

# GAMIAN-EUROPE PAN EUROPEAN SURVEY

## Background Questions

This study is looking at the experiences of adults (aged 18 years or older) who have been diagnosed with a mental illness. If you have received this survey and you are less than 18 years of age or do not have a diagnosis of mental illness then please do not complete the survey.

1 What is your gender?  Male  Female

2. In which country are you living

Albania	Hungary	Russian Federation
Andorra	Iceland	San Marino
Armenia	Ireland	Serbia
Austria	Israel	Slovakia
Azerbaijan	Italy	Slovenia
Belarus	Kazakhstan	Spain
Belgium	Kyrgyzstan	Sweden
Bosnia and Herzegovina	Latvia	Switzerland
Bulgaria	Lithuania	Tajikistan
Croatia	Luxembourg	The former Yugoslav
Cyprus	Malta	Republic of Macedonia
Czech Republic	Monaco	Turkey
Denmark	Montenegro	Turkmenistan
Estonia	Netherlands	Ukraine
Finland	Norway	United Kingdom of Great
France	Poland	Britain and Northern
Georgia	Portugal	Ireland
Germany	Republic of Moldova	Uzbekistan
Greece	Romania	

3. Which Age bracket do you fall into:

- 18 - 30
- 31 - 49
- 50 - 59
- 60 - 69
- over 70

4. What is the highest level of education that you have completed?

- Primary education
- Secondary education

- University degree (bachelor)
- University degree (master)
- Other

**5. What is your current housing situation?**

- Homeless shelter
- Hospital
- Residential care home
- Retirement community
- Own house, flat or apartment
- Rented room(s)
- Live with relative(s)
- Other

**6. Who do you live with?**

- My spouse and/or children
- My parents or relatives
- Friends
- Roommates
- I live alone
- Other

**7. Do you have a girlfriend/boyfriend, partner or spouse now?**

- Yes
- No

**8. Of the people who you see often, is there someone you think of as a friend?**

(Do not count a staff person or mental health worker)

- Yes
- No

**9. Do you have a "best friend" who you can confide in?**

(Do not count a staff person or mental health worker)

- Yes
- No

**10. Are you particularly close to anyone in your family?**

- Yes
- No

**11. Do you work?**

- I work full-time
- I work part-time
- I work as a volunteer (not paid)
- I'm looking for a job
- I'd like to work but am afraid of losing my benefits.
- I'm not able to work (disabled)

- Student
- Retired

**12. Where does your money come from?** (Please tick all that apply)

- Disability payments
- Invalidity benefits
- Charitable grants/donations
- A pension
- Salary or Wages
- Financial contribution from the family
- Other\_\_\_\_\_

**13. Do you know what diagnosis your doctor has made in your case?**

- Yes
- No
- I'm not sure

**14. If yes, what is your diagnosis?** \_\_\_\_\_

Please write in your diagnosis.

**15. How far do you agree with this diagnosis?**

- I agree fully
- I agree partially
- I disagree fully
- Not sure

**16. If you do not know did you ever ask your doctor what is the name of your illness?**

- Yes
- No
- Cannot remember

**17. How old were you when you first received treatment for a mental illness?**

I was about \_\_\_\_\_ years old.

**18. Are you currently receiving treatment for a mental illness**

- Yes
- No

**19 What is your current main type of mental healthcare**

- In-patient care
- Out-patient care
- Treatment at home

Day-care

Other

**20. Did you participate at this questionnaire in 2006?**

Yes

No

We are going to use the term "mental illness" in the rest of this questionnaire, but please think of it as whatever you feel is the best term for it.

For each question, please mark whether you Strongly disagree (1), Disagree (2), Agree (3) or Strongly agree (4).

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I feel out of place in the world because I have a mental illness.	1	2	3	4
2. People with a mental illness tend to be violent.	1	2	3	4
3. People discriminate against me because I have a mental illness.	1	2	3	4
4. I avoid getting close to people who don't have mental illness to avoid rejection.	1	2	3	4
5. I am embarrassed or ashamed that I have a mental illness.	1	2	3	4
6. People with a mental illness should not get married.	1	2	3	4
7. People with a mental illness make important contributions to society.	1	2	3	4
8. I feel inferior to others who don't have a mental illness.	1	2	3	4
9. I do not socialise as much as I used to because my mental illness might make me look or behave in a "strange" way.	1	2	3	4
10. People with a mental illness cannot live a good, rewarding life.	1	2	3	4
11. Negative stereotypes against people with mental illness like myself keep me isolated from the "normal" world.	1	2	3	4
12. Being around people who do not have a mental illness makes me feel out of place or inadequate.	1	2	3	4
13. I feel comfortable being seen in public with a person who is obviously mentally ill.	1	2	3	4
14. People often patronize me, or treat me like a child, just because I have a mental illness.	1	2	3	4
15. I am disappointed in myself for having a mental illness.	1	2	3	4

	Strongly Disagree	Disagree	Agree	Strongly Agree
16. Having a mental illness has spoiled my life.	1	2	3	4
17. People can tell that I have a mental illness by the way I look.	1	2	3	4
18. Because I have a mental illness, I need others to make most decisions for me.	1	2	3	4
19. I stay away from social situations in order to protect my family or friends from embarrassment.	1	2	3	4
20. People without a mental illness could not possibly understand me.	1	2	3	4
21. People ignore me or take me less seriously just because I have a mental illness.	1	2	3	4
22. I cannot contribute anything to society because I have a mental illness.	1	2	3	4
23. Living with mental illness has made me a tough survivor.	1	2	3	4
24. Nobody would be interested in getting close to me because I have a mental illness.	1	2	3	4
25. In general, I am able to live life the way I want to.	1	2	3	4
26. I can have a good, fulfilling life, despite my mental illness.	1	2	3	4
27. Others think that I cannot achieve much in life because I have a mental illness.	1	2	3	4
28. Stereotypes about people with a mental illness apply to me.	1	2	3	4
29. I don't talk about myself much because I don't want to burden others with my mental illness	1	2	3	4

For each question, please mark whether you Strongly disagree (1), Disagree (2), Agree (3) or Strongly agree (4).

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. Most people would accept a former mental patient as a close friend.	1	2	3	4
2. Most people believe that a person who has been in a mental hospital is just as intelligent as the average person.	1	2	3	4
3. Most people believe that a former mental patient is just as trustworthy as the average citizen.	1	2	3	4
4. Most people would accept a fully recovered former mental patient as a teacher of young children in a public school.	1	2	3	4
5. Most people believe that entering a mental hospital is a sign of personal failure.	1	2	3	4
6. Most people would not hire a former mental patient to take care of their children, even if he or she had been well for some time.	1	2	3	4
7. Most people think less of a person who has been in a mental hospital.	1	2	3	4
8. Most employers will hire a former mental patient if he or she is qualified for the job.	1	2	3	4
9. Most employers will pass over the application of a former mental patient in favour of another applicant.	1	2	3	4
10. Most people in my community would treat a former mental patient just as they would treat anyone.	1	2	3	4
11. Most young women would be reluctant to date a man who has been hospitalized for serious mental disorder.	1	2	3	4
12. Once they know a person was in a mental hospital, most people will take his or her opinions less seriously.	1	2	3	4

For each question, please mark whether you  
Strongly disagree (1), Disagree (2), Agree (3) or Strongly agree  
(4).

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I generally accomplish what I set out to do.	1	2	3	4
2. When I make plans, I am almost certain to make them work.	1	2	3	4
3. I see myself as a capable person.	1	2	3	4
4. I feel I have a number of good qualities.	1	2	3	4
5. I am usually confident about the decisions I make.	1	2	3	4
6. I have a positive attitude towards myself.	1	2	3	4
7. I am often able to overcome barriers.	1	2	3	4
8. I am able to do things as well as most people.	1	2	3	4
9. I feel I am a person of worth, at least on an equal basis with others.	1	2	3	4
10. When I am unsure about something, I usually go along with the rest of the group.	1	2	3	4
11. Experts are in the best position to decide what people should do or learn.	1	2	3	4
12. You cannot fight authority	1	2	3	4
13. I feel powerless most of the time.	1	2	3	4
14. "Making waves" never gets you anywhere.	1	2	3	4
15. Most of the misfortunes in my life are due to bad luck.	1	2	3	4
16. People have no right to get angry just because they do not like something.	1	2	3	4
17. Usually, I feel alone	1	2	3	4



**By completing and returning this questionnaire, I consent to the processing of my personal information for the purposes of this research study. I understand that such information will be treated as strictly confidential and handled in accordance with the provisions of the EC Data Protection Directive (95/46.EC).**