**PMHSS**

When you are ready, please read each sentence and decide your answer (you may read quietly to yourself). There are five possible answers for each statement - ‘Disagree completely’, ‘Disagree’, ‘Neither agree nor disagree’, ‘Agree’, ‘Agree completely’. Choose your answer to a sentence and tick the box for the answer you choose. You may only choose one answer.

**What are emotional and behavioural problems?**

You may have heard of attention deficit hyperactivity disorder (ADHD). Teenagers who have ADHD often have trouble concentrating in class, are sometimes hyperactive and can’t sit still in school. This would be an example of a behavioural problem. You may have also heard about depression, or teenagers who are depressed. Teenagers who have depression often feel sad, worry a lot, don’t seem interested in anything and can have trouble sleeping at night. ADHD and depression are examples of emotional and behavioural problems.

**The following statements are about what most people believe:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Disagree Completely (1)** | **Disagree (2)** | **Neither Agree nor Disagree (3)** | **Agree (4)** | **Agree Completely (5)** |
| 1. Most teenagers would be happy to be friends with somebody who has emotional or behavioural problems. [Positive] |  |  |  |  |  |
| 2. Teachers believe that teenagers with emotional or behavioural problems do not behave as well as other teenagers in class. [Stigma awareness] |  |  |  |  |  |
| 3. Most people believe that teenagers with emotional or behavioural problems are just as intelligent as other teenagers. [Positive] |  |  |  |  |  |
| 4. Most people believe that teenagers with emotional or behavioural problems will get better someday. [Positive] |  |  |  |  |  |
| 5. Most people believe that teenagers with emotional or behavioural problems can get good grades in school. [Positive] |  |  |  |  |  |
| 6. Most people are afraid of teenagers who visit a counsellor because they have emotional or behavioural problems. [Stigma awareness] |  |  |  |  |  |
| 7. Most people believe that teenagers with emotional or behavioural problems are dangerous. [Stigma awareness] |  |  |  |  |  |
| 8. Most employers believe it is a bad idea to give a part-time job to a teenager with emotional or behavioural problems. [Stigma awareness] |  |  |  |  |  |
|  | **Disagree Completely** | **Disagree** | **Neither Agree nor Disagree** | **Agree** | **Agree Completely** |
| 9. Most people believe that teenagers with emotional or behavioural problems are not as trustworthy as other teenagers. [Stigma awareness] |  |  |  |  |  |
| 10. Most people look down on teenagers who visit a counsellor because they have emotional or behavioural problems. [Stigma awareness] |  |  |  |  |  |
| 11. Most people believe that teenagers with emotional or behavioural problems are to blame for their problems. [Stigma awareness] |  |  |  |  |  |
| 12. Most people believe that teenagers with emotional or behavioural problems are not as good as other teenagers at taking care of themselves. [Stigma awareness] |  |  |  |  |  |

**The next statements are about what you believe:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 13. I believe it is good to be friends with someone who has emotional or behavioural problems. [Positive] |  |  |  |  |  |
| 14. I believe that teenagers with emotional or behavioural problems are not as trustworthy as other teenagers. [Stigma agreement] |  |  |  |  |  |
| 15. I believe that teenagers with emotional or behavioural problems are just as intelligent as other teenagers. [Positive] |  |  |  |  |  |
| 16. I believe that teenagers with emotional or behavioural problems can get better. [Positive] |  |  |  |  |  |
| 17. I look down on teenagers who visit a counsellor because they have emotional or behavioural problems. [Stigma agreement] |  |  |  |  |  |
| 18. I believe that teenagers with emotional or behavioural problems do not behave as well as other teenagers in class. [Stigma agreement] |  |  |  |  |  |
| 19. I believe that teenagers with emotional or behavioural problems are dangerous. [Stigma agreement] |  |  |  |  |  |
| 20. I believe that teenagers with emotional or behavioural problems are not as good as other teenagers at taking care of themselves. [Stigma agreement] |  |  |  |  |  |
| 21. I believe that teenagers with emotional or behavioural problems can get good grades in school. [Positive] |  |  |  |  |  |
|  | **Disagree Completely** | **Disagree** | **Neither Agree nor Disagree** | **Agree** | **Agree Completely** |
| 22. I believe that teenagers with emotional or behavioural problems are to blame for their problems. [Stigma agreement] |  |  |  |  |  |
| 23. I believe that it is not a good idea for employers to give part-time jobs to teenagers with emotional or behavioural problems. [Stigma agreement] |  |  |  |  |  |
| 24. I would be afraid of someone if I knew that they had emotional or behavioural problems. [Stigma agreement] |  |  |  |  |  |

Scoring:

The PMHSS produces 4 possible total scores:

1. Total score for stigma awareness (sum of items 2, 6, 7, 8, 9, 10, 11, 12)
2. Total score for stigma agreement (sum of items 14,17, 18, 19, 20, 22, 23, 24)
3. Overall stigma score (sum of items: 2, 6, 7, 8, 9, 10, 11, 12, 14,17, 18, 19, 20, 22, 23, 24)
4. Positive reactions (sum of items: 1, 3, 4, 5, 13, 15, 16, 21)

Both test-retest and internal reliability for each of these scales is presented in the paper:

McKeague, L., Hennessy, E., O'Driscoll, C. & Heary, C. (2015). Peer Mental Health Stigmatization Scale: Psychometric properties of a questionnaire for children and adolescents. *Child and Adolescent Mental Health*, 20(3), 163-170.