

Focus Group Guide

10/27/21

Group 1

Awareness and Beliefs About Mental Health

Demographics:

males and females ages 18-22

current undergraduate students at the University of Kansas

Introductions

Questions

1. How would you describe mental health?
2. How would you describe your personal beliefs about mental health?
3. When I say the words 'mental health' what do you think of?
4. What would you consider good mental health?
5. What would you consider poor mental health?

Mental health, by dictionary definition, is a person's condition in regard to psychological and emotional well-being.

Good mental health can be associated with your ability to fulfill basic functions and activities like learning, building relationships, expressing and managing emotions. In comparison to poor mental health, increased difficulty managing how you think, feel, or act in general or in response to daily stressors.

6. After learning the definition, has your opinion changed?

We define awareness as the knowledge and informed perception of mental health. People can become aware through mental health resources, discussions among peers, or social media.

The following 6 questions will discuss awareness of mental health

7. Is awareness of mental health important to you?
8. What is your level of awareness about mental health stigmas — public stigma, self-stigma, institutional stigma?
9. What is your level of awareness with mental health campaigns such as 'it's ok to not be ok' and 'Mental Health Matters'?
10. Are you aware of other mental health campaigns?
11. Are you aware of the efforts being made regarding the mental health crisis?
12. Do you think other college students have a level of awareness to make the efforts have effective outcomes?

The following questions will discuss experiences with mental health.

13. Do you think mental health affects a small percentage (less than 35%) or large percentage (greater than 65%) of college aged students?
14. Do you have experiences with mental health?
15. Do you have friends that have experiences with mental health?
16. Do you have experience with mental health treatment?
17. Do you have friends that have experiences with mental health treatment?

18. Do you think your experiences with mental health affected and/or currently affects other life experiences?
19. For those of you who do have experience with mental health and/or treatment services, do you think it has changed your attitude towards others who struggle?
20. Do you think mental health days are appropriate?

Questionnaire

Please answer the following demographic questions:

1. How old were you on your last birthday?
2. Which gender do you most identify with? Male | Female | Other
3. What is your current year in school? Freshman | Sophomore | Junior | Senior