

MENTAL HEALTH FIRST AID U.S.A. POST-TRAINING SURVEY

SURVEY INSTRUCTIONS



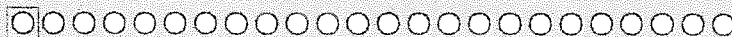
Correct marks



Incorrect marks

- Please use #2 pencil or blue or black pen to complete this survey.
- Do not use red pencil or ink.
- Do not use X's or check marks to indicate your responses.
- Fill response ovals completely with heavy, dark marks.

PLEASE DO NOT WRITE IN THIS AREA



Please select the response that best describes your level of agreement with the following statements about your MHFA Instructor(s).

	Instructor #1 (please indicate instructor's name): _____	Instructor #2 (please indicate instructor's name; leave column blank if not applicable): _____
a. The Instructor's presentation skills were engaging and approachable.	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>
b. The Instructor demonstrated knowledge of the material presented.	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>
c. The Instructor facilitated activities and discussion in a clear and effective manner.	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>	<p style="text-align: center;"> Do not agree at all ←————→ Strongly Agree ① ② ③ ④ ⑤ </p>

A. YOUR PERSONAL BELIEFS

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...

Do not agree at all ←————→ Strongly Agree

- | | | | | | |
|---|---|---|---|---|---|
| a. encourage a person experiencing a mental health crisis to get professional help. | ① | ② | ③ | ④ | ⑤ |
| b. listen without expressing my judgment to a person about his/her mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| c. give practical resources (e.g., self-help information, crisis hotline number) to a person experiencing a mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| d. ask directly about suicidal thoughts or harm if I suspect a person is experiencing a mental health crisis. | ① | ② | ③ | ④ | ⑤ |
| e. encourage a person experiencing mental health problem(s) to participate in activities that will promote their well-being. | ① | ② | ③ | ④ | ⑤ |

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

Do not agree at all ←————→ Strongly Agree

- | | | | | | |
|-------------------------------|---|---|---|---|---|
| a. are easy to talk with. | ① | ② | ③ | ④ | ⑤ |
| b. are unpredictable. | ① | ② | ③ | ④ | ⑤ |
| c. get better with treatment. | ① | ② | ③ | ④ | ⑤ |
| d. are dangerous. | ① | ② | ③ | ④ | ⑤ |

A3. If I had a mental health problem(s), I would not tell anyone.

Do not agree at all ←————→ Strongly Agree

- | | | | | | |
|---|---|---|---|---|---|
| A4. If someone in my family had a mental health problem(s), I would not tell anyone. | ① | ② | ③ | ④ | ⑤ |
| A5. I intend to take action to help a person address his/her mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| A6. I intend to reach out and express my concerns to a person experiencing mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| A7. I intend to listen without expressing my judgment to a person I suspect of experiencing a mental health problem(s). | ① | ② | ③ | ④ | ⑤ |

B. 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...

Not at all difficult ←————→ Extremely difficult

- | | | | | | |
|---|---|---|---|---|---|
| a. 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: | ① | ② | ③ | ④ | ⑤ |
| b. listening to a person about his/her mental health problem(s) without expressing my judgment is: | ① | ② | ③ | ④ | ⑤ |
| c. asking a person experiencing a mental health problem(s) if he or she is thinking about suicide or harm is: | ① | ② | ③ | ④ | ⑤ |
| d. referring a person experiencing a mental health problem(s) to a mental health provider is: | ① | ② | ③ | ④ | ⑤ |
| e. encouraging a person showing signs of a mental health problem(s) to engage in activities that might help decrease symptoms is: | ① | ② | ③ | ④ | ⑤ |

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

B2. 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.

Not at all likely ←————→ Extremely likely

- | | | | | | |
|---|---|---|---|---|---|
| B3. 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). | ① | ② | ③ | ④ | ⑤ |
| B4. If I ask about suicidal thoughts directly, a person with such thoughts will feel a sense of relief. | ① | ② | ③ | ④ | ⑤ |
| B5. 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 to get help. | ① | ② | ③ | ④ | ⑤ |

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.

B6. *Currently*, I believe that, for me...

Not at all rewarding ←————→ Extremely rewarding

- | | | | | | |
|---|---|---|---|---|---|
| a. 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: | ① | ② | ③ | ④ | ⑤ |
| b. listening to a person about his/her mental health problem(s) without expressing my judgment is: | ① | ② | ③ | ④ | ⑤ |
| c. asking a person experiencing a mental health problem(s) if he or she is thinking about suicide or harm is: | ① | ② | ③ | ④ | ⑤ |
| d. referring a person experiencing a mental health problem(s) to a mental health provider is: | ① | ② | ③ | ④ | ⑤ |
| e. encouraging a person showing signs of a mental health problem(s) to engage in activities that might help decrease symptoms is: | ① | ② | ③ | ④ | ⑤ |

C. 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... Do not agree at all ←————→ Strongly Agree
- | | ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|---|
| a. encourage a person experiencing a mental health crisis to get professional help. | ① | ② | ③ | ④ | ⑤ |
| b. listen without expressing my judgment to a person about his/her mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| c. give practical resources (e.g., self-help information, crisis hotline number) to a person experiencing a mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| d. ask directly about suicidal thoughts or harm if I suspect a person is experiencing a mental health crisis. | ① | ② | ③ | ④ | ⑤ |
| e. encourage a person experiencing mental health problem(s) to participate in activities that will promote their well-being. | ① | ② | ③ | ④ | ⑤ |

- C2. In general, people who are important to me believe** that people with mental health problem(s)... Do not agree at all ←————→ Strongly Agree
- | | ① | ② | ③ | ④ | ⑤ |
|-------------------------------|---|---|---|---|---|
| a. are easy to talk with. | ① | ② | ③ | ④ | ⑤ |
| b. are unpredictable. | ① | ② | ③ | ④ | ⑤ |
| c. get better with treatment. | ① | ② | ③ | ④ | ⑤ |
| d. are dangerous. | ① | ② | ③ | ④ | ⑤ |

D. 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...** Do not agree at all ←————→ Strongly Agree
- | | ① | ② | ③ | ④ | ⑤ |
|--|---|---|---|---|---|
| a. assist a person who may be dealing with a mental health problem(s) to seek professional help. | ① | ② | ③ | ④ | ⑤ |
| b. provide practical resources (e.g., self-help information, crisis hotline number) to help a person who may have a mental health problem(s). | ① | ② | ③ | ④ | ⑤ |
| c. recognize the signs and symptoms of mental health problem(s) in a person. | ① | ② | ③ | ④ | ⑤ |
| d. ask a person directly whether he/she is considering killing her/himself. | ① | ② | ③ | ④ | ⑤ |
| e. de-escalate a situation where a person is agitated or aggressive. | ① | ② | ③ | ④ | ⑤ |
| f. ask a person directly about experiencing or witnessing a traumatic event(s).
<i>(i.e., events that are perceived to be dangerous and threaten 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.)</i> | ① | ② | ③ | ④ | ⑤ |
| g. listen without expressing my judgment to a person in distress. | ① | ② | ③ | ④ | ⑤ |
| h. correct misconceptions in others about mental health and mental illness. | ① | ② | ③ | ④ | ⑤ |
| i. suggest supportive and self-help strategies to a person with mental health problem(s). | ① | ② | ③ | ④ | ⑤ |

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

D2. *Currently, I would...*

Not at all likely ←————→ Extremely likely

	①	②	③	④	⑤
a. I would approach a person with a mental health problem(s) if I felt I had the knowledge to talk to him/her about their problem.	①	②	③	④	⑤
b. I would help a person with a mental health problem(s) if I had practice in asking about suicidal thoughts or harm.	①	②	③	④	⑤
c. I would talk to a person about their mental health problem(s), if he/she were willing to talk to me about the problem.	①	②	③	④	⑤
d. I would recommend getting help from a mental health provider to a person experiencing a mental problem(s) if I knew the resources in the community.	①	②	③	④	⑤
e. I would encourage a person experiencing a mental health problem(s) to use self-help strategies if I knew which strategies to recommend.	①	②	③	④	⑤
f. I would help a person experiencing a mental health symptom(s) to find supports if I knew the resources available in the community.	①	②	③	④	⑤

E. YOUR AGREEMENT WITH VARIOUS ASPECTS OF MENTAL HEALTH

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

Do not agree Agree Don't know

	①	②	③
E1. At least 1 in 5 people in the US have one or more mental health disorder(s) in any one year.	①	②	③
E2. Around half of mental health disorders start during childhood or adolescence.	①	②	③
E3. It is not a good idea to ask people if they are feeling suicidal in case you put the idea in their head.	①	②	③
E4. Use of alcohol or other drugs increases the risk of suicide or harm.	①	②	③
E5. Schizophrenia is one of the most common mental disorders in the US.	①	②	③
E6. Depression can increase a young person's risk taking behavior (e.g., reckless driving, risky sexual involvements).	①	②	③
E7. When talking to people with eating disorders, it is important to criticize their body size.	①	②	③
E8. Exposure to traumatic event(s) is a risk factor in almost every type of mental illness.	①	②	③
E9. Males complete suicide four times more frequently than females.	①	②	③
E10. People with psychosis are more at risk of being victims of violent crimes.	①	②	③
E11. When difficulties are encountered, youth tend to be quite resilient.	①	②	③
E12. Physical symptoms such as fast breathing, dizziness, or shaking could be signs of a panic attack.	①	②	③
E13. Emotional symptoms such as excessive anger, depressed mood, or hopelessness can be signs of a young person's distress.	①	②	③
E14. Two significant risk factors of suicide are having an organized plan and having a previous attempt.	①	②	③
E15. Anxiety disorders are the least common mental health disorders in the US.	①	②	③

F. YOUR MHFA TRAINING

Your opinion about the MHFA training that you had completed is very important to us. Please select the response that best describes your level of agreement with the following statements.

	Do not agree at all	←————→			Strongly Agree
	①	②	③	④	⑤
F1. I felt safe sharing my opinions with the group.	①	②	③	④	⑤
F2. I received adequate practice in using ALGEE to apply the action steps.	①	②	③	④	⑤
F3. My questions were answered adequately.	①	②	③	④	⑤
F4. Information was provided clearly.	①	②	③	④	⑤
F5. I gained a lot of new knowledge about how to help someone presenting with mental health signs and symptoms.	①	②	③	④	⑤
F6. My instructor was effective in teaching the material.	①	②	③	④	⑤

F7. Please select the response that best describes the usefulness of various teaching formats used in the MHFA training as well as the training overall.

	Not at all Useful	←————→			Extremely Useful
	①	②	③	④	⑤
a. PowerPoint slides	①	②	③	④	⑤
b. Video clips	①	②	③	④	⑤
c. Small group activities (e.g., discussing scenarios or case examples)	①	②	③	④	⑤
d. Entire class exercises (e.g., opinion quizzes)	①	②	③	④	⑤
e. Manual	①	②	③	④	⑤
f. Overall MHFA Training	①	②	③	④	⑤

F8. Please select the response that best describes your level of agreement with the following statements.

Because of my MHFA training...

	Do not agree at all	←————→			Strongly Agree
	①	②	③	④	⑤
a. I am more aware of the signs and symptoms of my own mental health.	①	②	③	④	⑤
b. I am more aware of the signs and symptoms of other people's mental health.	①	②	③	④	⑤
c. I have greater empathy towards someone experiencing mental health challenges.	①	②	③	④	⑤
d. I am more likely to ask someone if he or she is "ok" if I see him or her showing signs and symptoms of distress.	①	②	③	④	⑤
e. I feel more comfortable being around someone who is talking to himself or herself.	①	②	③	④	⑤
f. I am less likely to avoid someone showing signs and symptoms of a mental health problem.	①	②	③	④	⑤
g. I feel more comfortable talking to someone about mental health related signs and symptoms that I had observed in another person.	①	②	③	④	⑤
h. I have been using the information I learned from the MHFA training.	①	②	③	④	⑤

Thank you very much for your time and participation!