

Supplementary data

Questionnaire

1. What is your sex?
 - Male
 - Female
 - Other
2. What is your age? ____
3. What is your study field?
 - Social sciences (e.g., law, political science, psychology, economics, management, sports)
 - Biomedical sciences (e.g., biology, medicine, odontology, pharmacy)
 - Physical sciences (e.g., mathematics, physics, biochemistry, geology, informatics, geography)
 - Technological sciences (e.g., logistics, chemistry, computer engineering)
 - Arts (e.g., music, art, theater, architecture, audiovisual art)
 - Humanities (e.g., philosophy, philology, history, art history)
4. In what year are you currently studying?
 - First
 - Second
 - Third
 - Fourth
 - Fifth or first of Master's
 - Sixth or second of Master's
 - I am a doctorant

5. Please complete the following table:

Statements regarding literacy of suicide	True	False
1. Talking about suicide always increases the risk of suicide		
2. A suicidal person will always be suicidal and entertain thoughts of suicide		
3. Very few people have thoughts about suicide		
4. If assessed by a psychiatrist, everyone who kills themselves would be diagnosed as depressed		
5. People who talk about suicide rarely kill themselves		
6. People who want to attempt suicide can change their mind quickly		
7. Not all people who attempt suicide plan their attempt in advance		
8. Men are more likely to die by suicide than women		
9. Most people who suicide are psychotic		
10. There is a strong relationship between alcoholism and suicide		
11. Seeing a psychiatrist or psychologist can help prevent someone from suicide		
12. People who have thoughts about suicide should not tell others about it		

6. Please complete the following table:

Statements regarding attitudes toward seeking professional psychological help	Agree	Partially agree	Partially disagree	Disagree
1. If I believed I was having a mental breakdown, my first inclination would be to get professional attention				
2. The idea of talking about problems with a counselor strikes me as a poor way to get rid of emotional conflicts				
3. If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in counseling				
4. There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to professional help				
5. I would want to get psychological help if I were worried or upset for a long period of time				
6. I might want to have psychological counseling in the future				
7. A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it with professional help				
8. Considering the time and expense involved in counseling, it would have doubtful value for a person like me				
9. A person should work out his or her own problems; getting psychological counseling would be a last resort				
10. Personal and emotional troubles, like many things, tend to work out by themselves				

7. In the past month:

- how often have you had thoughts about suicide? (0 = Never, 10 = Always) ____
- how much control have you had over these thoughts? (0 = No control, 10 = Full control) ____
- how close have you come to making a suicide attempt? (0 = Not close at all, 10 = Made an attempt) ____
- to what extent have you felt tormented by thoughts about suicide? (0 = Not at all, 10 = Extremely) ____
- how much have thoughts about suicide interfered with your ability to carry out daily activities, such as work, household tasks or social activities? (0 = Not at all, 10 = Extremely) ____

Thank you for your time