

The Complete Questionnaire Used in the Survey Study

Start of Block: Question Block

Q1 Please state your current age.

Q2 Which of the following best describes your gender identity?

- Male (1)
 - Female (2)
 - Trans (M -> F) (3)
 - Trans (F -> M) (4)
 - Nonbinary (5)
 - Other (please describe): (6) _____
-

Q3 Which of the following best describes your race/ethnicity?

- Latino/a (1)
 - Black or African American (2)
 - Asian American (3)
 - Native American/American Indian (4)
 - White (5)
 - Multiracial (6)
 - Other (please describe): (7) _____
-

Q4 What is your highest completed level of education?

- Did not finish secondary/high school (1)
 - Completed secondary/high school (2)
 - Diploma (including associate diploma) (3)
 - Bachelor's degree (4)
 - Any postgraduate degree (5)
 - Other, please specify: (6) _____
-

Q5 What was your main occupation in the last 7 days?

- Employed full-time (1)
 - Employed part-time (2)
 - Casual employment (3)
 - Unemployed (4)
 - Student full-time (5)
 - Student part-time (6)
 - Volunteer (7)
 - Retired (8)
 - Home duties (9)
 - Pension (type): (10) _____
-

Q6 What is your current housing status?

- Living with family/partner (1)
 - Living alone (2)
 - Living in supported/residential/group housing (3)
 - Living with roommates (4)
 - Homeless (5)
-

Q7 Main language?

- English (1)
 - Other (please specify): (2) _____
-

Q8 Your country of birth?

Q9 What country do you now live in?

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Q10 We recognize that people use a variety of different terms to describe their identities in relation to internal cognitive and emotional phenomena, states, and experiences as well as in relation to mental health treatment. Which of the following terms do you identify with? (Check all that apply.)

- Mental health consumer (1)
- Client (2)
- Psychiatric survivor (3)
- Trauma survivor (4)
- Ex-patient (5)
- Neurodivergent person (6)
- Mad person (7)
- Disabled person (8)
- Person with a disability (9)
- Mentally ill person (10)
- Person with a mental illness (11)
- Person with a mental health challenge/concern (12)
- Person with a psychiatric diagnosis (13)
- Person with a psychiatric label (14)
- Person with lived experience (15)
- Other: (16) _____

Q11 Briefly describe why you have chosen to identify with this/these particular term(s).

Q12 Have you received one or more mental health or developmental diagnoses?

Yes (please provided diagnosis/es): (1)

No (2)

Q13 If so, do you agree with any of the diagnoses you have received?

Yes (please provide which diagnosis/es you agree with): (1)

No (2)

Q14 Do you personally identify with any diagnoses that have not been formally given to you by a clinician? (For example, many members of the Autistic community have not been given a formal diagnosis but find this term descriptive of them in some way.)

Yes (list diagnosis): (1) _____

No (2)

Q15 We understand that people use a variety of language to describe the cognitive, emotional, and behavioral phenomena they have experienced that have been categorized by others as a mental/developmental disorder or symptoms of mental/developmental disorder. We would like this survey to be as inclusive as possible. We would like to capture the voices of as diverse a group as possible, ranging from people who conceptualize their experiences as mental illness and have benefitted from medical treatment to people who do not believe they need any form of treatment or recovery.

For this reason, we have chosen to use the term "mental difference." For the purposes of this survey, the term "mental difference" represents any cognitive, emotional, or behavioral phenomenon that has been categorized as a symptom of mental illness, mental disorder, or developmental disorder or as a mental illness, mental disorder, or developmental disorder. It is our hope that the term "mental difference" is as neutral as possible and inclusive to both medical and non-medical frameworks of viewing these phenomena.

We recognize that even the term "mental difference" may not work for everyone. Some people do not experience their particular states, traits, characteristics, and behaviors as markedly different from any other person who has not been diagnosed with mental illness. The designers of this survey recognize that difference, as well as illness, can be culturally constructed. At this time, we felt that "mental difference" was the most inclusive term.

Q16 Which of the following mental differences have you experienced? (Check all that apply.)

- Hearing voices/experiencing auditory hallucinations (1)
- Seeing visions/experiencing visual hallucinations (2)
- Unusual perceptions/altered states (3)
- Extreme states, such as states that have been labeled by others as psychosis or mania (4)
- Multiplicity (5)
- Feeling depressed (6)
- Feeling anxious (7)
- Feeling suicidal (8)
- Phobia(s) (9)
- Heightened sensitivity to light, sound, or other components of your external environment (10)
- Difficulty with "executive function" - e.g. time management, attention, and simple tasks (11)
- Deeply focused thinking and passionate interests in specific subjects/passions that have been labeled as "special interests" (12)
- Need for fidgeting or "self-stimulatory" movements such as rocking or flapping (13)
- Communication differences such as difficulty understanding typical social norms or utilizing non-speaking forms of communication such as sign language or text-to-speech technology (14)
- Fear of abandonment (15)
- Self-harm (16)
- Learning differences or difficulties (17)
- Flashbacks (18)

- Psychic or spiritual communications (19)
- Dissociative experiences (20)
- Other: (21) _____

Q17 Please briefly describe any of these mental differences further. You can include the duration of the mental difference (short-term or long-term), whether these mental differences are situational or chronic, and the ways that the mental differences impact you.

Q18 How much of a role do you think the following factors have played in shaping your mental differences?

	A great deal	A lot	A moderate amount	A little	None at all						
	0	1	2	3	4	5	6	7	8	9	10
Genetic/biological (e.g. chemical imbalance, biological differences) (1)											
Childhood trauma (e.g. parental abuse/neglect) (2)											
Post-childhood traumatic events (e.g. violence) (3)											
Life stressors (workplace stress, relationship difficulties) (4)											
Spiritual (5)											
Societal (e.g. economic inequality, racism, discrimination) (6)											
Iatrogenic (effects of drugs or drug withdrawal) (7)											

Q19 Check any of the following that you have experienced within the behavioral health system.

	Voluntary (1)	Involuntary (2)
Inpatient hospitalization (1)	<input type="radio"/>	<input type="radio"/>
Residential behavioral health program (not in a hospital) (2)	<input type="radio"/>	<input type="radio"/>
Psychiatric medications (3)	<input type="radio"/>	<input type="radio"/>
Outpatient mental health services (4)	<input type="radio"/>	<input type="radio"/>
Electroconvulsive therapy (ECT) (5)	<input type="radio"/>	<input type="radio"/>
Applied Behavior Analysis (ABA) (6)	<input type="radio"/>	<input type="radio"/>
Other: (7)	<input type="radio"/>	<input type="radio"/>

Q20 Please rank how positively or negatively each of these experiences impacted you.

	Extremel y positive (1)	Moderatel y positive (2)	Slightly positiv e (3)	Neither positive nor negativ e (4)	Slightly negativ e (5)	Moderatel y negative (6)	Extremel y negative (7)
Involuntary inpatient hospitalization (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voluntary inpatient hospitalization (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary psychotropic drugging (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voluntary use of psychotropic drugs (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandated outpatient mental health treatment (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voluntary outpatient mental health treatment (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voluntary electroconvulsiv e therapy (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary electroconvulsiv e therapy (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applied Behavior Analysis (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q21 Please feel free to write a bit more about how any of these experiences impacted you, positively, negatively or in a mixed or in-between way.

Q22 Check any of the following forms of discrimination/exclusion that you have experienced as a result of your mental differences.

- Housing discrimination (1)
- Hiring/workplace discrimination (2)
- Educational discrimination (3)
- Social exclusion (4)
- Bullying (5)
- Denial of accommodations (6)
- Familial mistreatment (7)
- Microaggressions (8)
- Prejudice from mental health providers (9)
- Prejudice from other healthcare providers (10)
- Other: (11) _____

Q23 How much have the following forms of discrimination impacted your quality of life and psychological well-being?

	A great deal (1)	A lot (2)	A moderate amount (3)	A little (4)	Not at all (5)
Housing discrimination (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hiring/workplace discrimination (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational discrimination (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social exclusion (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bullying (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Denial of accommodations (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Familial mistreatment (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Microaggressions (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prejudice from mental health providers (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prejudice from other healthcare providers (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q24 Please feel free to elaborate on any of your experiences with discrimination and their impact on you.

Q25 How important is it to you to address each of the following issues in your own activism?

	Extremely important (1)	Very important (2)	Moderately important (3)	Slightly important (4)	Not at all important (5)
Involuntary commitment (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary medication (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Electroconvulsive therapy (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applied Behavior Analysis (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aversive shock treatment (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overprescription of psychiatric drugs (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary outpatient commitment (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to mental health treatment (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to alternatives to traditional forms of mental health treatment (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to workplace, housing, and educational accommodations (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disability payments/income (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Housing (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employment (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Discrimination and prejudice based on mental health status/disability (14)

Increasing treatment-seeking and help-seeking behaviors (15)

Guardianships (16)

Voting rights (17)

Criminalization of mental differences (18)

Other: (19)



Q26 Rank how you think the following issues should be handled.

	Abolished (1)	Dramatically reduced (2)	Slightly reduced (3)	Kept as is (4)	Slightly increased (5)	Dramatically increased (6)	Modified in some way/reformed to be made more humane (7)
Involuntary commitment (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary medication (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Forced electroconvulsive therapy (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Voluntary electroconvulsive therapy (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applied Behavior Analysis (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aversive shock treatment (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prescription rates of psychiatric drugs (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Involuntary outpatient commitment (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disability payments/income for mental health related reasons (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guardianships (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disability accommodations for mental health related reasons (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q27 Please feel free to further clarify any of your positions on the above issues.

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Q28 Please read the following statements about how your mental health related experiences impact your identity and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
My mental differences are central to my sense of self. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My experiences of mental health treatment are central to my sense of self. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My experiences of discrimination are central to my sense of self. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My identity as an activist is central to my sense of self. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a sense of pride when I think about how my mental differences have shaped who I am. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a sense of pride when I think about how my experiences of mental health treatment have shaped who I am. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a sense of pride when I think about how my experiences of discrimination have shaped who I am. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my mental differences allow me to contribute to my family, community, friendships, and/or society in a positive way. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my experiences of mental health treatment allow me to contribute to my family, community, friendships, and/or society in a positive way. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my experiences of discrimination allow me to contribute to my family, community, friendships, and/or society in a positive way. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I had never come into contact with mental health treatment. (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I wish I had never experienced any of the mental differences I have had. (12)

I wish I had never experienced discrimination on the basis of a diagnosis/my mental differences. (13)

I feel a special bond with others who have had similar experiences of mental difference. (14)

I feel a special bond with others who have had similar experiences with mental health treatment. (15)

I don't like it when people associate me with my mental differences. (16)

I don't like it when people associate me with mental health treatment or see me as a mental health patient/client. (17)

When I think about others with similar experiences of mental difference, I believe they have a huge social contribution to make. (18)

When I think about others with similar experiences of mental health treatment, I believe they have a huge contribution to make. (19)

When I think about others with similar experiences of discrimination, I believe they have a huge contribution to make. (20)

I believe that people with diverse mental experiences/differences enrich society. (21)

If a cure for my mental differences could be found today I think that would be a good thing. (22)

My mental differences are all that I am. (23)

My experiences of mental health treatment are all that I am. (24)

My experiences of discrimination are all that I am. (25)

I feel that because of my experiences (mental differences/treatment/discrimination) I've lost my sense of who I am. (26)

I feel that the most important aspects of my identity have been overshadowed by the experiences (mental differences/treatment/discrimination) I have had. (27)

The dreams and goals I used to have before I was diagnosed with mental illness/my mental differences began are gone, and nothing has replaced them. (28)

Q29 Please read the following statements about how your mental health related experiences have impacted your social experiences and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
I feel out of place in the world because I have mental differences. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having mental differences has spoiled my life. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People without mental differences could not possibly understand me. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am embarrassed or ashamed that I have mental differences. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel disappointed in myself for having mental differences. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel inferior to others who do not have mental differences. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stereotypes about people with mental differences apply to me. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

People can tell I have mental differences by the way I look. (8)

People with mental differences tend to be violent. (9)

Because I have mental differences, I need others to make decisions for me. (10)

People who have mental differences cannot live a good, rewarding life. (11)

People with mental differences should not get married. (12)

I can't contribute anything to society because I have mental differences. (13)

People discriminate against me because I have mental differences. (14)

Others think I can't achieve much in life because I have mental differences. (15)

People ignore me or take me less seriously just because I have mental differences. (16)

People often patronize me, or treat me like a child, just because I have mental differences. (17)

Nobody would be interested in getting close to me because I have mental differences. (18)

I don't talk about myself much because I don't want to burden others with my mental differences. (19)

I don't socialize much because my mental differences might make me look weird or behave weird. (20)

Negative stereotypes about those with mental differences keep me isolated from the normal world. (21)

I stay away from social situations in order to protect my family or friends from embarrassment. (22)

Being around people who do not have mental differences makes me feel out of place or inadequate. (23)

I avoid getting close to people who do not have mental differences to avoid rejection. (24)

I feel comfortable being seen in public with someone who is obviously in deep distress, experiencing an extreme state, neurodivergent, or who has an obvious mental difference. (25)

In general, I am able to live life the way I want to. (26)

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Q30 Please read the following statements about what you would like others to know about your mental health related experiences and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
It is important for my friends, family, co-workers, and/or community members to understand that I am no different from everyone else. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important for my friends, family, co-workers, and/or community members to understand that I have different needs and ways of processing the world from everyone else, and I need to be understood and accommodated. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important for my friends, family, co-workers, and/or community members to understand that I am not at fault for feeling and acting the way I do. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important for my friends, family, co-workers, and/or community members to understand that I need to retain my autonomy and self-determination even when I am in crisis. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

It is important for my friends, family, co-workers, and/or community members to understand that I am suffering from an illness like any other illness. (5)

It is important for my friends, family, co-workers, and/or community members to understand that I am not mentally ill or disordered - I am having a natural reaction to a life stressor or trauma. (6)

It is important for my friends, family, co-workers, and/or community members to understand that the distress I am experiencing is not permanent, and recovery is possible. (7)

It is important for my friends, family, co-workers, and/or community members to understand that I am not mentally ill or disordered, and I do not need to recover. (8)

It is important for my friends, family, co-workers, and/or community members to understand that my symptoms are separate from who I am and do not define me. (9)

It is important for my friends, family, co-workers, and/or community members to understand that the mental differences I experience are part of who I am, and curing them would be fundamentally changing who I am. (10)

It is important for my friends, family, co-workers, and/or community members to understand that I am not mentally ill or disordered, and the symptoms/phenomena I have experienced are the result of psychiatric drugs. (11)

Q31 Please read the following statements about having a diagnosis or identifying with a particular label and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
Having a psychiatric or developmental diagnosis/identifying with a particular label makes me feel like I am not alone. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a psychiatric or developmental diagnosis/identifying with a particular label has helped me find support networks and friendships with others who share my experiences. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a psychiatric or developmental diagnosis/identifying with a particular label has helped me understand why I think, feel, process the world, and act the way I do. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a psychiatric or developmental diagnosis/identifying with a particular label has helped others around me understand why I think, feel, process the world, and act the way I do. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Having a psychiatric or developmental diagnosis/identifying with a particular label has helped me to receive accommodations from my school, workplace, and/or housing. (5)

Having a psychiatric or developmental diagnosis/identifying with a particular label has helped me gain access to treatment or services that I found valuable. (6)

Receiving a psychiatric or developmental diagnosis has made me feel crazy or weird. (7)

Having a psychiatric or developmental diagnosis/identifying with a particular label has caused my friends, families, co-workers, and community members to exclude me or other me. (8)

Having a psychiatric or developmental diagnosis/identifying with a particular label has caused me to be denied accommodations from my school, workplace, and/or housing. (9)

Having a psychiatric or developmental diagnosis/identifying with a particular label has led to me receiving treatment or services that I found harmful. (10)

Having a psychiatric or developmental diagnosis/identifying with a particular label has led me to be ostracized, excluded, or discriminated against. (11)

Q32 Please read the following statements about your experiences with mental health treatment and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
My experiences with mental health treatment have become a reference point for the way I understand new experiences. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I automatically see connections and similarities between my experiences with mental health treatment and experiences in my present life. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my experiences with mental health treatment have become a part of my identity. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My experiences with mental health treatment can be seen as a symbol or mark of important themes in my life. (4)

My experiences with mental health treatment have made my life different from the life of most other people. (5)

My experiences with mental health treatment have become a reference point for the way I understand myself and the world. (6)

I believe that people who haven't had similar experiences with mental health treatment think differently than I do. (7)

My experiences with mental health treatment tell a lot about who I am. (8)

I often see connections and similarities between my experiences with mental health treatment and my current relationships with other people. (9)

I feel that my experiences with mental health treatment have become a central part of my life story. (10)

I believe that people who haven't had similar experiences with mental health treatment have a different way of looking upon themselves than I have. (11)

My experiences with mental health treatment have colored the way I think and feel about other experiences. (12)

My experiences with mental health treatment have become a reference point for the way I look upon my future. (13)

If I were to weave a carpet of my life, my experiences with mental health treatment would be in the middle with threads going out to many other experiences. (14)



My life story can be divided into two chapters: one is before and one is after my experiences with mental health treatment. (15)



My experiences with mental health treatment permanently changed my life. (16)



I often think about the effects my experiences with mental health treatment will have on my future. (17)

My experiences with mental health treatment were a turning point in my life. (18)

If I had not had my experiences with mental health treatment, I would be a different person today. (19)

When I reflect upon my future, I often think back to my experiences with mental health treatment. (20)

Q33 Please read the following statements about the ways your activism impacts your identity and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
I have a lot in common with other activists with mental differences or lived experience of mental health treatment. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel strong ties to other activists with mental differences or lived experience of mental health treatment. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to form a bond with other activists with mental differences or lived experience of mental health treatment. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I don't feel a sense of being "connected" with other activists with mental differences or lived experience of mental health treatment. (4)

I really "fit in" with other activists with mental differences or lived experience of mental health treatment. (5)

In a group of activists with mental differences or lived experience of mental health treatment, I really feel that I belong. (6)

I often think about the fact that I am an activist with mental differences or lived experience of mental health treatment. (7)

Overall, being an activist with mental differences or lived experience of mental health treatment has very little to do with how I feel about myself. (8)

In general, being an activist with mental differences or lived experience of mental health treatment is an important part of my self-image. (9)

The fact that I am an activist with mental differences or lived experience of mental health treatment rarely enters my mind. (10)

I am not usually conscious of the fact that I am an activist with mental differences or lived experience of mental health treatment. (11)

Being an activist with mental differences or lived experience of mental health treatment is an important part of who I am. (12)

In general,
I'm glad to
be an
activist with
mental
differences
or lived
experience
of mental
health
treatment.
(13)



I often
regret that I
am an
activist with
mental
differences
or lived
experience
of mental
health
treatment.
(14)



I don't feel
good about
being an
activist with
mental
differences
or lived
experience
of mental
health
treatment.
(15)



Generally, I feel good when I think about myself as an activist with mental differences or lived experience of mental health treatment.
(16)

Just thinking about the fact that I am an activist with mental differences or lived experience of mental health treatment sometimes gives me bad feelings.
(17)

Q34 Please read the following statements about your participation in the activist community and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
I am active in online or in-person community groups. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consider myself involved in my online or in-person community. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My peers value my contributions to online or in-person group settings. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy working with others online or in-person. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have important responsibilities to others around me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I value the contributions that the groups I am involved with make to the community. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I voluntarily spend 5 hour more hours a week in civil or social justice related activities, either online or in person. (7)

I have a leadership role in a community organization. (8)

I can make a positive difference in my online or in-person community. (9)

I go out of my way to help others. (10)

I often have difficulty finding time to participate in all I wish I could. (11)

I am a member of a team. (12)

I would like to have a leadership role in an online or in-person club or group. (13)

Other members of my online or in-person community are important to me. (14)

I dislike participating in group activities. (15)

I've gained skills from my participation in my online or in-person community. (16)

Many of my friends are in the same organizations as I. (17)

I have made new friends as a result of my participation in online or in-person groups. (18)

My community is important. (19)

I have received recognition for my contributions to the community. (20)

I have received an award from a local or national organization. (21)

I have mentored someone. (22)

Someone has mentored me. (23)

Page Break

Q35 Please read the following statements about your life and well-being and indicate your agreement with each.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
I lead a purposeful and meaningful life. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My social relationships are supportive and rewarding. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am engaged and interested in my daily activities. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I actively contribute to the happiness and well-being of others. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am competent and capable in the activities that are important to me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a good person and live a good life. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am optimistic about my future. (7)

People respect me. (8)

Q37 Please list any mental health, consumer/survivor/ex-patient, anti-stigma, neurodiversity, disability rights, or anti-stigma advocacy/activist local, national, online, or in-person groups you have been involved with.

Q38 Is there anything else that you would like to tell us?

End of Block: Question Block
