

Recognition of Problems in Vignettes, Intentions to Help and Confidence in Helping

Below is a story regarding a hypothetical person called Dawood. The box below describes how he has been recently.

Vignette 1

Dawood is a 37 year old married man with 3 children, a daughter aged 7, and two sons, aged 5 and 3. Dawood has been living in Australia for the past year and has attended his local GP on several occasions with the primary complaint of an inability to sleep. The problem with his sleep started just before he left his homeland, Iraq, four years ago. Prior to leaving Iraq, Dawood was kidnapped by insurgents and held captive until his brother paid the demanded ransom. During his kidnapping, Dawood was beaten and threatened with death. He reports that during the kidnapping he felt intense fear and helpless. He reports constant nightmares in which images of death, killing and being kidnapped by masked men disturb his sleep. He avoids talking about his attack and watching Iraqi news channels in case there is a story about people being kidnapped and murdered. He is easily startled when he hears loud sounds such as a car backfiring or fireworks. He has very little interest in things around him, including his children's lives and feels little affection towards them. Finally, when questioned on how he views his future and plans for his life, Dawood replies that he does not have a future and doesn't believe he will live a long life.

* 1. What, if anything, do you think is wrong with Dawood?

* 2. If Dawood was one of your students or clients, I would help him.

Strongly disagree	Mostly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Mostly agree	Strongly agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 3. Describe all the things you would do to help Dawood.

* 4. How confident do you feel in helping someone with a problem like Dawood's?

Not at all	A little bit	Moderately	Quite a bit	Extremely
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 5. If Dawood were to seek help for his problem from any of the following, is it likely to be helpful, harmful or neither for him? (Select one response for each line)

	Helpful	Neither	Harmful	Depends	Do not know
A typical family GP or doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A psychiatrist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A psychologist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dawood tries to deal with his problems on his own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamins and minerals, tonics or herbal medicines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Antidepressants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading the Bible or Koran	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming more physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading about people with similar problems and how they have dealt with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting out and about more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Courses on relaxation, stress management, meditation or yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cutting out alcohol altogether	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychotherapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive behaviour therapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A special diet or avoiding certain foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Consulting a book that gives information about his health problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Helpful	Neither	Harmful	Depends	Do not know
Receiving information about his problem from a health educator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visiting a Religious leader such as a priest or Imam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 6. The next few questions contain statements about Dawood's problem. Please indicate how strongly YOU PERSONALLY agree or disagree with each statement.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. Dawood could snap out of it if he wanted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Dawood's problem is a sign of personal weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Dawood's problem is not a real medical illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Dawood is dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. It is best to avoid Dawood so that you don't develop this problem yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Dawood's problem makes him unpredictable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. You would not tell anyone if you had a problem like Dawood's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I would not employ someone if I knew they had a problem like Dawood's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. I would not vote for a politician if I knew they had suffered a problem like Dawood's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 7. The following questions ask how you would feel about spending time with Dawood. Would you be happy:

	Yes, definitely	Yes, probably	Probably not	Definitely not
a. To move next door to Dawood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. To spend an evening socializing with Dawood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. To make friends with Dawood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. To work closely with Dawood on a project at work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. To have Dawood marry into your family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Recognition of Problems in Vignettes, Intentions to Help and Confidence in Helping

Below is a story regarding a hypothetical person called Miriam. The box below describes how she has been recently.

Vignette 2

Miriam is a 37 year old married woman with 2 children, a daughter aged 7, and son aged 5. Miriam migrated to Australia as a refugee after her father was killed in Iraq almost 3 years ago. Miriam has been living in Australia for the past year and has attended her local GP on several occasions with the following complaints; she feels sad and cries all the time and has little energy or motivation to do daily activities. Additionally she reports a loss of appetite, which has resulted in a weight loss of 5 kilos. On further query from her doctor, Miriam reports feelings of worthlessness and immense guilty because she cannot help her uncles and cousins back home in Iraq.

* 8. What, if anything, do you think is wrong with Miriam?

* 9. If Miriam was one of your students or clients, I would help her.

Strongly disagree	Mostly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Mostly agree	Strongly agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 10. Describe all the things you would do to help Miriam.

* 11. How confident do you feel in helping someone with a problem like Miriam's?

Not at all	A little bit	Moderately	Quite a bit	Extremely
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 12. If Miriam were to seek help for her problem from any of the following, is it likely to be helpful, harmful or neither for her? (Select one response for each line)

	Helpful	Neither	Harmful	Depends	Do not know
A typical family GP or doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A psychiatrist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A psychologist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Helpful	Neither	Harmful	Depends	Do not know
Miriam tries to deal with her problems on her own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamins and minerals, tonics or herbal medicines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Antidepressants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading the Bible or Koran	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming more physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading about people with similar problems and how they have dealt with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting out and about more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Courses on relaxation, stress management, meditation or yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cutting out alcohol altogether	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychotherapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive behaviour therapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A special diet or avoiding certain foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Consulting a book that gives information about her health problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Receiving information about her problem from a health educator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visiting a Religious leader such as a priest or Imam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 13. The next few questions contain statements about Miriam's problem. Please indicate how strongly YOU PERSONALLY agree or disagree with each statement.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. Miriam could snap out of it if he wanted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Miriam's problem is a sign of personal weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Miriam's problem is not a real medical illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Miriam is dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. It is best to avoid Miriam so that you don't develop this problem yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Miriam's problem makes her unpredictable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. You would not tell anyone if you had a problem like Miriam's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I would not employ someone if I knew they had a problem like Miriam's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. I would not vote for a politician if I knew they had suffered a problem like Miriam's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 14. The following questions ask how you would feel about spending time with Miriam. Would you be happy:

	Yes, definitely	Yes, probably	Probably not	Definitely not
a. To move next door to Miriam?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. To spend an evening socializing with Miriam?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. To make friends with Miriam?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. To work closely with Miriam on a project at work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. To have Miriam marry into your family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental health first aid knowledge

* 15. Please indicate whether you agree or disagree with each statement, or if you don't know.

	Disagree	Agree
In helping an Iraqi refugee with mental health problems, it is useful to understand the historical context of the conflicts and wars that Iraq has been engaged in over the past 30 years, which may affect the person's mental health and help-seeking behaviour.	<input type="radio"/>	<input type="radio"/>
Half of all people who experience a mental illness have their first episode by age 18.	<input type="radio"/>	<input type="radio"/>
PTSD and Depressive disorders are the most prevalent mental illness in the Iraqi population.	<input type="radio"/>	<input type="radio"/>
Ongoing conflicts in Iraq might worsen or trigger mental health problems in the person.	<input type="radio"/>	<input type="radio"/>
If a person who is depressed does not want to seek professional help, it is important to force them to if you can.	<input type="radio"/>	<input type="radio"/>
When communicating using a raised voice with a person with limited English comprehension is helpful.	<input type="radio"/>	<input type="radio"/>
Iraqis tend to talk openly about their mental health problems.	<input type="radio"/>	<input type="radio"/>
Exercise can help relieve depression.	<input type="radio"/>	<input type="radio"/>

Disagree

Agree

Recovery from anxiety disorders requires facing situations which are anxiety provoking

Antidepressant medications can be an effective treatment for most anxiety disorders.

Non-Western cultures tend to classify their distress using somatic or vegetative complaints such as headaches, disturbances of sleep or lack of energy.

People with mental illnesses are much more likely to be smokers.

It is not a good idea to ask someone if they are feeling suicidal in case you put the idea in their head.

It is best to get someone having a panic attack to breathe into a paper bag.

It is very important to offer a professional interpreter to the person, where one is needed.

Self-reported supportive behaviours if someone from an Iraqi refugee background develops a mental health problem

* 16. Over the last 6 months, has anyone that you assist (Iraqis) had any sort of mental health problem? (a “mental health problem”, is a cluster of symptoms that affects a person’s thinking, emotional state and behaviour, and disrupts the person’s ability to work or carry out other daily activities and engage in satisfying personal relationships. The problem lasts for a period of weeks or more).

Yes

No

Don't know

Refused

* 17. Over the last 6 months, did you try to help the person with this problem?

Yes (Go to 29)

No (Go to 28)

* 18. Describe all the things you did to help.