

INSTRUCTIONS:

Please choose the response that best matches how much you agree or disagree with each statement. **There are no right or wrong answers.** Circle the number that is right for you. This questionnaire is anonymous so do not make any identifiable marks. Although some of the items may look alike, it is important to us that you answer all of them.

DEFINITION: A *mental health provider* is a licensed professional who deals with psychological problems or issues that people sometimes have (e.g. psychologist, psychiatrist, licensed counselor, social worker). *Psychological problems* are reasons a person would go to a mental health provider. Similar terms include *mental health issues*, *psychological issues*, *mental troubles*, *mental health concerns*, and *emotional problems*.

Please circle the number that is right for you.

1.) My self-confidence would be harmed if I got help from a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

2.) I would be given less responsibility, if chain of command knew I was seeing a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

3.) If my chain of command discovered I was seeing a mental health provider, I would NOT lose their respect.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

4.) People would judge me poorly if they knew that I received mental health services.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

5.) I would worry about my personal problems being part of my military records.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

6.) People I respect would think less of me if they knew I had mental health problems.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

7.) My view of myself would change if I made the choice to see a therapist.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

8.) My chances of promotion would be harmed if I sought mental health services.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

9.) I would feel okay about myself if I made the choice to seek professional help.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

10.) I am open to seeking services, but I worry about how it could hurt my career.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

11.) My reputation in my community would be harmed if people knew that I had seen a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

12.) I would be afraid that my peers will find out what I tell my mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

13.) I would feel worse about myself if I could not solve my own problems.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

14.) It would make my problems worse if my peers knew I was seeing a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

15.) I would feel inadequate if I went to a therapist for psychological help.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

16.) Seeking psychological help would make me feel less intelligent.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

17.) My peers would think less of me if they knew I was getting help from a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

18.) If I went to a therapist, I would be less satisfied with myself.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

19.) I'd lose the respect of my subordinates if they found out I was receiving mental help.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

20.) There are things I am afraid to talk about because of what others will think.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

21.) A person seeking mental health treatment is seen as weak.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

22.) It would make me feel inferior to ask a therapist for help.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

23.) I am afraid that my chain of command would find out what I told a mental health provider.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

24.) My peers would think I was unreliable if they knew I was receiving mental health treatment.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

25.) My self-confidence would NOT be threatened if I sought professional help.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

26.) My self-esteem would increase if I talked to a therapist.

Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
1	2	3	4

Scoring Instructions

Items 3, 9, 25, and 26 are reverse scored, and then summed for the following categories.

Public Stigma Items: 2, 3, 4, 5, 6, 8, 10, 11, 12, 14, 17, 19, 20, 21, 23, 24

Self-Stigma Items: 1, 7, 9, 13, 15, 16, 18, 22, 25, 26