



UMHL-A Part A

Please read the statements below and indicate to what extent you agree with the following statements, from "Strongly disagree" to "Strongly agree". If you do not know how to answer, select "I don't know".

	Strongly disagree	Disagree	Neither agree, nor disagree	Agree	Strongly agree	I don't know
Talking about my feelings with someone helps to improve my mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's not a problem for me to talk to my peers about my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting along with others is important for mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I experienced mental health problems, I would seek help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone I care about had mental health problems for a long time, I would recommend them to get professional help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's not a problem for me to talk to adults I know about my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I had a mental disorder, I would speak about it with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If one of my friends started to have mental health problems, I would still want to be friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

UMHL-A Part B

Please read the statements below and indicate to what extent the statements are correct ("Yes") or incorrect ("No") from your point of view. If you don't know how to answer, select "I don't know".

	Yes	I don't know	No
How I get along with others affects my mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental illnesses have a range of causes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health impacts people's behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When someone has a mental disorder, it affects their emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression is one of the most common mental illnesses among young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The way people commonly feel is a sign of their mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How people think about things affects their mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How people get along with others affects how they feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How people think about things affects how they feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>