These questions ask you to agree or disagree with a series of statements about mental illness. There is no correct answer. Please mark the box that best fits your opinion.

1. I am more comfortable helping a person who has a physical illness than I am helping a person who has a mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

2. If a colleague with whom I work told me they had a managed mental illness, I would be as willing to work with him/her.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

3. If I were under treatment for mental illness I would not disclose this to any of my colleagues.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

4. I would see myself as weak if I had a mental illness and could not fix it myself.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

5. I would be reluctant to seek help if I had a mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

6. Employers should hire a person with a managed mental illness if he/she is the best person for the job.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

7. I would still go to a physician if I knew that the physician had been treated for mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

8. If I had a mental illness, I would tell my friends.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

9. Despite my professional beliefs, I have negative reactions towards people who have mental illness

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

10. There is little I can do to help people with mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

11. More than half of people with mental illness don’t try hard enough to get better.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

12. I would not want a person with a mental illness, even if it were appropriately managed, to work with children.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

13. Health care providers do not need to be advocates for people with mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

14. I would not mind if a person with a mental illness lived next door to me.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

15. I struggle to feel compassion for a person with a mental illness.

\_ 1. Strongly disagree \_ 2. Disagree \_ 3. Neither Agree nor Disagree \_ 4. Agree \_ 5. Strongly Agree

Notes:

High scores suggest a more stigmatizing attitude.

Scoring: Reverse score responses to questions 2, 6, 7, 8, 14

Then calculate subscales and total score.

**Factor 1: Attitudes of health care providers towards people with mental illness**

Sum of responses to items 1, 9, 10, 11, 13, 15

**Factor 2: Disclosure/help-seeking**

Sum of responses to items 3,4,5,8r

**Factor 3: Social Distance**

Sum of responses to items 2r, 6r, 7r, 12, 14r

**Total Score**: Sum of responses (after reverse coding questions 2, 6, 7, 8, 14)

The full OMS-HC contains 20 items with scores that can range from 20 (least stigmatizing) to 100 (most stigmatizing).

Reference:

Modgill et al. Opening minds stigma scale for health care providers (OMS-HC): Examination of psychometric properties and responsiveness. BMC Psychiatry 2014, 14:120. http://www.biomedcentral.com/1471-244X/14/120