

**Appendix Table A:** Multivariable analyses of the association of attitudes towards mental health help-seeking and beliefs about the benefits of mental health treatments at baseline with professional mental health help-seeking and use of mental health treatments over the follow-up in National Comorbidity Survey (1990-1992) and National Comorbidity Survey Follow-up (2001-2003). Analyses are limited to 2,784 participants who met the criteria for a mood, anxiety or substance use disorder during the follow-up.

Baseline attitudes and beliefs	Mental health help-seeking during the follow-up								Prescription psychiatric medication		Psychological counseling/therapy	
	Any professional help-seeking		From mental health professionals		From general medical professionals		From other professionals					
	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI
Will go for professional help for serious emotional problem	1.38	1.04-1.83*	1.31	0.98-1.75	1.64	1.07-2.50*	0.91	0.35-2.38	1.75	1.19-2.55**	1.18	0.91-1.53
Comfortable talking about personal problems with a professional	1.24	0.94-1.63	1.32	0.95-1.83	1.24	0.79-1.94	1.54	0.38-6.24	1.26	0.86-1.86	1.25	0.89-1.75
Embarrassed if friends knew about getting professional help	1.04	0.82-1.31	1.12	0.87-1.44	1.01	0.72-1.44	1.42	0.87-2.32	0.99	0.73-1.35	1.10	0.85-1.42
What percent of people who see a professional are helped? <sup>b</sup>	0.01	0.90-1.13	0.99	0.87-1.13	1.05	0.92-1.21	0.86	0.67-1.12	1.05	0.92-1.19	1.00	0.88-1.14
What percent of people who do not get professional help get better? <sup>b</sup>	1.07	0.94-1.21	1.03	0.90-1.17	1.20	0.90-1.39	1.05	0.73-1.51	1.05	0.84-1.32	1.04	0.91-1.18
Difference in percent who get better with professional help vs. without <sup>b</sup>	0.98	0.91-1.06	0.97	0.89-1.07	1.01	0.88-1.17	0.90	0.72-1.14	1.04	0.91-1.19	0.97	0.89-1.06

**Note:** AOR stands for adjusted odds ratio, CI for confidence interval.

<sup>a</sup> Based on coefficients from logistic regression models in which each attitude/belief variable was entered into a separate model adjusting for sex, race/ethnicity, baseline age, education, employment, family income, health insurance, mood, anxiety or substance disorders, level of interference, suicidal ideations, plans or suicide attempts, professional mental health help-seeking, follow-up psychiatric disorders, interference, suicidal ideation, plans and suicide attempts.

<sup>b</sup> The AORs represent change in outcome for every 10% increments in independent variables.

**Appendix Table B:** Multivariable analyses of the association of attitudes towards mental health help-seeking and beliefs about the benefits of mental health treatments at baseline with professional mental health help-seeking and use of mental health treatments over the follow-up in National Comorbidity Survey (1990-1992) and National Comorbidity Survey Follow-up (2001-2003). Analyses are limited to 2,217 participants who did not meet the criteria for a mood, anxiety or substance use disorder during the follow-up.

Baseline attitudes and beliefs	Mental health help-seeking during the follow-up								Prescription psychiatric medication		Psychological counseling/therapy	
	Any professional help-seeking		From mental health professionals		From general medical professionals		From other professionals					
	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI	AOR <sup>a</sup>	99% CI
Will go for professional help for serious emotional problem	1.21	0.99-1.48	1.17	0.90-1.51	1.14	0.94-1.39	1.33	0.89-1.98	1.21	1.01-1.46*	1.20	0.95-1.52
Comfortable talking about personal problems with a professional	1.21	1.00-1.46	1.20	0.96-1.50	1.12	0.92-1.37	1.17	0.80-1.70	1.24	1.03-1.50*	1.19	0.96-1.48
Embarrassed if friends knew about getting professional help	1.03	0.87-1.22	1.05	0.90-1.22	0.94	0.81-1.10	1.04	0.79-1.39	1.03	0.87-1.21	1.04	0.85-1.27
What percent of people who see a professional are helped? <sup>b</sup>	0.97	0.89-1.05	0.99	0.91-1.07	0.94	0.86-1.04	1.02	0.90-1.15	0.94	0.87-1.03	0.97	0.89-1.06
What percent of people who do not get professional help get better? <sup>b</sup>	1.02	0.94-1.11	0.98	0.89-1.07	1.04	0.94-1.14	1.01	0.88-1.16	1.00	0.93-1.08	0.98	0.88-1.08
Difference in percent who get better with professional help vs. without <sup>b</sup>	0.97	0.90-1.04	1.01	0.95-1.08	0.94	0.88-1.01	0.99	0.91-1.09	0.95	0.90-1.02	1.00	0.92-1.08

**Note:** AOR stands for adjusted odds ratio, CI for confidence interval.

<sup>a</sup> Based on coefficients from logistic regression models in which each attitude/belief variable was entered into a separate model adjusting for sex, race/ethnicity, baseline age, education, employment, family income, health insurance, mood, anxiety or substance disorders, level of interference, suicidal ideations, plans or suicide attempts, professional mental health help-seeking, follow-up psychiatric disorders, interference, suicidal ideation, plans and suicide attempts.

<sup>b</sup> The AORs represent change in outcome for every 10% increments in independent variables.