YOUR AGREEMENT WITH VARIOUS ASPECTS OF MENTAL HEALTH**

**E1. Please select the response that best describes your level of agreement with the following statements.**

Response categories for Qs 61-75

Do not agree      Agree      Don't know

- 64. At least 1 in 5 people in the US have one or more mental health disorder(s) in any one year.
- 65. Around half of mental disorders start during childhood or adolescence.
- 66. It is not a good idea to ask someone if they are feeling suicidal in case you put the idea in their head.
- 67. Use of alcohol or other drugs increases the risk of suicide or harm.
- 68. Schizophrenia is one of the most common mental disorders in the US.

- 69. Depression can increase a young person's risk taking behavior (e.g., reckless driving, risky sexual involvements.)
- 70. When talking to people with eating disorders, it is important to criticize their body size.
- 71. Exposure to traumatic event(s) is a risk factor in almost every type of mental illness.
- 72. Males complete suicide four times more frequently than females.
- 73. People with psychosis are more at risk of being victims of violent crimes.
- 74. When difficulties are encountered, youth tend to be quite resilient.
- 75. Physical symptoms such as fast breathing, dizziness, or shaking could be signs of a panic attack.
- 76. Emotional symptoms such as excessive anger, depressed mood, or hopefulness can be signs of a young person's distress.
- 77. Two significant risk factors of suicide are having an organized plan and having a previous attempt.
- 78. Anxiety disorders are the least common mental health disorders in the US.

**SECTION SEVEN: REFERRALS**

[NO QUESTION STEM]

**79. In the past 3 months, have you encountered anyone displaying the following *mental health related signs and symptoms*:**

[Response options: YES NO If yes, how many people? 1-2 3-4 5-6 7-8 9+]

- a. Physical signs like significant changes in normal patterns or appearance?
- b. Emotional symptoms like depressed mood, irritability, excessive anxiety or worry?
- c. Thinking problems like self-blame, racing thoughts, or odd ideas?
- d. Behavioral signs like crying, withdrawal, aggression, phobias, excessive use of alcohol or drugs?
- e. Thoughts of suicide or self-harm?
- f. Experiencing or witnessing traumatic event(s) (
- g. Changes in normal behaviors that disrupt daily functioning in school, social settings, work, etc.?

**80. In the past 3 months, how many people have you referred to services and/or supports?**

None (Skip next two questions)

1-2 3-4 5-6 7-8 9+

If you indicated at least 1 person what type(s) of services and supports did you refer the person(s) to? (Mark all that apply.)

Mental health professional	YES	NO
Medical provider (e.g., family doctor, pediatrician, internist, etc.)		
Community mental health agency providing mental health services	YES	NO
Private practice providing mental health counseling	YES	NO
National crisis hotline phone number	YES	NO
Local crisis hotline phone number	YES	NO
Local hospital (including emergency room)	YES	NO
Family member and/or close friend	YES	NO
Community member, teacher, colleague, or other caring individual	YES	NO
Clergy (including church member, ministry, pastor, parish staff, etc.)	YES	NO
Local support group	YES	NO



Self-help information strategies (e.g. books, websites, yoga, meditation, etc.) YES NO  
 Other (Please specify): \_\_\_\_\_

**81. In the past 3 months, have you reached out to anyone who you believe has a mental health problem(s) in any of the ways listed below?**

[Response options: YES NO If yes, how many people? 1-2 3-4 5-6 7-8 9+]

- Brought up signs and symptoms that you recognize
- Assessed the situation for the presence of a crisis
- Spent time listening to someone without expressing your judgment
- Helped someone to calm down
- Called a crisis hotline or service for someone
- Offered emotional support
- Suggested options for getting help
- Talked to someone about his/her suicidal thoughts
- Encouraged someone to seek professional help
- Encouraged someone to get other supports
- Helped identify others who may be able to help the person
- Engaged family members to help
- Recommended self-help strategies
- Gave someone information about his/her problem(s)
- Gave someone information about local services
- Made someone an appointment for services

**82. In the past 3 months, have you reached out in other ways to anyone who you believe has a mental health problem(s)?**

YES NO If yes, please list the other ways below: -

\_\_\_\_\_

**SECTION EIGHT: SCHOOL WELL-BEING**

**All the questions in this section relate to the past month. During the past 30 days,**

G1. How often did you talk with a student about their mental health problem?

Response categories for Qs 96-100:	Never				Once				Occasionally				Frequently			
	Never	Once	Occasionally	Frequently	Never	Once	Occasionally	Frequently	Never	Once	Occasionally	Frequently	Never	Once	Occasionally	Frequently
83. Spent time listening to their problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
84. Helped to calm them down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
85. Talked to them about suicidal thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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86. Recommended they seek professional help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
87. Anything else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G2. How often did you talk with a school staff member about their mental health problem?

Response categories for Qs 101-105:    *Never*                      *Once*                      *Occasionally*  
*Frequently*

	<i>Never</i>	<i>Once</i>	<i>Occasionally</i>	<i>Frequently</i>
88. Spent time listening to their problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
89. Helped to calm them down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90. Talked to them about suicidal thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
91. Recommended they seek professional help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92. Anything else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G3. [NO QUESTION STEM]

Response categories:    *Never*                      *Once*                      *Occasionally*                      *Frequently*

- 93. Did you discuss mental health problems of students with other teachers?
- 94. Were mental health issues raised in staff meetings?
- 95. Did you talk about your own mental health to a school staff member?
- 96. Did you visit any websites giving information about mental health problems?
- 97. Did you read any books or other written materials about mental health problems?
- 98. How confident do you feel in helping a student with a mental health problem?
- 99. How confident do you feel in helping a work colleague with a mental health problem?
- 100. Does your school have a written policy about how to deal with student mental health problems?
- 101. Over the past month, how often did you put this policy into practice?

### SECTION NINE: YOUR WELL-BEING

The following questions ask about how you have been feeling during the past 30 days. For each question, indicate in the column that best describes how often you had this feeling:  
 During the past 30 days, about how often did you feel...

*Response categories for Qs 115-120:*

*All of the time    Most of the time    Some of the time    A little of the time    None of the time*

- 102.        Nervous?
- 103.        Hopeless?
- 104.        Restless or fidgety?
- 105.        So depressed that nothing could cheer you up?
- 106.        That everything was an effort?
- 107.        Worthless?

