

Short version of Attitudes Towards Mental Health Problems Scale (SATMHPS) (Kotera et al., 2023)

This 14-item scale is a short version of the original 35-item scale (Gilbert et al., 2007).

We are interested in people's thoughts and feelings about mental health problems. As you may know, some people suffer from mental health problems such as depression and anxiety. These can make it difficult to cope with everyday life. Depressed people can feel tired, not enjoy life, want to hide away and may withdraw from family life. Below are a series of statements about how you, your community and your family may think about such problems. Read each statement carefully and choose the number that best describes how much you agree with each statement.

Please use the following scale:

0 = Do not agree at all; 1 = Agree a little; 2 = Mostly agree; 3 = Completely Agree

Attitudes towards Mental Health Problems

For this first set of questions please think about how your community and family view mental health problems such as depression and anxiety with a difficulty to cope in everyday life.

1. My community would tend to look down on somebody with mental health problems	0	1	2	3
2. My community would want to keep their distance from someone with mental health problems	0	1	2	3
3. My family would tend to look down on somebody with mental health problems	0	1	2	3
4. My family would want to keep their distance from someone with mental health problems	0	1	2	3

External Shame/Stigma Awareness

For the next set of question please think about how others might see you if you suffered from mental health problems such as depression and anxiety with a difficulty to cope in everyday life.

5. I think my community would see me as inadequate	0	1	2	3
6. I think my community would see me as weak	0	1	2	3
7. I think my family would see me as inadequate	0	1	2	3
8. I think my family would see me as weak	0	1	2	3

Internal Shame

For the next set of questions please think about how you might feel about yourself if you suffered from mental health problems such as depression and anxiety with a difficulty to cope in everyday life.

9. I would blame myself for my problems	0	1	2	3
10. I would see myself as a weak person	0	1	2	3

Reflected Shame 1

For the next set of questions we would like you to think about how you might feel if you suffered from mental health problems such as depression and anxiety with a difficulty to cope in everyday life. This time consider how worried or concerned you would be on the impact on your family.

11. My family would be blamed for my problems	0	1	2	3
12. My family would lose status in the community	0	1	2	3

Reflected Shame 2

For the next set of questions we would like you to think about how you might feel if one of your close relatives suffers from mental health problems such as depression and anxiety with a difficulty to cope in everyday life. This time consider how worried or concerned you would be on the impact on you.

13. I would worry that others would not wish to be associated with me	0	1	2	3
14. I would worry that my own reputation and honour might be harmed	0	1	2	3

Scoring

Each subscale score is an average of two items.

Community attitudes (1 and 2)

Family attitudes (3 and 4)

Community External Shame (5 and 6)

Family External Shame (7 and 8)

Internal Shame (9 and 10)

Family Reflected Shame (11 and 12)

Self Reflected Shame (13 and 14)

Citation

Kotera Y, Taylor E, Wilkes J, Veasey C, Maybury S, Jackson J, Lieu J, Asano K. (2023) *Construction and factorial validation of a short version of the Attitudes Towards Mental Health Problems Scale (SATMHPS)*, *Mental Health, Religion & Culture*. <https://doi.org/10.1080/13674676.2022.2114441>

Gilbert P, Bhundia R, Mitra R, McEwan K, Irons C, Sanghera J. (2007) *Cultural differences in shame-focused attitudes towards mental health problems in Asian and Non-Asian student women*, *Mental Health, Religion & Culture*, 10:2, 127-141, <https://doi.org/10.1080/13694670500415124>