



**Storytelling Program  
Post-Program Questionnaire  
Office of Diversity and Equity**





All of this information is completely **confidential** and is used to understand the success of the storytelling program.



CID: \_\_\_\_\_ PID: \_\_\_\_\_ Date: \_\_\_\_\_

Stigma has shaped public perception of people with mental health issues, leading to various harmful myths and stereotypes. Over time, we also internalize the lessons that society teaches us. This program seeks to challenge the way that we have been affected by behavioral health (mental health and/or substance abuse) stigma. This information is used to understand the success of the storytelling program. Please circle one number for each question below.

**1. How much do you agree or disagree with these statements (circle one number for each):**

									
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree				
<i>I feel people with mental illness are persons of worth, at least on an equal basis with others.</i>	9	8	7	6	5	4	3	2	1
<i>I see people with mental illness as capable people.</i>	9	8	7	6	5	4	3	2	1
<i>People with mental illness are able to do things as well as other people.</i>	9	8	7	6	5	4	3	2	1

**2. Answer the questions below if you identify as someone who has a mental illness. How much do you agree or disagree with these statements (circle one number for each):**

									
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree				
<i>Because I have a mental illness, I am unable to take care of myself.</i>	9	8	7	6	5	4	3	2	1
<i>Because I have a mental illness, I will not recover or get any better.</i>	9	8	7	6	5	4	3	2	1
<i>Because I have a mental illness, I am to blame for my problems.</i>	9	8	7	6	5	4	3	2	1
<i>Because I have a mental illness, I am unpredictable.</i>	9	8	7	6	5	4	3	2	1
<i>Because I have a mental illness, I am dangerous.</i>	9	8	7	6	5	4	3	2	1

**3. How do you feel about sharing your story? (Please describe challenges and benefits you have experienced as a result of sharing your story and/or lived experience. If you have not shared your story, please describe the challenges and benefits you expect to experience.)**

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