

### **Assessment Option: Pre-post questionnaire**

The questionnaire text below is in three parts. Part 1 uses a vignette and follow up questions related to knowledge and attitudes and is based on the questionnaire used by Jorm et al (2005)<sup>1</sup>. Part 2 asks about students' feelings about soon commencing a hypothetical placement in a mental health setting. Part 3 asks about students' knowledge of barrier to physical activity participation experienced by those with mental illness.

The questionnaire can be set up either via an online survey platform or as a paper-based form.

---

#### **Part 1: (based on Jorm et al, 2005)**

Please read the following vignette and then answer the follow up questions.

*John is 44 years old. He is living in a boarding house in an industrial area. He has not worked for years. He wears the same clothes in all weathers and has left his hair to grow long and untidy. He is always on his own and is often seen sitting in the park talking to himself. At times he stands and moves his hands as if to communicate to someone in nearby trees. He rarely drinks alcohol. He speaks carefully using uncommon and sometimes made-up words. He is polite but avoids talking with other people. At times he accuses shopkeepers of giving information about him to other people. He has asked his landlord to put extra locks on his door and to remove the television set from his room. He says spies are trying to keep him under observation because he has secret information about international computer systems which control people through television transmitters. His landlord complains that he will not let him clean the room which is increasingly dirty and filled with glass objects. John says he is using these "to receive messages from space".*

What would you say, if anything, is wrong with John [open ended response]

How confident would you be in your ability to help John ? [4 point Likert scale from 'very confident' to 'not confident at all']

Please indicate how strongly you agree or disagree with each statement:

- People with a problem like John's could snap out of it if they wanted
- The way John behaves is a sign of personal weakness
- John does not have a real medical illness
- People who behave like John are dangerous
- It is best to avoid people who behave like John so that you don't become like this yourself
- People like John are unpredictable
- If I exhibited behaviours like John, I would not tell anyone
- I would not employ someone if I knew they behaved like John
- I would not vote for a politician if I knew they exhibited behaviours like John

---

<sup>1</sup> Jorm AF, Blewitt KA, Griffiths KM, Kitchener BA, Parslow RA (2005). Mental health first aid responses of the public: results from an Australian national survey. *BMC Psychiatry*, 5:9 doi:10.1186/1471-244X-5-9.

All items above use the following 5-point response scale

**Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree**

Now we would like you to tell us what you think most other people believe or would do:

1. Most people believe that people with a problem like John's could snap out of it if they wanted
2. Most people believe the way John behaves is a sign of personal weakness
3. Most people would believe that John does not have a real medical illness
4. Most people believe that people who behave like John are dangerous
5. Most people believe that it is best to avoid people who behave like John so that they don't become like him themselves
6. Most people believe that people like John are unpredictable
7. Most people would not tell anyone if they exhibited behaviours like John
8. Most people would not employ someone if they knew they behaved like John
9. Most people would not vote for a politician if they knew they exhibited behaviours like John

All items above use the following 5-point response scale

**Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree**

### **Part 2:**

For the following 3 questions, imagine that you were going to commence a placement as a student in an inpatient mental health ward next week

1. How anxious would you be about the placement you are about to commence? [4 point scale: 'Extremely anxious' to 'Not anxious at all']
2. How confident are you in your ability to interact effectively with clients in the ward? [4 point scale: 'Extremely confident' to 'not confident at all']
3. How confident are you in your ability to safely and effectively contribute to client care? [4 point scale: 'Extremely confident' to 'not confident at all']

### **Part 3:**

Please indicate your level of agreement with the following statement

"I have a good understanding of the barriers faced by mental health consumers in meeting physical activity guidelines"

**Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree**