

Mental Health MMAS (MH-MMAS-8)

You mentioned that you're working to take control of your mental health. That could mean managing symptoms, reducing stress, sticking to routines, or avoiding things that set you back. Many people find it difficult to stay consistent. These questions help us understand your experience—there are no right or wrong answers. Please answer honestly, based on the past 2 weeks.

1. Do you sometimes forget that you're working on your mental health and slip back into old habits or thought patterns?
☐ Yes ☐ No
2. People sometimes have setbacks for reasons other than forgetting. In the past 2 weeks, were there any days when you didn't follow your plan or routine, even though you intended to?
☐ Yes ☐ No
3. Have you ever stopped doing things that help your mental health (like journaling, therapy, taking medication, or resting) because you felt worse when you did them?
☐ Yes ☐ No
4. When you're outside your usual environment (like traveling or visiting others), do you sometimes forget to stick with your wellness routine?
☐ Yes ☐ No
5. Did you follow your plan or routine the last time you felt overwhelmed, anxious, or low?
☐ Yes ☐ No
6. When you feel like you're doing better, do you sometimes let go of the things that help you stay well?
☐ Yes ☐ No
7. Some people feel like working on mental health is a lot to keep up with. Do you ever feel like it's too much or too hard to stay consistent?
☐ Yes ☐ No
8. How often do you have trouble remembering or sticking to your mental health plan?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always