

REDUCING MENTAL ILLNESS STIGMA

Supplementary Materials: Pre-Training Knowledge Questionnaire

Q2 Under what circumstance is deep breathing a helpful mental health technique?

- ☐ Regulate anger
- ☐ Avoid thoughts and feeling
- ☐ Treatment for PTSD
- ☐ Improve memory and focus

Q3

A friend expresses feelings of hopelessness, isolation, deep sadness, and numbness. Based on this information, which of the following should you investigate further?

- ☐ PTSD
- ☐ Anger
- ☐ Depression
- ☐ Suicide

Q4 If I was interested in talking to someone about my mental health I should...

- ☐ Consult with a lawyer before further deciding what to do.
- ☐ Begin considering looking for a new job.
- ☐ Contact a confidential provider like UCF RESTORES or EAP.
- ☐ Wait and try to manage it on my own.

Q5 Most individuals will fall into the ____ zone(s) in response to stress.

- ☐ Orange/Red
- ☐ Yellow/Green
- ☐ Orange
- ☐ Red

Q6 Which of the following would you recommend to a friend that tells you they are having difficulty falling asleep?

- ☐ Drink alcohol
- ☐ Exercise before bed
- ☐ Watch T.V
- ☐ Set a sleep schedule

Q7 "I feel like a different person lately. I was always happy-go-lucky, make you laugh person, but now it seems like anything that anyone does is like nails on a chalkboard to me. I have not slept thru the night in over a month because of the nightmares. Sometimes I think I would feel so much better if I lived in the middle of the woods by myself or if I could punch anyone I want to in the face."

The above scenario best represents what stress zone?

- ☐ Red
- ☐ Yellow
- ☐ Orange
- ☐ Green

Q8 Three days after a bad call a friend is shouting, using a hateful tone, always has clenched fists, and low frustration tolerance. Together these are most likely signs that your friend is most likely experiencing the typical reaction of _____ following a trauma.

- ☐ Anger

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- Depression
- PTSD
- Sleep problems

Q9 Which of the following would you recommend to a friend to do if they just experienced a traumatic event?

- Suggest they spend time alone.
- Tell them they have to talk about the event.
- Inform the person that exercise, especially outdoors, is often helpful.
- Recommend that they block the event out of their memory.

Q10 Your significant other is worried about a string of bad calls you have had. You let them know...

- Most people are diagnosed with PTSD immediately after a trauma
- Most people will not be diagnosed with PTSD after a trauma
- Most people will not be diagnosed if they have a good life
- Most people will be diagnosed with PTSD long after the trauma has occurred.

Q11 You should be concerned about someone's' drinking patterns if...

- They have 1 to 2 drinks per day with meals.
- They will only attend social events if there is alcohol.
- They choose not to drink.
- They collect and enjoy craft beer.