

# GENERAL HELP-SEEKING QUESTIONNAIRE – VIGNETTE VERSION (GHSQ-V)

Question 1 = Stress

Question 2 = Anxiety

Question 3 = Depression

Question 4 = Suicidal ideation

Question 5 = Substance Misuse

Question 6 = Psychosis

Question 7 = Heart Disease

**Note:** In all questions, items a-j measure **help-seeking intentions**, item k measures **mental or physical health literacy**, and item l measures **perceived need for help**.

Help sources should be modified to match the target population

1. In the past two weeks **Jake** has found it hard to wind down or relax. He's also been feeling pretty overwhelmed, "twitchy", and intolerant. He's been over-reacting to things that are going on.

**If you were feeling like Jake, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
b. Friend (not related to you)	1	2	3	4	5	6	7
c. Parent	1	2	3	4	5	6	7
d. Other relative/family member	1	2	3	4	5	6	7
e. Mental health professional (e.g. psychologist, social worker, counsellor)	1	2	3	4	5	6	7
f. Phone helpline (e.g. Lifeline)	1	2	3	4	5	6	7
g. Doctor/GP	1	2	3	4	5	6	7
h. Minister or religious leader (e.g. Priest, Rabbi, Chaplain)	1	2	3	4	5	6	7
i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, e.g., work colleague. If no, leave blank)_____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jake?** \_\_\_\_\_

**l. Do you think Jake needs help (✓)?** Yes  No

**PLEASE TURN OVER**

**2.** In the past two weeks **Jane** has noticed that she has felt worried or scared without any particular reason, and her hands have trembled a lot even though she doesn't drink coffee or caffeine drinks. On a few occasions she has felt close to panic, and at the same time become aware that her mouth has got really dry and that she has difficulty breathing.

**If you were feeling like Jane, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
b. Friend (not related to you)	1	2	3	4	5	6	7
c. Parent	1	2	3	4	5	6	7
d. Other relative/family member	1	2	3	4	5	6	7
e. Mental health professional (e.g. psychologist, social worker, counsellor)	1	2	3	4	5	6	7
f. Phone helpline (e.g. Lifeline)	1	2	3	4	5	6	7
g. Doctor/GP	1	2	3	4	5	6	7
h. Minister or religious leader (e.g. Priest, Rabbi, Chaplain)	1	2	3	4	5	6	7
i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, e.g., work colleague. If no, leave blank) _____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jane?** \_\_\_\_\_

**l. Do you think Jane needs help (✓)?** Yes  No

**PLEASE TURN OVER**

**3. John** has been feeling unusually sad and down-hearted for most of the day for nearly two weeks. He doesn't feel like eating and has lost weight. He can't keep his mind on his studies and his marks have dropped. He has put off making decisions and feels that even day-to-day tasks are too much for him. To him, life feels meaningless and he doesn't feel he is worth much as a person.

**If you were feeling like John, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
b. Friend (not related to you)	1	2	3	4	5	6	7
c. Parent	1	2	3	4	5	6	7
d. Other relative/family member	1	2	3	4	5	6	7
e. Mental health professional (e.g. psychologist, social worker, counsellor)	1	2	3	4	5	6	7
f. Phone helpline (e.g. Lifeline)	1	2	3	4	5	6	7
g. Doctor/GP	1	2	3	4	5	6	7
h. Minister or religious leader (e.g. Priest, Rabbi, Chaplain)	1	2	3	4	5	6	7
i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, e.g., work colleague. If no, leave blank) _____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with John?** \_\_\_\_\_

**l. Do you think John needs help (✓)?**

Yes  No

**PLEASE TURN OVER**

4. In the last four weeks **Jess** has found herself thinking about how easy it would be to end it all, and she knows that at least once a week during this time she has thought about how and when she could kill herself.

**If you were having thoughts like Jess, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
b. Friend (not related to you)	1	2	3	4	5	6	7
c. Parent	1	2	3	4	5	6	7
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i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, (e.g., work colleague. If no, leave blank) _____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jess?** \_\_\_\_\_

**l. Do you think Jess needs help (✓)?** Yes  No

**PLEASE TURN OVER**

**5.** In the last couple of months **Jack** has found himself doing things when he is drinking alcohol that he later regrets and which he's been getting into trouble for. He knows he's needing more and more to feel the same way after drinking and to complete his daily tasks. When he's not drinking, he's been feeling more and more wound up, sad and confused. He's falling behind in his uni work.

**If you were relying on a substance like Jack, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
b. Friend (not related to you)	1	2	3	4	5	6	7
c. Parent	1	2	3	4	5	6	7
d. Other relative/family member	1	2	3	4	5	6	7
e. Mental health professional (e.g. psychologist, counsellor, D&A worker)	1	2	3	4	5	6	7
f. Phone helpline (e.g. Lifeline)	1	2	3	4	5	6	7
g. Doctor/GP	1	2	3	4	5	6	7
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i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, (e.g., work colleague. If no, leave blank)_____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jack?** \_\_\_\_\_

**l. Do you think Jack needs help (✓)?** Yes  No

**PLEASE TURN OVER**

**6. Jeff** is living at home with his parents. Recently he's stopped attending his classes at uni and over the past 6 months he has stopped seeing his friends. He's also started locking himself in his bedroom and refusing to eat with the family or have a bath. His parents hear him walking around his room at night and even though he is alone, they hear him shouting and arguing as though someone is there. He feels afraid to leave the house because he believes he's being spied on by the neighbour.

**If you were feeling like Jeff, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
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i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, (e.g., work colleague. If no, leave blank) _____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jeff?** \_\_\_\_\_

**l. Do you think Jeff needs help (✓)?**

Yes  No

**PLEASE TURN OVER**

7. In the last couple of weeks **Jan** has felt crushing pressure in the left side of her chest, and had pain in her left jaw, left arm, back and stomach. Jess has also felt short of breath and light headed, and on several occasions, Jess thought she was going to be sick.

**If you were feeling like Jan, how likely is it that you would seek help from the following people?**

Please indicate your response by putting a line through the number that best describes your intention to seek help from each help source that is listed.

**1 = Extremely Unlikely    3 = Unlikely    5 = Likely    7 = Extremely Likely**

a. Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)	1	2	3	4	5	6	7
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i. I would not seek help from anyone	1	2	3	4	5	6	7
j. I would seek help from another not listed above (please list in the space provided, (e.g., work colleague. If no, leave blank)_____	1	2	3	4	5	6	7

**k. What, if anything, is wrong with Jan?** \_\_\_\_\_

**l. Do you think Jan needs help (✓)?** Yes  No