

## COMMUNITY SURVEY ON MENTAL/EMOTIONAL HEALTH

**Instructions:** Please provide answers to the following questions which ask about your background and your opinions about mental or emotional health. Please note that all of your responses will be **anonymous**, and not linked back to you as a person.

Please note that **mental or emotional health** includes emotional, psychological, spiritual, and social well-being. It is a person's ability to have a balance between mind and body, and to accept, express, and deal with their feelings, thoughts, and actions when faced with difficult events.

### **Background information:**

1. Age: \_\_\_\_\_ years
2. Gender:
  - a. Female
  - b. Male
  - c. Other (please specify): \_\_\_\_\_
  - d. Prefer not to disclose
3. Highest education level:
  - a. Elementary school (up to 5<sup>th</sup> grade)
  - b. Middle school (6<sup>th</sup> to 8<sup>th</sup> grade)
  - c. High school
  - d. Associate's Degree/Technical Certificate/Some College
  - e. Bachelor's Degree
  - f. Master's Degree
  - g. Post-Master's Degree
  - h. Other (please specify): \_\_\_\_\_
4. Ethnic/Racial identity [SELECT ALL THAT APPLY]:
  - a. African American/Black
  - b. African immigrant
  - c. Arab/Middle Eastern
  - d. Asian (East/Southeast/South)
  - e. Hispanic/Latino
  - f. American Indian/Alaska Native [If selected, a text box will pop up and ask "List specific tribe(s) if desired: \_\_\_\_\_"]
  - g. Pacific Islander (e.g. Native Hawaiian, Samoan, Guamanian or Chamorro, Fijian, Tongan)
  - h. White, Non-Hispanic
  - i. Other (please specify): \_\_\_\_\_

### **Emotional Health:**

*Please answer the following questions about emotional health:*

5. How important is emotional health to you?
  - a. Not at all
  - b. A little
  - c. A lot
  
6. In the past 6 months, have you been experiencing any of the following emotional health issues? (select all that apply):
  - a. Feeling sad
  - b. Feeling a racing heartbeat, sweating, or tense muscles
  - c. Worrying about different areas in life, such as finances, family relationships, health
  - d. Thoughts about harming or killing yourself
  - e. Feeling very stressed about an upsetting event, such as being assaulted, being in an earthquake, other trauma
  - f. Feeling stress/anxiety about COVID-19, racism or racial unfairness, changing immigration policies
  
7. In the past 6 months, how much has poor emotional health gotten in the way of your life activities?
  - a. Not at all
  - b. A little
  - c. A lot
  
8. Which of the following activities do you do to deal with emotional health problems? (*Check all that apply*)
  - a. Physical activity (examples: taking walks, meditation, yoga, tai chi)
  - b. Spending time with friends or family
  - c. Praying
  - d. Eating too much or eating too little
  - e. Drinking alcohol or smoking
  - f. Other (please specify): \_\_\_\_\_

### **Beliefs about emotional health:**

*Please indicate how much you agree or disagree with the following statements:*

9. **Members of my community** view most people seeking emotional health services as weak or crazy.
  - a. This is not at all true
  - b. This is a little true

- c. This is very true
10. **I view** most people seeking emotional health services as weak or crazy.
- a. This is not at all true
  - b. This is a little true
  - c. This is very true
11. **I would feel ashamed of myself** if I was having emotional health problems or if I needed to ask for emotional health treatment.
- a. This is not at all true
  - b. This is a little true
  - c. This is very true

**Openness to getting treatment:**

12. How comfortable would you feel getting emotional health treatment for **yourself**?
- a. Not at all comfortable
  - b. A little comfortable
  - c. Very comfortable
13. How comfortable would you feel about recommending emotional health treatment **to others**?
- a. Not at all comfortable
  - b. A little comfortable
  - c. Very comfortable
14. Have you ever received emotional or mental health services?
- a. Yes
  - b. No

**[Branch Logic] If yes**, how would you rate your overall treatment experience(s)?

- a. Not good
  - b. Okay
  - c. Very good
15. If you were to look for emotional health treatment, which of the following would you choose (select all that apply):
- a. Group therapy (with others from my community having similar problems)
  - b. Individual therapy (one-on-one)
  - c. Having a therapist or mental health provider who is the same race or cultural background as me
  - d. Phone app or a website that helps me with my problems
  - e. A self-help book or printed material that helps me with my problems
  - f. Other (please specify): \_\_\_\_\_

**Barriers to emotional health:**

16. Which of the following barriers would stop you from getting emotional health treatment?  
(Please choose your top 1 to 3 barriers)
- a. Not having money or health insurance to pay for the visit
  - b. Being afraid of being treated poorly because of my race or where I come from
  - c. Fear of being judged or feeling embarrassed for seeking support
  - d. Lack of trust in emotional health providers
  - e. Therapist not speaking my language or not knowing my culture
  - f. Not knowing *why, when, and where to go* to seek support
  - g. There not being enough appointments available that fit my schedule
  - h. I don't need to go to a provider to seek emotional health support

**Impact of Current Events on Emotional Health:**

17. How much do the current **racial tensions** in America affect your emotional health?
- a. Not at all
  - b. A little
  - c. A lot
18. How much do the current **politics** in America affect your emotional health?
- a. Not at all
  - b. A little
  - c. A lot
19. How much does the current **COVID-19** health crisis affect your emotional health?
- a. Not at all
  - b. A little
  - c. A lot

[IF "A little" or "A lot" are selected, then the following question will pop up]:

20. In which of the following ways does COVID-19 cause you emotional stress? (select all that apply)
- a. Job loss/financial hardship due to virus
  - b. A loved one or I have been diagnosed with COVID-19
  - c. Being socially distanced from others; feeling socially isolated
  - d. No more community or religious events
  - e. Difficulties juggling work and home-schooling/having children at home
  - f. Feelings of uncertainty related to the health crisis; feeling scared about getting the virus:
  - g. Other (please specify):

21. In the past 6 months, have you been experiencing any of the following **physical health** issues? (select all that apply)
- a. Stomach problems (e.g. nausea, constipation, diarrhea)
  - b. Back pain
  - c. Pain in arms, legs, or joints (e.g. hip or knees pain, gout)
  - d. Headaches
  - e. Chest pain or shortness of breath (e.g. breathing problems)
  - f. Dizziness (e.g. balance issues or falling)
  - g. Feeling tired or having low energy
  - h. Trouble sleeping
  - i. Other (please specify): \_\_\_\_\_
  - j. I have not experienced any physical health issues

**Thank you so much for taking the time to participate in our survey!**

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