



## MARISTAN SCALE OF STIGMA

|   |                                |                                |                                |                                |
|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1. I avoid relating to others because I feel different.                           |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 2. The illness makes me feel inferior.  |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 3. I'm afraid that I might disappoint others.                                     |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 4. At times I think that I am not normal.   |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 5. My family criticises me for everything.  |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 6. My family doesn't take me seriously  |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 7. I have been ill-treated by my family (abandoned, locked in my own home, etc.). |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 8. I have been hidden away by my family.  |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 9. My family hides my illness from others.  |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |
| 10. My family is afraid of me   |                                |                                |                                |                                |
| <input type="text" value="1"/>  | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree  |                                | Sometimes                      |                                | Total disagreement             |



|  |                                |                                |                                |                                |
|--|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 11. People use unpleasant words when talking about people with mental health problems. |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 12. People look at me as if I am odd.  |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 13. Due to my illness people close to me have become more distant.                     |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 14. People always expect me to behave and talk in an odd way.                          |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 15. People don't respect me.   |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 16. People are not tolerant with me.   |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 17. The media portray a poor image of people with mental health problems.              |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 18. General practice staff are cold and impersonal towards me.                         |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 19. Mental health professionals are cold and impersonal towards me.                    |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |
| 20. Professionals from the emergency services are cold and impersonal towards me.      |                                |                                |                                |                                |
| <input type="text" value="1"/>   | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| Strongly agree   |                                | Sometimes                      |                                | Total disagreement             |



|   |                            |                            |                            |                            |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 21. Professionals in psychiatric units are cold and impersonal towards me.  |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 22. Medical services try to avoid having to deal with people with mental health problems.   |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 23. The emergency services don't look after people with mental health problems in the same way as people with other illnesses.  |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 24. The opinion of people with mental health problems is not so well considered whenever decisions about their treatment (hospital admission) are taken, unlike in the case of other illnesses. |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 25. Health Problems of people with mental health problems are not taken seriously, as they tend to be understood as part of the mental illness.   |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 26. Mental health facilities are in a worse state than other health service facilities.   |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 27. Mental health services have fewer staff than other health services.   |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 28. Psychiatric medication is not as well funded as medication for other illnesses.   |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 29. Government policy has not supported the development of mental health services compared to other health services.  |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |
| 30. Mental health law excessively restricts the rights of people with mental health problems  |                            |                            |                            |                            |
| <input type="checkbox"/> 1  | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Strongly agree  |                            | Sometimes                  |                            | Total disagreement         |