Table 5. Belief scale items

	Mean ± SD	Minimum	Maximum
Negative illness identity			
-Negative self-assessments of PTSD diagnosis . . .			
I feel out of place in the world because of PTSD	2.77 ± .81	1	4
People think less of me because of PTSD	2.31 ± .86	1	4
I am embarrassed or ashamed that I have PTSD	2.59 ± .89	1	4
I am disappointed in myself for having PTSD	2.57 ± .90	1	4
I feel weak compared to Veterans who do not have PTSD	2.46 ± .90	1	4
Beliefs about antidepressants			
-Antidepressants . . .			
Are effective in treating PTSD/ emotional problems	2.68 ± .68	1	4
Do not fix problems/cover them up (R)	2.27 ± .74	1	4
Make people feel drugged (R)	2.28 ± .72	1	4
Can help people get back to normal	2.62 ± .66	1	4
Are addictive (R)	2.32 ± .71	1	4
Beliefs about psychotherapy			
-Counseling/therapy . . .			
I would be able to talk about what bothers me in counseling/therapy	2.94 ± .72	1	4
Is a waste of people's time (R)	3.17 ± .59	1	4
Often harms people's relationships (R)	3.05 ± .62	1	4
Can help people overcome stress	3.01 ±. 60	1	4

Notes: All items used likert 4-point strongly agree-strongly disagree response options.

R= item scored in the reverse direction.

For negative illness identity, higher is more negative, for the

Treatment belief scales, higher is more favorable to that treatment modality.