

Social stigma questionnaire items

1. I don't trust mental health professionals.
2. I might be given medicine that would interfere with my ability to do my job.
3. Getting mental health treatment should be a last resort.
4. Mental health treatment is not effective.
5. I have a negative opinion of mental health care providers.
6. Marines don't feel comfortable talking about their concerns with mental health professionals.
7. It would be too embarrassing.
8. It would harm my career.
9. Members of my unit might have less confidence in me.
10. My unit leadership might treat me differently.
11. My leaders would blame me for the problem.
12. It might affect my security clearance.
13. I would be seen as weak.
14. Mental health services aren't available.
15. I don't know where to get help.
16. It is difficult to get an appointment.
17. There would be difficulty getting time off work for treatment.
18. It's too difficult to get to the location where the mental health specialist is.
19. My leaders discourage the use of mental health services.
20. Psychological problems tend to work themselves out without help.
21. A fellow Marine's mental health problems are none of my business.
22. I would think less of a unit member if I knew he or she was receiving mental health counseling.
23. I want to handle the problem on my own.

Note. Participants indicated their level of agreement with the various factors that might affect their decision to receive mental health services if they ever had a concern (1=strongly disagree to 5=strongly agree).