



**Photovoice Workshop  
Pre-Workshop Questionnaire  
Office of Diversity and Equity**



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

Date: \_\_\_\_\_ For administrative use: CID \_\_\_\_\_ PID \_\_\_\_\_  Personal  Community

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 workshop seeks to affect our opinions on behavioral health (mental health and/or substance use) stigma. Please circle one number for each question below and only answer questions that apply to you.

**1. How much do you agree or disagree with these statements?**

									
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree				
<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
<i>I try to be understanding and patient towards those aspects of my personality I don't like.</i>	9	8	7	6	5	4	3	2	1
<i>I'm kind to myself when I'm experiencing suffering.</i>	9	8	7	6	5	4	3	2	1
<i>When I'm going through a very hard time, I give myself the caring and tenderness I need.</i>	9	8	7	6	5	4	3	2	1
<i>I'm tolerant of my own flaws and inadequacies.</i>	9	8	7	6	5	4	3	2	1
<i>I try to be loving towards myself when I'm feeling emotional pain.</i>	9	8	7	6	5	4	3	2	1

**2. Answer the questions below only if you identify as someone who has a mental illness. How much do you agree or disagree with these statements?**

									
	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

 **Please TURN OVER and complete BOTH SIDES of this survey** 



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**3. Answer the questions below *only if* you identify as someone who has a substance use disorder. How much do you agree or disagree with these statements?**

									
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree				
<i>I have the thought that a major reason for my problems with substances is my own poor character.</i>	9	8	7	6	5	4	3	2	1
<i>I have the thought that I should be ashamed of myself.</i>	9	8	7	6	5	4	3	2	1
<i>I have the thought that I deserve the bad things that have happened to me.</i>	9	8	7	6	5	4	3	2	1
<i>I have the thought that I've permanently screwed up my life by using drugs.</i>	9	8	7	6	5	4	3	2	1

**4. 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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I can read and understand English and understand every question and instruction on this evaluation form.

At my request, a preparer helped me complete this evaluation. The name of the preparer who helped me is: \_\_\_\_\_