Mental Health & Substance Misuse Knowledge, Beliefs & Behaviors: Community Stigma Baseline Survey

San Mateo County

Full Report

Prepared for
San Mateo County Behavioral Health & Recovery Services –
Office of Diversity and Equity

April 2020

Strata Research, Inc.

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INTRODUCTION

The San Mateo County Behavioral Health & Recovery Services – Office of Diversity and Equity, sought to gain the community's perceptions of mental health and substance misuse issues in San Mateo County. The results provide a baseline measurement of perceptions, which can be tracked over time if and when programs and/or community outreach and educational programs are deployed.

In order to achieve these research objectives, Strata Research Inc. (Strata), an independent research firm, was commissioned to implement a baseline survey among San Mateo County residents, who are at least 18 years of age.

This report provides an analysis of the data from this baseline survey aimed to measure:

› San Mateo County residents' awareness and perception of mental health and substance misuse issues, including stigmas, recognition of signs and symptoms, as well as awareness of information and resources available to assist individuals experiencing these issues

› The differences in awareness and perceptions among key factors such as experience with mental health or substance misuse issues, gender, age, and ethnicity; differences in key sub-populations measured among segments with n≥30 sample sizes

METHODS AND SAMPLE

Strata conducted a 15-minute online survey among 450 residents of San Mateo County during March 2020. Respondents were required to be 18 years of age or older and a resident of San Mateo County.

The background composition of respondents sought to be comparable to the demographics for the region.[1] Sample sizes are as follows:

	San Mateo County Census Estimates	San Mateo County Baseline Stigma Survey
Gender (%)[2]		N=450
Male	49	44
Female	51	54
Another	NA	2
Race / Ethnicity (%)		
White or Caucasian[3]	40	52
Asian[3]	27	27
Hispanic, Latinx/o/a, or of Spanish origin[4]	25	19
Black or African American[3]	2	8
Native Hawaiian or Pacific Islander[3]	1	<1
Native American, American Indian or Indigenous[3]	<1	<1
Mixed	4	4

	San Mateo County Census Estimates	San Mateo County Baseline Stigma Survey
Age (%)		N=450
18-24[5]	7	16
25-34	19	20
35-44	18	19
45-54	17	20
55-64	16	12
65+	20	14
Household Income (%)		
$25,000 or less	10	14
$25,001 to $50,000	10	14
$50,001 to $100,000	21	28
$100,001 to $150,000	17	21
$150,001 to $200,000	13	14
$200,000 or more	30	9

[1] Source: Population estimates, U.S. Census Bureau, 2018 American Community Survey 5-Year Estimates
[2] There were 7 choices for gender identification, which were pared down to 'Female' and 'Male' for analysis purposes and included transgender (n=1); The "another" category includes genderqueer (n=4) and indigenous genderqueer (n=1)
[3] Do not identify as being of Hispanic/Latino ethnicity
[4] May be of any race
[5] Census data for ages 20-24
Note: Data may not always add up to 100% due to rounding

SURVEY COLLECTION PERIOD

The survey was administered March 12, 2020 – March 23, 2020.

The survey was offered in four languages. Below are the number of respondents taking the survey in each language:

› English (n=436)

› Spanish (n=13)

› Chinese (n=1)

› Tagalog (n=0)

REPORTING

The following items apply to the analysis of the survey data and representation of findings in this report.

1. Responses may not add up to 100% due to rounding.
2. 'Do not know' and 'Prefer not to say' responses were not included in the analysis.
3. Probability values (*p*-values) were tested against three thresholds: .05, .01, and .001.
4. Sub-populations with sample sizes smaller than 30 were not included in the report findings or statistical comparisons. Response counts were provided in place of percentages for sample sizes below 30.

TERMINOLOGY

Throughout this report, the following labels and descriptions are used to reference key sub-populations:

Depression	Respondents who were exposed to the scenario in which the hypothetical person was experiencing Major Depression
Schizophrenia	Respondents who were exposed to the scenario in which the hypothetical person was experiencing Schizophrenia
Alcohol	Respondents who were exposed to the scenario in which the hypothetical person was experiencing Alcohol Misuse
Heroin	Respondents who were exposed to the scenario in which the hypothetical person was experiencing Heroin Misuse
San Mateo County Adults / Adults	Respondents who qualified to participate in the survey by being a resident of San Mateo County and at least 18 years old
White	Respondents who identified themselves as being White or Caucasian, but not of Hispanic/Latino ethnicity
Asian	Respondents who identified themselves as being Asian, but not of Hispanic/Latino ethnicity
Hispanic/Latino	Respondents who identified themselves as being any race and having Hispanic/Latino ethnicity
Sought Mental Health Treatment	Respondents who are currently seeking treatment for a mental health or have in the past
Sought Substance Misuse Treatment	Respondents who are currently seeking treatment for a substance misuse issue or have in the past
Children at Home	Respondents who are a parent or guardian of a child or children under the age of 18 that live with them at least part-time
Below Median Income	Respondents whose yearly household income before taxes is equal to or less than $100,000
Near Median Income	Respondents whose yearly household income before taxes is between $100,001 and $150,000
Above Median Income	Respondents whose yearly household income before taxes is more than $150,000

LIMITATIONS

When respondents are asked for their opinion on a topic that is viewed as socially unacceptable, vignettes are sometimes used to elicit answers because they are considered to be a less threatening way of asking sensitive questions. To minimize social desirability bias in this study, a hypothetical person and situation were utilized for many, but not all, of the questions so that respondents could be more detached and potentially less threatened.

In addition, indirect questions were asked to reveal how people felt about the topic in general, and about the situations and behaviors of the characters presented in the scenarios.

It is important to note that it can only be assumed that responses to projective questions or vignettes (as used here) will indirectly reveal the respondents' true opinions. And, even if respondents hold certain negative opinions, they still might be unwilling to express them. Furthermore, the expression of opinions on social distance scales or other similar measures may not predict whether someone engages in discriminatory behavior in real life.

MENTAL HEALTH ATTITUDES AND KNOWLEDGE

The survey instrument utilized the presentation of two mental health vignettes: one which described an individual showing symptoms associated with major depression and another which described someone showing symptoms associated with schizophrenia. Respondents were randomly assigned to one of the two scenarios. The gender of the person in the assigned scenario was matched to the gender of the respondents.

Respondents were then asked a series of questions which were randomly rotated to prevent bias. Respondents rated their level of agreement with each statement as *Strongly agree*, *Agree*, *Neither agree or disagree, Disagree*, or *Strongly disagree*. Survey items from these two series of questions were combined into three general categories:

› Mental Health Inclusive Behavior

› Mental Health Knowledge

› Affirming Mental Health Beliefs

SUBSTANCE MISUSE ATTITUDES AND KNOWLEDGE

The survey instrument also utilized the presentation of two substance misuse vignettes: one which described an individual showing symptoms associated with an alcohol misuse issue and another which described someone showing symptoms associated with heroin misuse. Respondents were randomly assigned to one of the two scenarios. The gender of the person in the assigned scenario was matched to the gender of the respondent.

Respondents were then asked a series of questions which were randomly rotated to prevent bias. Respondents rated their level of agreement with each statement as *Strongly agree*, *Agree*, *Neither agree or disagree, Disagree*, or *Strongly disagree*. Survey items from these two series of questions were combined into three general categories:

› Substance Misuse Inclusive Behavior

› Substance Misuse Knowledge

› Affirming Substance Misuse Knowledge

COMPARISON TO CALIFORNIA STATEWIDE SURVEY

A smaller selection of the findings in this report can be compared directly to the Statewide report published by RAND Corporation, titled "Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative". The RAND statewide report provides results from the baseline survey (fielded in 2013) and the follow-on survey (fielded in 2014). This report compares findings from the follow-on survey (2014). For more information on the Rand statewide report, please visit:
https://www.rand.org/pubs/research_reports/RR1114.html.

Collins, Rebecca L., Eunice C. Wong, Elizabeth Roth, Jennifer L. Cerully, and Joyce S. Marks, Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative. Santa Monica, CA; RAND Corporation, 2015.

MENTAL HEALTH

EXPERIENCE WITH MENTAL HEALTH ISSUES & HELP-SEEKING

San Mateo County adults were asked about their mental health and whether they sought treatment if they had a past issue.

One-third of San Mateo County adults (36%) have had a mental health issue.

Chart 1
Question 6. Have you ever had a mental health problem?

Base: Total, n=450

Differences :

› More likely to have had a mental health issue:

  › **White** compared to Asian adults (34% vs. 22%; *p<.05*)

  › **Hispanic/Latino** compared to Asian adults (46% vs. 22%; *p<.01*)

  › **Women** compared to men (41% vs. 26%; *p<.01*)

  › Adults **18-34** to compared to those 35+ (43% vs. 32%; *p<.05*)

Additionally, respondents in the San Mateo County Baseline Survey were more likely to have had a mental health issue compared to respondents in the California Statewide Survey[1] (36% vs. 26%; *p<.001*)

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[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.

Among those who have had a mental health issue, most (72%) sought treatment.

Chart 2
Question 7. Have you ever sought treatment for a mental health problem?

	72%		28%
	Yes		No
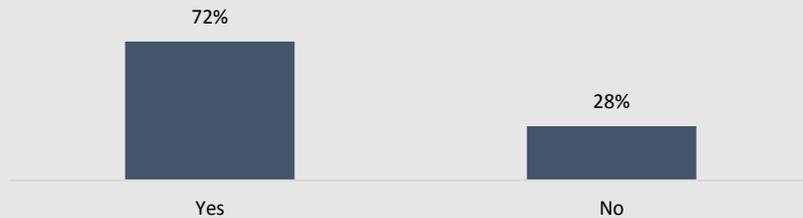
Base: Have Had Mental Health Issue, n=150

Differences:

› Adults **55+** were more likely to have sought treatment compared to those 18-34 and 35-54 (94% vs. 61%, 70%; *p<.01*)

Additionally, respondents in the California Statewide Survey[1] were more likely to have sought treatment compared to respondents in the San Mateo County Baseline Survey (95% vs. 72%; *p<.001*)

Among adults who did not seek treatment for their mental health issue, most felt they could handle it on their own (63%). More than one-third (39%) didn't want other people to know about their mental health issue. And approximately one-third (34%) didn't know where to get help and/or did not have or know if their insurance would cover it. Additionally, one-third (34%) believed they felt better and did not need treatment.

Chart 3
Question 8. Why did you not get treatment?

I felt I could handle it on my own	63%
I didn't want other people to know	39%
I didn't know where to get help	34%
I didn't have insurance to cover it or didn't know if my insurance would cover it	34%
I felt better and didn't feel I needed it	34%
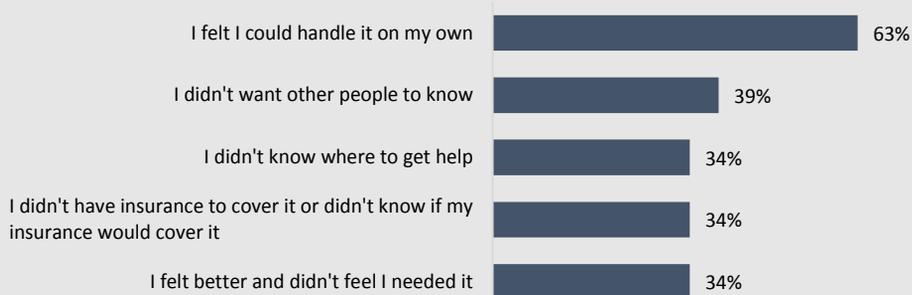
Base: Did Not Seek Treatment: n=41

The base size is too low for statistical testing across segments.

[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.

Adults who had sought treatment for a mental health issue were given a series of questions regarding their experience, including the time that it took to get treatment.

The majority of San Mateo County adults (74%) who sought treatment talked openly about their mental health issue with a close family member or friend. More than one-half agree that it took a long time to begin seeking help (60%) and felt supported by others in seeking help for their mental health issue (59%).

Chart 4

Question 9. How much do you agree or disagree with the following statements regarding your current or past mental health problem?

	Disagree	Neither Agree Nor Disagree	Agree
I openly talked about my mental health problem with a close family member or friend	18%	8%	74%
It took a long time for me to begin seeking help after I needed it	24%	16%	60%
I was supported by others in getting help for my mental health problem	23%	19%	59%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree
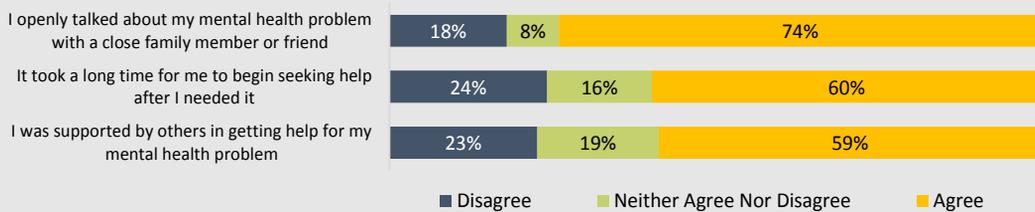
Base: Have Had Mental Health Issue, n=150

Differences :

› More likely to agree that they talked about their mental health issue with a close family member or friend:

   › Adults who have **sought mental health treatment** compared to those who have not (80% vs. 59%; *p<.05*)

› More likely to agree that it took a long time for them to begin to seek help:

   › **Hispanic/Latino** compared to White adults (74% vs. 45%; *p<.01*)

   › Adults **18-34** and **35-54** compared to those 55+ (71%, 63% vs. 34%; *p<.01*)

› More likely to agree they were supported by others in getting help:

   › Adults who have **sought mental health treatment** compared to those who have not (70% vs. 32%; *p<.001*)

Perceptions & Help for Family Mental Health Issues

Most San Mateo County adults (83%) would not be ashamed if someone in their family had a mental health issue.

Chart 5
Question 4. If someone in your family had a mental illness, would you feel ashamed if people know about it?

5%	12%	30%	53%

■ Definitely Ashamed　■ Somewhat Ashamed　■ Probably Not Ashamed　■ Definitely Not Ashamed
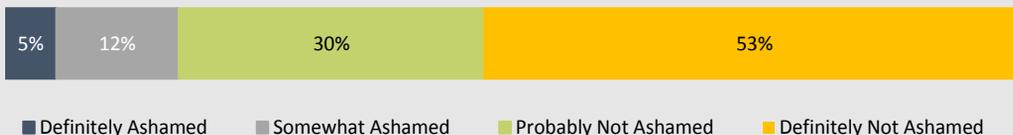
Base: Total, n=450

Differences :

› More likely to not be ashamed if someone in their family had a mental health:

   › **White** compared to Asian adults (87% vs. 74%; *p<.01*)

   › **Hispanic/Latino** compared to Asian adults (87% vs. 74%; *p<.05*)

   › **Women** compared to men (87% vs. 78%; *p<.05*)

   › Those with a **near median income** compared to a below median income and an above median income (90% vs. 82%, 77%; *p<.05*)

   › Those **without children at home** compared to those with (86% vs. 77%; *p<.05*)

One-half of San Mateo County adults (52%) have a family member who has had a mental health issue.

Chart 6

Question 5. Do you have a family member who has had a mental health problem?

52%   48%

Yes   No
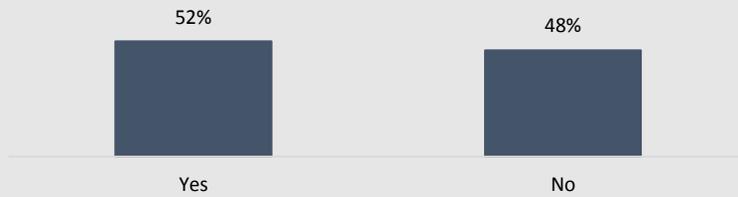
Base: Total, n=450

Differences :

› More likely to have a family member who had a mental health issue:

  › **White** compared to Asian adults (59% vs. 31%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (59% vs. 31%; *p<.001*)

  › **Women** compared to men (60% vs. 41%; *p<.001*)

Almost all San Mateo County adults (83%) provided emotional support to help their family member with their mental health issue. And more than one-half (58%) helped their family member to seek professional help. Only very few (5%) did nothing to help their family member.

Chart 7

Question 5A. What, if anything, have you done to help your family member with a mental health problem?

Provided emotional support	83%
Helped them seek professional help	58%
Helped them connect to other family or friends for support	45%
Helped them connect to community resources	35%
I didn't do anything	5%
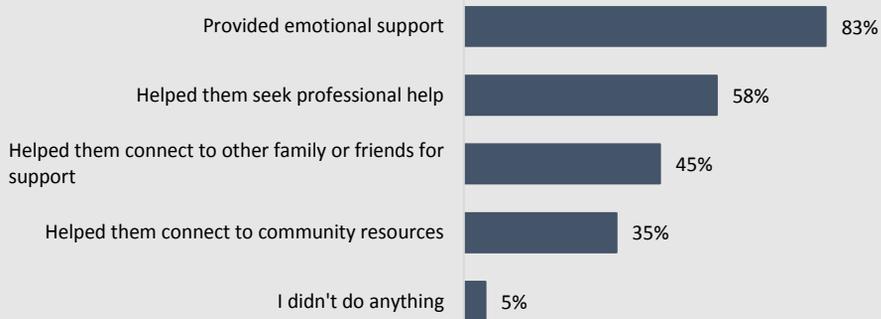
Base: Family Had Mental Health Issue; n=216

Differences :

› More likely to have provided emotional support:

  › Adults who have **sought mental health treatment** compared to those who have not (93% vs. 76%; *p<.05*)

› More likely to have helped them seek professional help:

  › Adults who have **sought mental health treatment** compared to those who have not (74% vs. 45%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (67% vs. 42%; *p<.05*)

› More likely to have helped connect them to community resources:

  › **Hispanic/Latino** compared to Asian adults (46% vs. 23%; *p<.05*)

  › Adults **18-34** compared to those 35+ (44% vs. 30%; *p<.05*)

  › Those with **children at home** compared to those without (51% vs. 27%; *p<.001*)

› More likely to not have done anything:

  › **Men** compared to women (10% vs. 2%; *p<.05*)

Differences continued:

Additionally, respondents in the California Statewide Survey[1] were more likely to have:

› Provided emotional support (92% vs. 83%; *p<.001*)

› Helped them seek professional help (69% vs. 58%; *p<.01*)

› Helped connect them to community resources (74% vs. 35%; *p<.01*)

› Helped them connect to other friends and family (74% vs. 45%; *p<.01*)

Compared to respondents in the San Mateo County Baseline Survey

[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.

MENTAL HEALTH ATTITUDES AND KNOWLEDGE

In order to understand perceptions and attitudes towards mental health, this survey used two scenario items that described hypothetical situations. In one scenario, the person is being described as having symptoms associated with major depression. In the other scenario, the person is being described as having symptoms associated with schizophrenia. Adults were randomly assigned to one of these scenarios and then asked a series of questions about their attitudes towards the hypothetical situation and person presented.

It is important to note that the findings using these hypothetical situations are tied to major depression and schizophrenia. These results cannot be extrapolated to represent other forms of mental health. More investigation is required to confirm whether or not the results of this study would extend to other mental health issues.

In addition to the scenarios, the survey addressed overall attitudes and knowledge about mental health.

MENTAL HEALTH KNOWLEDGE

SCENARIO ITEMS

When presented with one of two simulated scenarios, the majority of San Mateo County adults (74%) recognize the person as experiencing a mental health issue.

Chart 8
Statement 3D. It is likely that he/she is experiencing mental illness.
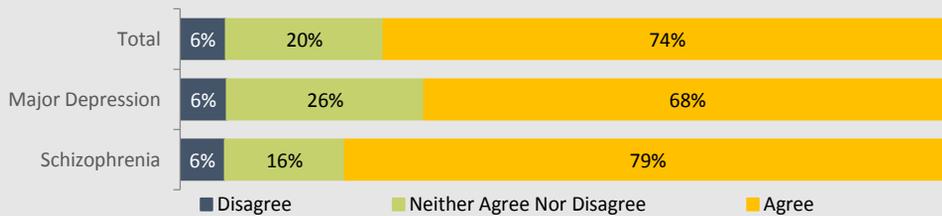
	Disagree	Neither Agree Nor Disagree	Agree
Total	6%	20%	74%
Major Depression	6%	26%	68%
Schizophrenia	6%	16%	79%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the person was experiencing a mental health issue:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (79% vs. 68%; *p<.05*)

  › **White** compared to Hispanic/Latino adults (80% vs. 61%; *p<.001*)

  › Those with a **near median income** compared to below median income (82% vs. 70%; *p<.05*)

One-third of San Mateo County adults (38%) agree that the person is experiencing a physical issue.

Chart 9
Statement 3E. It is likely that he/she is experiencing physical illness.

	Disagree	Neither Agree Nor Disagree	Agree
Total	24%	39%	38%
Major Depression	25%	39%	36%
Schizophrenia	23%	38%	39%

Base: Total, n=450
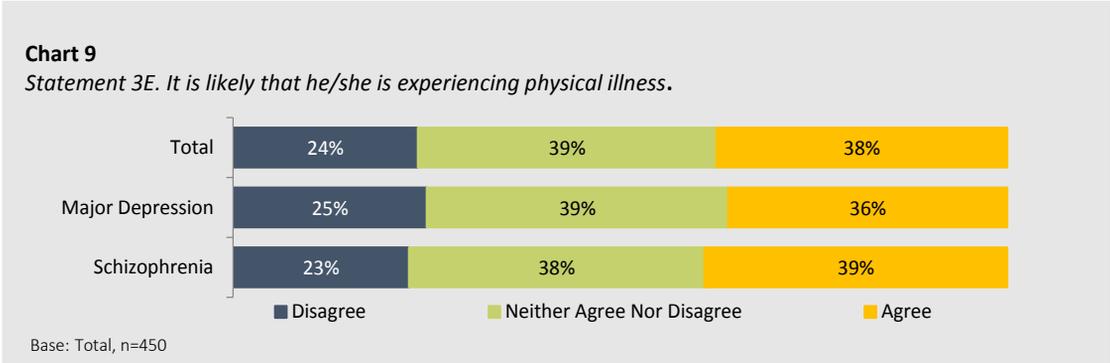
Differences:

› Those who were more likely to agree that the person was experiencing a physical issue:

   › Adults **18-34** compared to 35+ (44% vs. 34%; *p<.05*)

   › Those with **children at home** compared to those without (46% vs. 33%; *p<.05*)

A lower percentage of San Mateo County adults (18%) agree that the person's situation is likely caused by bad character.
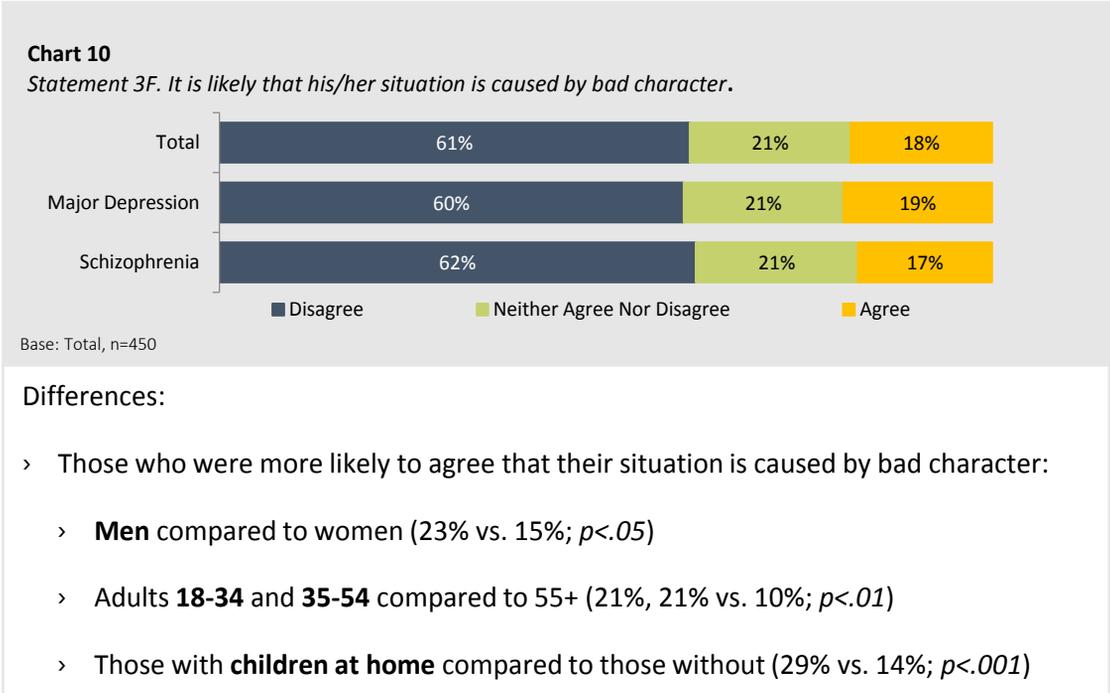
Chart 10
Statement 3F. It is likely that his/her situation is caused by bad character.

	Disagree	Neither Agree Nor Disagree	Agree
Total	61%	21%	18%
Major Depression	60%	21%	19%
Schizophrenia	62%	21%	17%

Base: Total, n=450

Differences:

› Those who were more likely to agree that their situation is caused by bad character:

  › **Men** compared to women (23% vs. 15%; *p<.05*)

  › Adults **18-34** and **35-54** compared to 55+ (21%, 21% vs. 10%; *p<.01*)

  › Those with **children at home** compared to those without (29% vs. 14%; *p<.001*)

One-third of San Mateo County adults (38%) agree that the person is experiencing the normal ups and downs of life.

Chart 11
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.
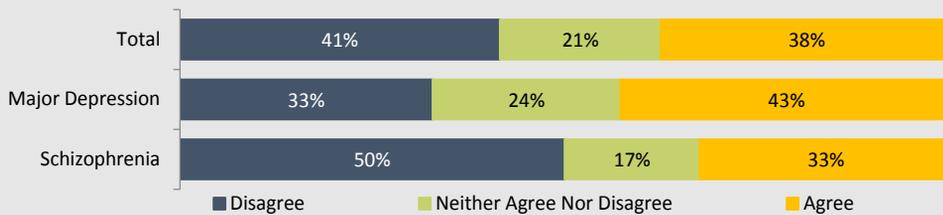
	Disagree	Neither Agree Nor Disagree	Agree
Total	41%	21%	38%
Major Depression	33%	24%	43%
Schizophrenia	50%	17%	33%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the person is experiencing the normal ups and downs of life:

  › Those who were exposed to the **Major Depression** scenario compared to the Schizophrenia scenario (43% vs. 33%; *p<.05*)

  › **Asian** compared to White adults (45% vs. 28%; *p<.01*)

  › **Hispanic/Latino** compared to White adults (43% vs. 28%; *p<.05*)

  › Adults **18-34** compared to those 35+ (45% vs. 34%; *p<.05*)

  › Those with a **below median income** compared to those with a near median income (41% vs. 28%; *p<.05*)

  › Those with **children at home** compared to those without (46% vs. 34%; *p<.05*)

The vast majority of San Mateo County adults (79%) agree that the person will improve with treatment.

Chart 12
Statement 3B. It is likely that he or she will improve with treatment.

	Disagree	Neither Agree Nor Disagree	Agree
Total	6%	16%	79%
Major Depression	5%	18%	78%
Schizophrenia	7%	14%	79%

Base: Total, n=450

Differences:

› Those with an **above median income** were more likely to agree that he or she will improve with treatment compared to those with a below median income (85% vs. 73%; *p<.05*)

Less than one-quarter of San Mateo County adults (19%) agree that the person's situation will improve on its own.

Chart 13
Statement 3A. It is likely that his/her situation will improve on its own.
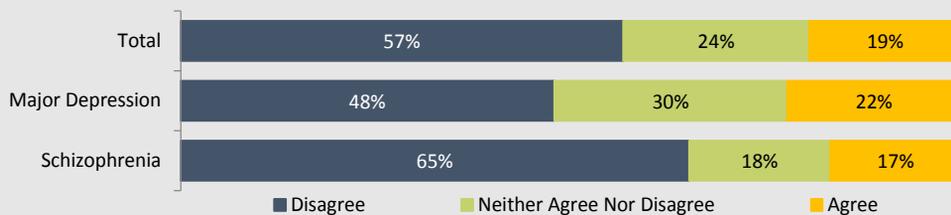
	Disagree	Neither Agree Nor Disagree	Agree
Total	57%	24%	19%
Major Depression	48%	30%	22%
Schizophrenia	65%	18%	17%

Base: Total, n=450

Differences:

› Those who were more likely to agree that their situation will improve on its own:

  › Adults **18-34** compared to those 35+ (25% vs. 16%; *p<.05*)

GENERAL MENTAL HEALTH KNOWLEDGE

Two-thirds of San Mateo County adults (69%) agree that a person can eventually recover from a mental health issue.

Chart 14
Statement Q1_2. A person with mental illness can eventually recover.

11%	20%	69%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450

Differences:

› Adults **35-54** were more likely to agree that a person can eventually recover from a mental health issue compared to those 18-34 (75% vs. 64%; *p<.05*)

Two-thirds of adults (64%) agree that suicide is preventable.

Chart 15
Statement Q1_6. Suicide is usually preventable.

12%	24%	64%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450

There were no statistically significant differences by segment.

Less than one-quarter of San Mateo County adults (21%) agree that talking about suicide can cause suicide.

Chart 16
Statement Q1_5. Talking about suicide can cause suicide.

52%	28%	21%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450

Differences:

› Those who were more likely to agree that talking about suicide can cause suicide:

   › Adults **18-34** compared to those 35+ (26% vs. 17%; *p<.05*)

   › Those with a **below median income** compared to those with a near median income (26% vs. 14%; *p<.01*) or an above median income (26% vs. 15%; *p<.05*)

   › Those with **children at home** compared to those without (28% vs. 17% *p<.05*)

One-third of San Mateo County adults (39%) agree that they don't have the necessary skills to talk about suicide with a friend, colleague, or family member.

Chart 17
Statement Q1_7. I don't have the necessary skills to talk about suicide with a friend, colleague, or family member.

|		
36%	25%	39%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree
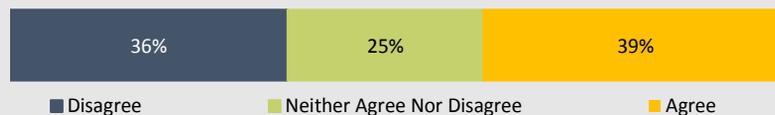
Base: Total, n=450

Differences:

› Those who were more likely to agree that they don't have the necessary skills to talk about suicide with a friend, colleague, or family member:

   › **Asian** compared to White adults (51% vs. 37%; *p<*.05)

   › **Asian** compared to Hispanic/Latino adults (51% vs. 33%; *p<.01*)

One-half of San Mateo County adults (53%) agree that they can identify places or people where they should refer somebody thinking about suicide.

Chart 18
Statement Q1_8. I can identify the places or people where I should refer somebody thinking about suicide.

Disagree	Neither Agree Nor Disagree	Agree
22%	25%	53%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450

There were no statistically significant differences by segment.
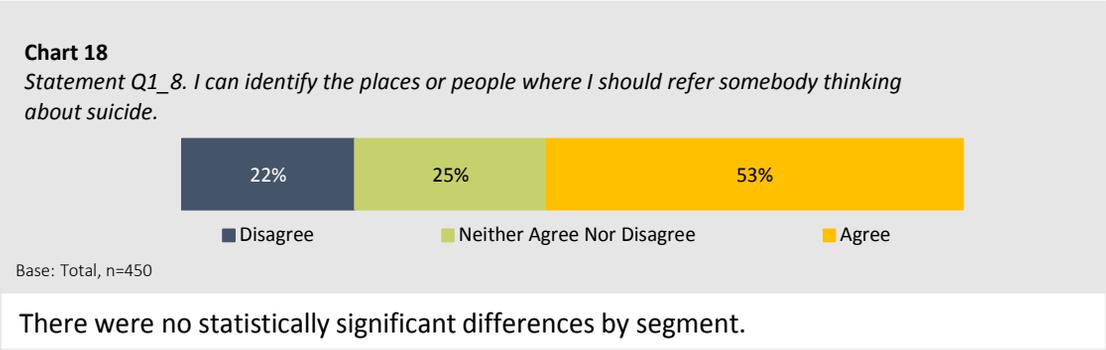
Close to one-third of San Mateo County adults (33%) agree that a person with a mental health issue is a danger to others.

Chart 19
Statement Q1_1. A person with mental illness is a danger to others.

Disagree	Neither Agree Nor Disagree	Agree
33%	35%	33%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450

There were no statistically significant differences by segment.
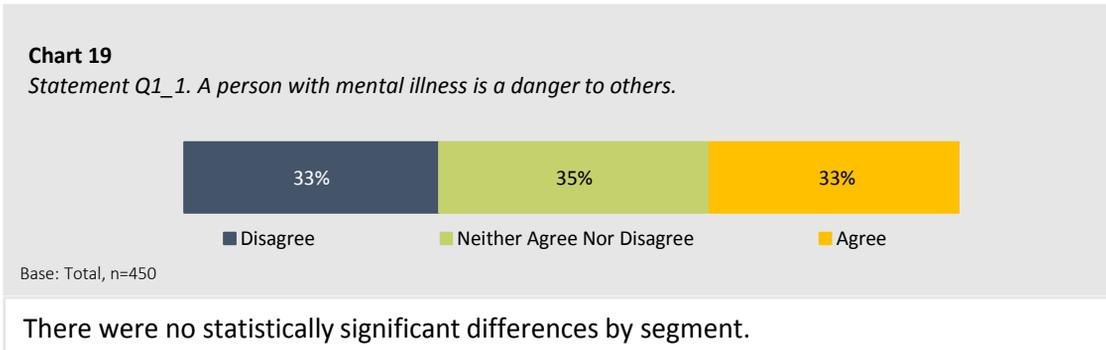
Only a small faction of San Mateo County adults (14%) agree that people who have a mental health issue are never going to be able to contribute much to society.

Chart 20
Statement Q1_3. People who have mental illness are never going to be able to contribute much to society.

Disagree	Neither Agree Nor Disagree	Agree
72%	14%	14%
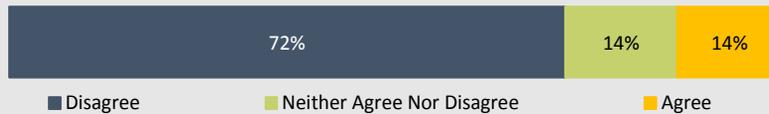
Base: Total, n=450

Differences:

› Those who were more likely to agree that people who have a mental health issue are never going to be able to contribute much to society:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (19% vs. 8%; *p<.01*)

  › Adults **35-54** compared to those 55+ (18% vs. 8%; *p<.01*)

  › Those with a **below median income** compared to those with a near median income (16% vs. 8%; *p<.05*)

  › Those with **children at home** compared to those without (23% vs. 10%; *p<.01*)

Two-thirds of San Mateo County adults (68%) agree that people who have a mental health issue experience high levels of prejudice and discrimination.

Chart 21
Statement Q1_4. People with mental illness experience high levels of prejudice and discrimination.

13%	19%	68%
■ Disagree	■ Neither Agree Nor Disagree	■ Agree

Base: Total, n=450

Differences:

› Those who were more likely to agree that people who have a mental health issue experience high levels of prejudice and discrimination:

  › **White** compared to Hispanic/Latino adults (73% vs. 61%; *p<.05*)

  › Adults with an **above median income** compared to those with a below median income (81% vs. 61%; *p<.01*)

Additionally, respondents in the California Statewide Survey[1] were more likely to agree that people who have a mental health issue experience high levels of prejudice and discrimination compared to respondents in the San Mateo County Baseline Survey (79% vs. 68%; *p<.001*)

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[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.

MENTAL HEALTH INCLUSIVE BEHAVIOR

SCENARIO ITEMS

Two-thirds of San Mateo County adults (64%) agree that they would be willing to spend time socializing with the hypothetical person.

Chart 22
Statement 3J. I would be willing to spend an evening socializing with him/her.
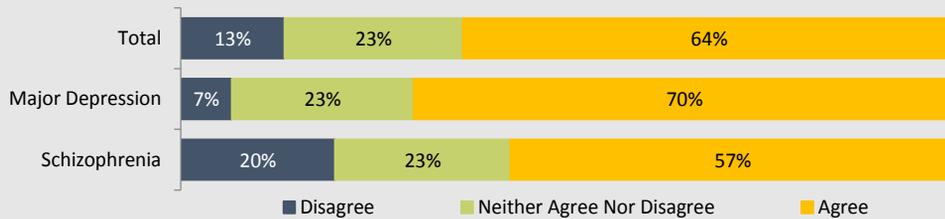
	Disagree	Neither Agree Nor Disagree	Agree
Total	13%	23%	64%
Major Depression	7%	23%	70%
Schizophrenia	20%	23%	57%

Base: Total, n=450

Differences:

› Those who were more likely to agree they would be willing to spend an evening socializing with him/her:

  › Those who were exposed to the **Major Depression** scenario compared to the Schizophrenia scenario (70% vs. 57%; *p<.01*)

  › **White** compared to Asian adults (64% vs. 52%; *p<.05*)

  › **Hispanic/Latino** compared to Asian adults (73% vs. 52%; *p<.01*)

  › **Women** compared to men (68% vs. 58%; *p<.05*)

  › Adults **18-34** compared to those 35+ (72% vs. 59%; *p<.01*)

Additionally, respondents in the California Statewide Survey[1] were more likely to disagree[2] they would be willing to spend an evening socializing with him/her compared to respondents in the San Mateo County Baseline Survey (19% vs. 13%; *p<.01*)

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[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.
[2] Results reported in the California Statewide Survey were among those who were Probably/Definitely Unwilling

One-half of San Mateo County adults (50%) agree that they would be willing to move next door to the hypothetical person.

Chart 23
Statement 3I. I would be willing to move next door to him/her.
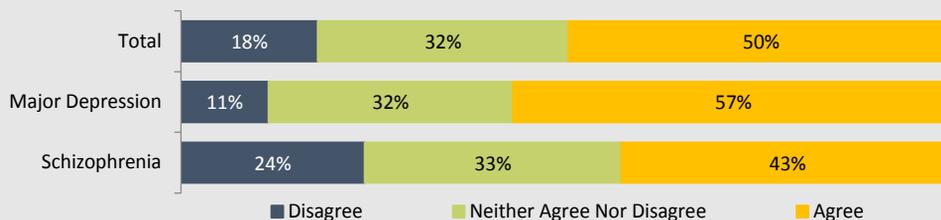
|	Disagree	Neither Agree Nor Disagree	Agree
Total	18%	32%	50%
Major Depression	11%	32%	57%
Schizophrenia	24%	33%	43%

Base: Total, n=450

Differences:

› Those who were more likely to agree that they would be willing to move next door to him/her:

  › Those who were exposed to the **Major Depression** scenario compared to the Schizophrenia scenario (57% vs. 43%; *p<.01*)

  › Adults who **sought mental health treatment** compared to those who have not (61% vs. 41%; *p<.05*)

  › **White** compared to Asian adults (56% vs. 32%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (51% vs. 32%; *p<.01*)

  › **Women** compared to men (58% vs. 39%; *p<.001*)

Additionally, respondents in the California Statewide Survey[1] were more likely to disagree[2] that they would be willing to move next door to him/her compared to respondents in the San Mateo County Baseline Survey (30% vs. 18%; *p<.001*)

[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.
[2] Results reported in the California Statewide Survey were among those who were Probably/Definitely Unwilling

One-quarter of San Mateo County adults (27%) would be willing to have the person marry into their family.
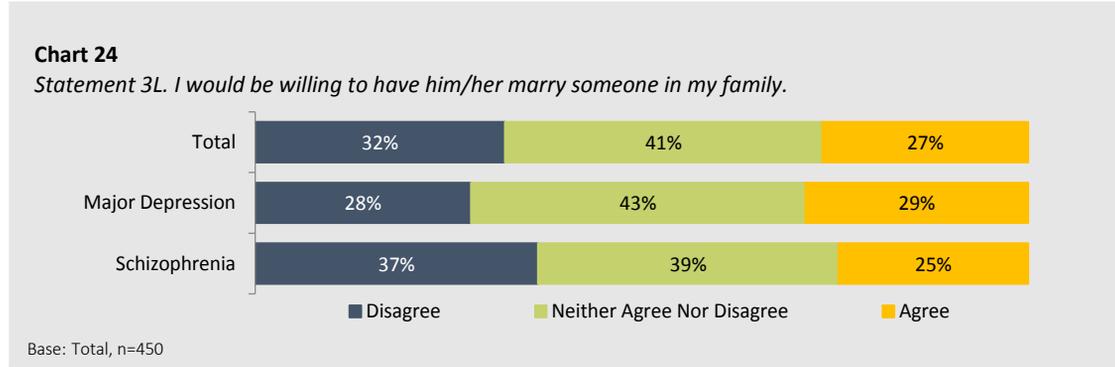
Chart 24
Statement 3L. I would be willing to have him/her marry someone in my family.

	Disagree	Neither Agree Nor Disagree	Agree
Total	32%	41%	27%
Major Depression	28%	43%	29%
Schizophrenia	37%	39%	25%

Base: Total, n=450

Differences:

› Those who were more likely to agree to have him/her marry into their family:

  › **White** compared to Asian adults (28% vs. 14%; *p<.01*)

  › **Hispanic/Latino** compared to Asian adults (31% vs. 14%; *p<.01*)

  › Adults **18-34** compared to those 35+ (38% vs. 20%; *p<.001*)

  › Those with **children at home** compared to those without (37% vs. 21%; *p<.01*)

Almost one-half of San Mateo County adults (48%) would be willing to starting working closely on a job with the hypothetical person.

Chart 25
Statement 3K. I would be willing to start working closely on a job with him/her.
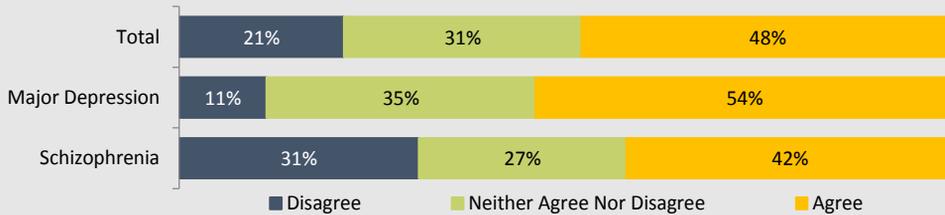
	Disagree	Neither Agree Nor Disagree	Agree
Total	21%	31%	48%
Major Depression	11%	35%	54%
Schizophrenia	31%	27%	42%

Base: Total, n=450

Differences:

› Those who were more likely to agree to start working closely on a job with him/her:

   › Those who were exposed to the **Major Depression** scenario compared to the Schizophrenia scenario (54% vs. 42%; *p<.05*)

   › Adults **18-34** compared to those 35+ (57% vs. 43%; *p<.01*)

   › Those with **children at home** compared to those without (59% vs. 43%; *p<.01*)

Additionally, respondents in the California Statewide Survey[1] were more likely to disagree[2] to start working closely on a job with him/her compared to respondents in the San Mateo County Baseline Survey (28% vs. 21%; *p<.01*)

---

[1] Source: Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative, RAND Corporation 2015. Please see additional details in the Comparison to California Statewide Survey in the Appendix.
[2] Results reported in the California Statewide Survey were among those who were Probably/Definitely Unwilling

Affirming Mental Health Beliefs

Scenario Items

Two-thirds of San Mateo County adults (64%) agree that the person's opportunities would be limited if people knew about their mental health issues.

Chart 26

Statement 3H. His/Her opportunities would be limited if people knew about his/her mental illness.

	Disagree	Neither Agree Nor Disagree	Agree
Total	13%	23%	64%
Major Depression	13%	29%	58%
Schizophrenia	13%	17%	70%
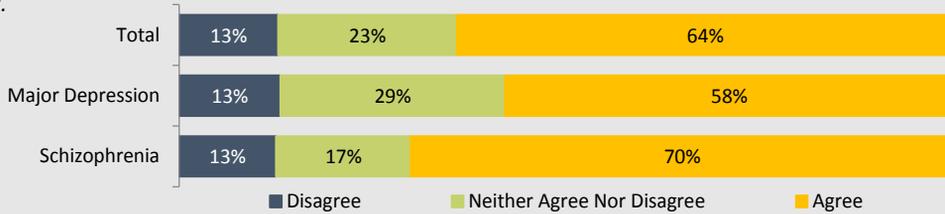
Base: Total, n=450

Differences:

› Those who were more likely to agree that his/her opportunities would be limited if people knew about their mental health issues:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (70% vs. 58%; *p<.01*)

  › Adults **55+** compared to those 18-34 (72% vs. 59%; *p<.05*)

  › Those with an **above median income** and **near median income** compared to those with a below median income (75%, 72% vs. 57%; *p<.01*)

  › Those with **children at home** compared to those without (71% vs. 61%; *p<.05*)

Less than one-quarter of San Mateo County adults (21%) agree that the hypothetical person's mental health reflects poorly on their family.

Chart 27
Statement 3S. John/Mary's mental illness reflects poorly on his/her family.

	Disagree	Neither Agree Nor Disagree	Agree
Total	59%	19%	21%
Major Depression	62%	20%	19%
Schizophrenia	57%	19%	24%
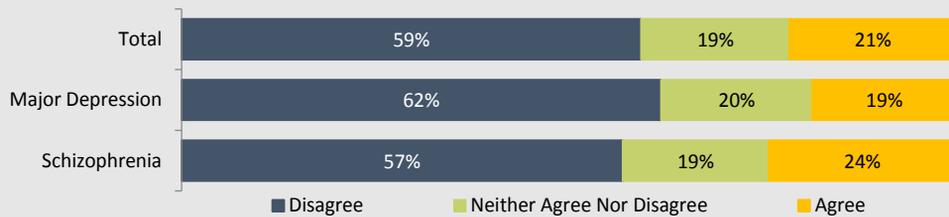
Base: Total, n=450

Differences:

› Those who were more likely to agree that John/Mary's mental health reflects poorly on his/her family:

  › **Men** compared to women (28% vs. 16%; *p<.01*)

  › Adults **18-34** and **35-54** compared to those 55+ (28%, 22% vs. 11%; *p<.01*)

  › Those with a **below median income** compared to a near median income (25% vs. 12%; *p<.01*)

  › Those with an **above median income** compared to a near median income (24% vs. 12%; *p<.05*)

  › Those with **children at home** compared to those without (31% vs. 16%; *p<.001*)

There is a low level of agreement among San Mateo County adults (15%) that the hypothetical person's family would be better off keeping their issue a secret.

Chart 28
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret.

	Disagree	Neither Agree Nor Disagree	Agree
Total	71%	14%	15%
Major Depression	71%	17%	12%
Schizophrenia	71%	11%	18%
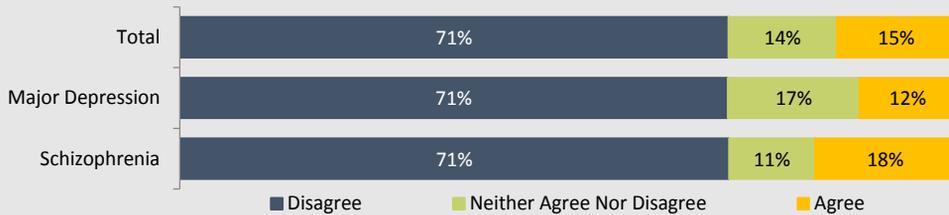
Base: Total, n=450

Differences:

› Those who were more likely to agree that John/Mary's family would be better off keeping his/her issue a secret:

  › Those who **have not sought mental health treatment** compared to those who have (24% vs. 9%; *p<.05*)

  › **Men** compared to women (20% vs. 11%; *p<.05*)

  › Adults **18-34** compared to those 35+ (22% vs. 12%; *p<.01*)

  › Those with a **below median income** compared to a near median income (17% vs. 9%; *p<.05*)

  › Those with **children at home** compared to those without (24% vs. 10%; *p<.001*)

Close to one-half of San Mateo County adults (44%) agree that the hypothetical person would lose friends if people knew about their mental health issue.

Chart 29
Statement 3G. He/She would lose friends if people knew about his/her mental illness.
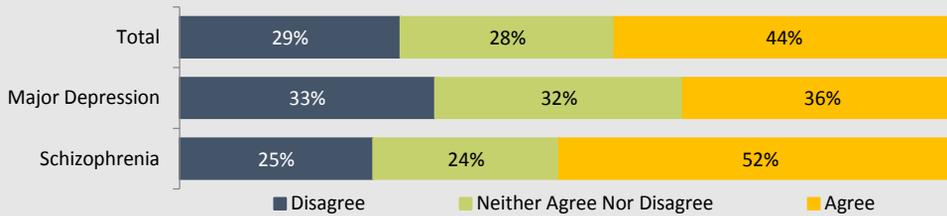
	Disagree	Neither Agree Nor Disagree	Agree
Total	29%	28%	44%
Major Depression	33%	32%	36%
Schizophrenia	25%	24%	52%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the hypothetical person would lose friends if people knew about their mental health issue:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (52% vs. 36%; *p<.001*)

  › **Asian** compared to Hispanic/Latino adults (52% vs. 35%; *p<.05*)

  › **Men** compared to women (53% vs. 36%; *p<.001*)

  › Those with an **above median income** compared to a near median income (54% vs. 39%; *p<.05*)

One-third of San Mateo County adults (34%) agree that the hypothetical person was more likely to be dangerous.

Chart 30
Statement 3N. People like John/Mary with mental health are more likely than others to be dangerous.

	Disagree	Neither Agree Nor Disagree	Agree
Total	34%	32%	34%
Major Depression	44%	33%	23%
Schizophrenia	24%	31%	44%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree

Base: Total, n=450
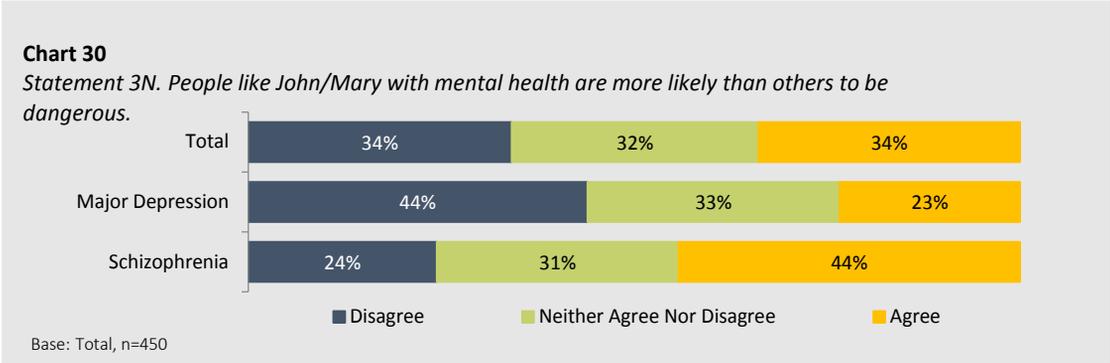
Differences:

› Those who were more likely to agree that people like John/Mary are more likely to be dangerous:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (44% vs. 23%; *p<.001*)

  › **Men** compared to women (42% vs. 27%; *p<.01*)

  › Those with an **above median income** compared to those with a below median income (44% vs. 31%; *p<.05*)

  › Those with **children at home** compared to those without (43% vs. 30%; *p<.01*)

One-third of San Mateo County adults (36%) agree that being around the hypothetical person would make them feel nervous or uncomfortable.

Chart 31
Statement 3M. Being around him/her would make me feel nervous or uncomfortable.

	Disagree	Neither Agree Nor Disagree	Agree
Total	34%	30%	36%
Major Depression	41%	31%	27%
Schizophrenia	27%	29%	44%
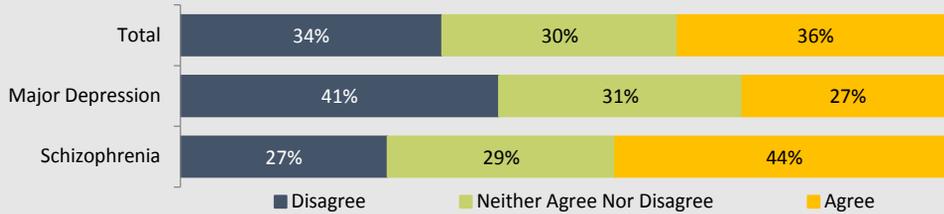
Base: Total, n=450

Differences:

› Those who were more likely to agree that him/her would make them feel nervous or uncomfortable:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (44% vs. 27%; *p<.001*)

  › **White** compared to Hispanic/Latino adults (40% vs. 24%; *p<.01*)

  › **Men** compared to women (43% vs. 30%; *p<.01*)

Almost one-half of San Mateo County adults (44%) agree that the hypothetical person is just as productive as others.

Chart 32
Statement 3O. People like John/Mary are just as productive as others.

	Disagree	Neither Agree Nor Disagree	Agree
Total	23%	33%	44%
Major Depression	26%	32%	42%
Schizophrenia	19%	34%	47%
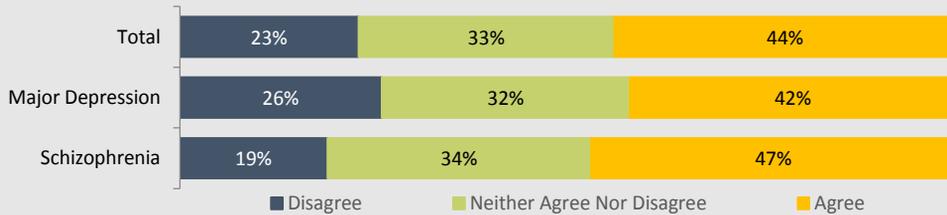
Base: Total, n=450

There were no statistically significant differences by segment.

One-half of San Mateo County adults (53%) agree that the hypothetical person should be hired just like other people.

Chart 33
Statement 3P. John/Mary should be hired just like other people.

	Disagree	Neither Agree Nor Disagree	Agree
Total	17%	30%	53%
Major Depression	11%	29%	61%
Schizophrenia	24%	31%	45%
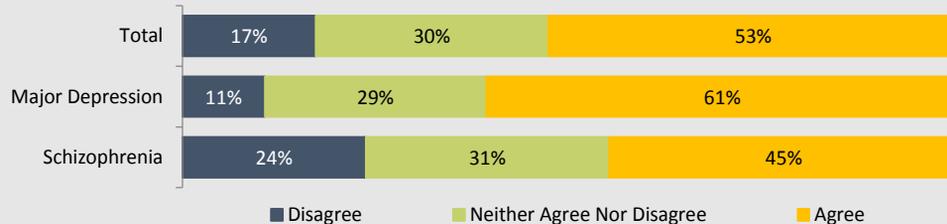
Base: Total, n=450

Differences:

› Those who were more likely to agree that John/Mary should be hired just like other people:

  › Those who were exposed to the **Major Depression** scenario compared to the Schizophrenia scenario (61% vs. 45%; *p<.001*)

  › **Women** compared to men (60% vs. 44%; *p<.01*)

  › Adults **18-34** compared to those 55+ (59% vs. 42%; *p<.01*)

One-third of San Mateo County adults (35%) agree that the hypothetical person should not be allowed to care for children.

**Chart 34**
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.
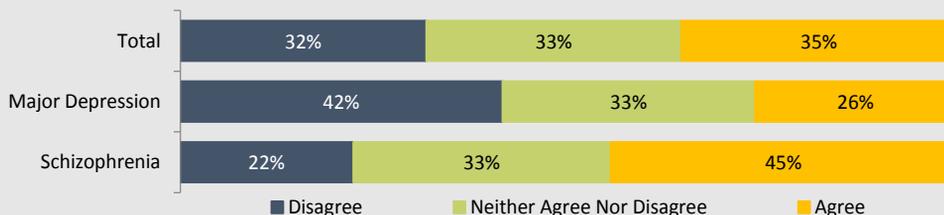
	Disagree	Neither Agree Nor Disagree	Agree
Total	32%	33%	35%
Major Depression	42%	33%	26%
Schizophrenia	22%	33%	45%

Base: Total, n=450

Differences:

› Those who were more likely to agree that people like John/Mary should not be allowed to care for children:

  › Those who were exposed to the **Schizophrenia** scenario compared to the Major Depression scenario (45% vs. 26%; *p<.001*)

  › **Men** compared to women (46% vs. 27%; *p<.001*)

  › Adults **35+** compared to those 18-34 (41% vs. 26%; *p<.01*)

  › Those with an **above median income** compared to those with a near median income or below median income (46% vs. 32%, 34%; *p<.05*)

  › Those with **children at home** compared to those without (44% vs. 32%; *p<.05*)

DOMAIN SCORES

To compare overall knowledge and attitudes about mental health, scales were developed by combining and averaging individual survey items within three domains.

Mental Health Knowledge
Knowledge about mental health and treatment
› Experiencing a mental health issue
› Experiencing a physical issue (reverse scored)
› Caused by bad character (reverse scored)
› Experiencing life's normal ups and downs (reverse scored)
› Will improve with treatment
› Will improve on its own (reverse scored)
› A person can recover from a mental health issue
› Suicide is preventable
› Talking about suicide can cause suicide (reverse scored)
› Don't have skills to talk about suicide (reverse scored)
› Can identify places or people to refer someone thinking of suicide
› Is a danger to others (reverse scored)
› Unlikely to contribute much to society (reverse scored)
› More likely to experience prejudice and discrimination (reverse scored)

Mental Health Inclusive Behavior
Willingness to be socially connected to people with a mental health issue
› Willing to spend time socializing
› Willing to have as a neighbor
› Willing to have marry someone in family
› Willing to work closely

Affirming Mental Health Beliefs
Measures openness to disclosing mental health issues
› Opportunities would be limited (reverse scored)
› Reflects poorly on family (reverse scored)
› Better off a secret (reverse scored)
› Would lose friends (reverse scored)
› More likely to be dangerous (reverse scored)
› Makes me nervous or uncomfortable (reverse scored)
› Are as productive as others
› Should be hired just like others
› Shouldn't care for children (reverse scored)

Possible scale scores range from 1 to 5, where 5 represents more knowledge about mental health or more sympathy and openness with regard to persons experiencing mental health issues, and 1 represents less knowledge, sympathy or openness.

DOMAIN SCORES

San Mateo County adults scored highest on Mental Health Inclusive Behavior across the three domains, followed closely by Mental Health Knowledge.

Chart 35
Domain Scores

Mental Health Inclusive Behavior	3.36
Mental Health Knowledge	3.30
Affirming Mental Health Beliefs	3.18

1 2 3 4 5

More positive →
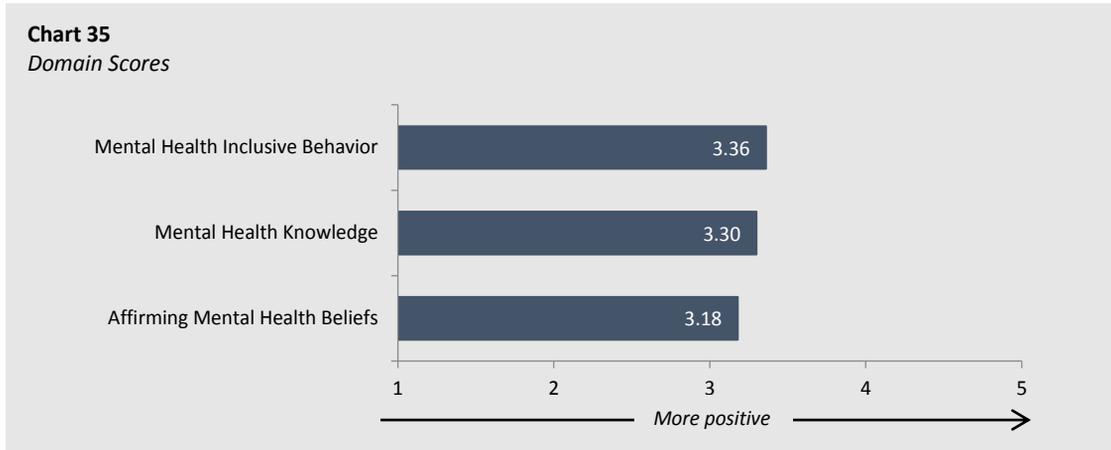
DOMAIN SCORES BY GENDER

Women were more likely to score higher on all three mental health domains compared to men.

Chart 36
Comparison of Domain Scores Across Gender

	Female	Male	
Mental Health Inclusive Behavior	3.49	3.17	* p<.001
Mental Health Knowledge	3.35	3.25	* p<.05
Affirming Mental Health Beliefs	3.35	2.96	* p<.001

1 2 3 4 5

More positive →

* Denotes statistically significant difference
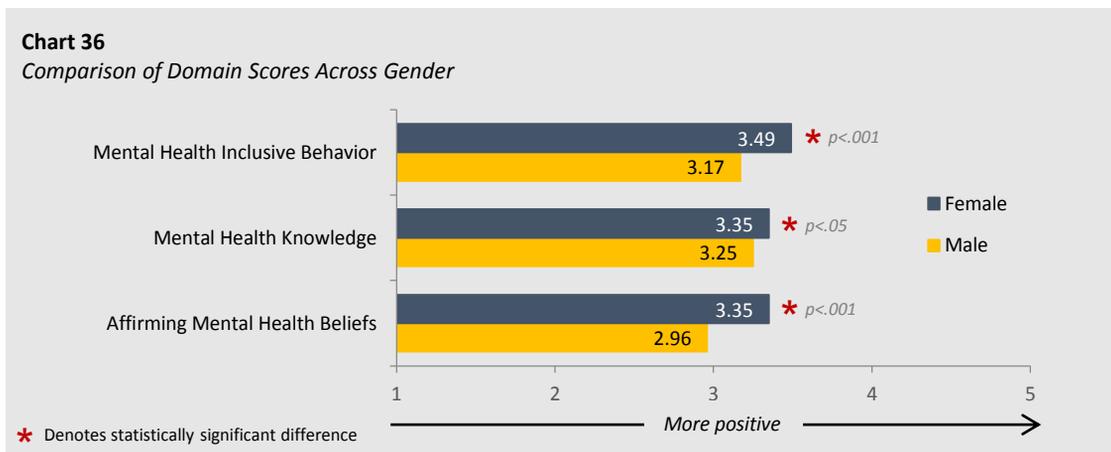
DOMAIN SCORES BY AGE

San Mateo County adults 18-34 were more likely to score higher on the Mental Health Inclusive Behavior domain than those 35+.

Adults 35+ were more likely to score higher on Mental Health Knowledge.

Chart 37
Comparison of Domain Scores Across Ages
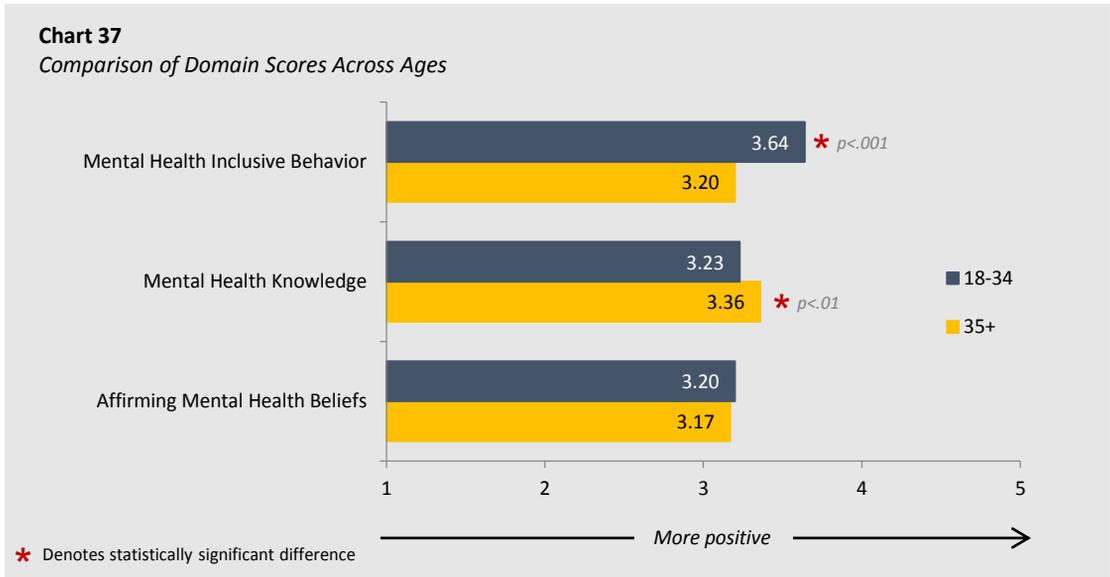
DOMAIN SCORES BY ETHNICITY

White adults were likely to score higher on the Mental Health Knowledge domain compared to Asian adults.

White and Hispanic/Latino adults were likely to score higher on the Mental Health Inclusive Behavior and Affirming Mental Health Beliefs domains compared to Asian adults.

Hispanic/Latino adults were also likely to score higher on Mental Health Inclusive Behavior compared to White adults.

Chart 38
Comparison of Domain Scores Across Ethnicity

* Denotes statistically significant difference
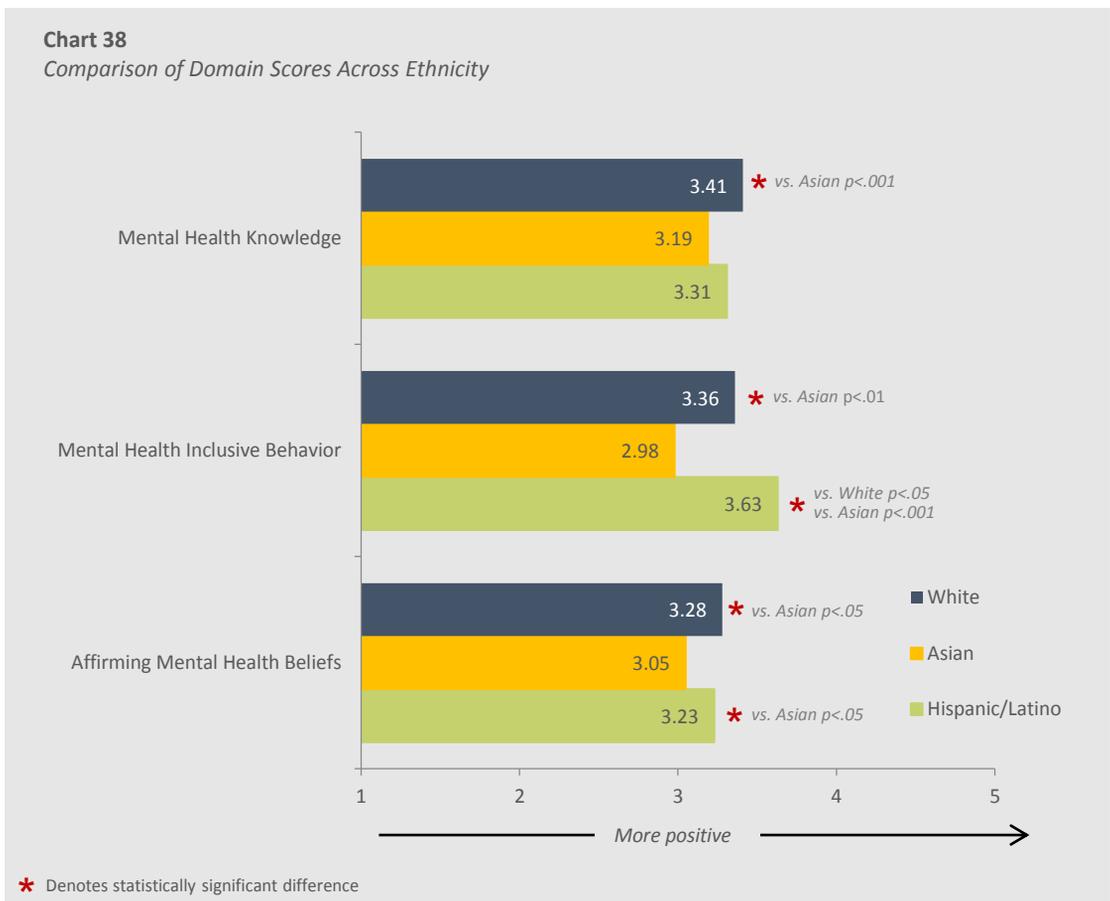
SUBSTANCE MISUSE ISSUE

EXPERIENCE WITH SUBSTANCE MISUSE ISSUES & HELP-SEEKING

San Mateo County adults were asked about their experience with substance misuse issues and whether they have sought treatment.

One in ten San Mateo County adults (13%) have had a substance misuse issue.

Chart 39
Question 15. Have you ever had a substance abuse problem?

Base: Total, n=450

Differences :

› More likely to have had a substance misuse issue:

  › **White** compared to Asian adults (15% vs. 5%; *p<.01*)

  › **Hispanic/Latino** compared to Asian adults (16% vs. 5%; *p<.05*)

  › Those with a **below median income** compared to those with a near median income or above median income (18% vs. 7%, 8%; *p<.01*)
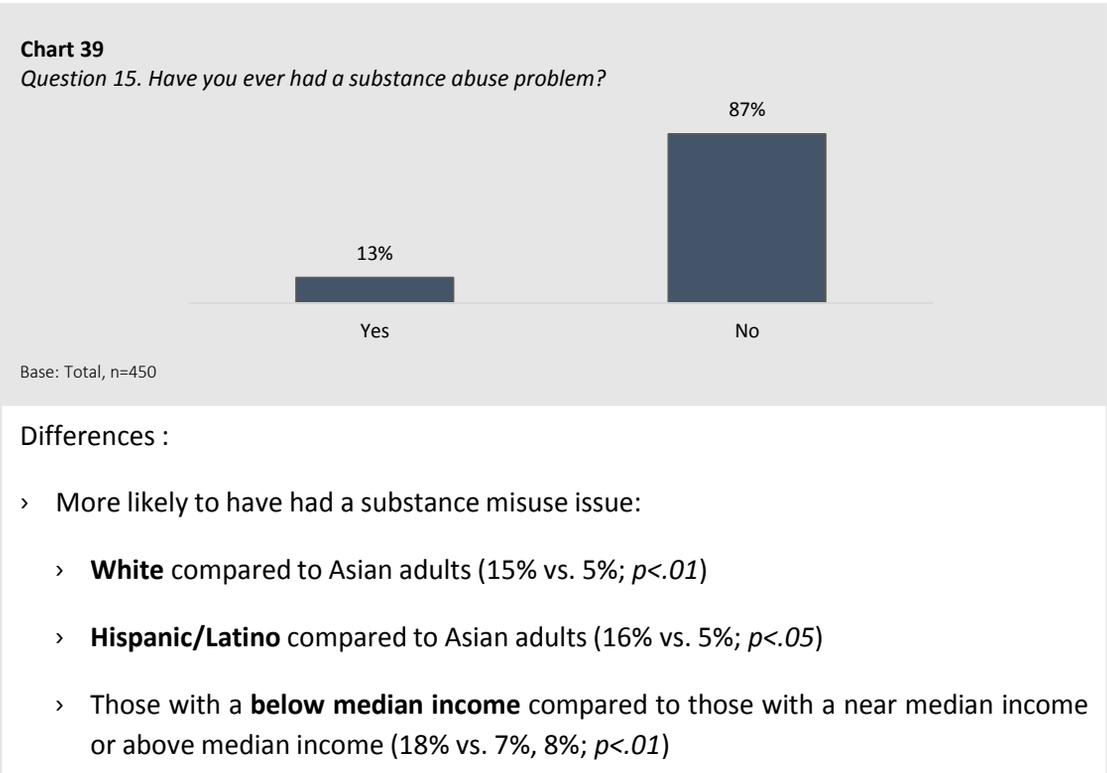
Among those who have had a substance misuse issue, one-half (55%) sought treatment.

Chart 40
Question 16. Have you ever sought treatment for a substance abuse problem?
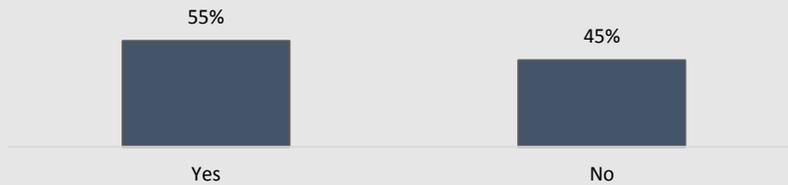
	55%		45%
	Yes		No

Base: Have Had Substance Misuse Issue, n=56

The base size is too low for statistical testing across segments.

Directionally, due to a low base size, most adults who did not seek treatment for their substance misuse issue felt they could handle it on their own (n=19).

Chart 41
Question 17. Why did you not get treatment?

I felt I could handle it on my own	19
I didn't want other people to know	6
I didn't know where to get help	5
I didn't have insurance to cover it or didn't know if my insurance would cover it	5
I felt better and didn't feel I needed it	2
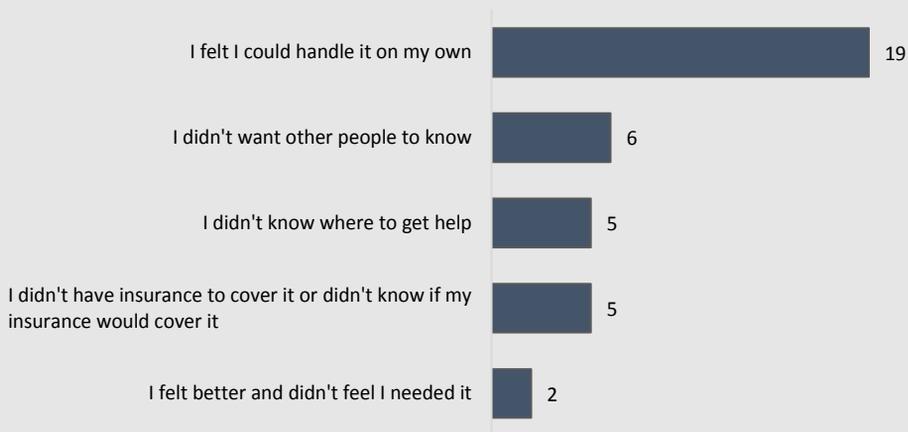
Base: Did Not Seek Treatment; n=25; base counts charted due to low base size

The base size is too low for statistical testing across segments.

Adults who had sought treatment for a substance misuse issue were given a series of questions regarding their experience, including the time that it took to get treatment.

Two-thirds of San Mateo County adults (66%) who sought treatment talked openly about their substance misuse issue with a close family member or friend. More than one-half agree that it took a long time to begin seeking help (57%) and one-half felt supported by others in seeking help for their substance misuse issue (50%).

Chart 42

Question 18. How much do you agree or disagree with the following statements regarding your current or past substance abuse problem?

	Disagree	Neither Agree Nor Disagree	Agree
I openly talked about my substance abuse problem with a close family member or friend	27%	7%	66%
It took a long time for me to begin seeking help after I needed it	27%	16%	57%
I was supported by others in getting help for my substance abuse problem	23%	27%	50%

Base: Have Had Substance Misuse Issue, n=56

The base size is too low for statistical testing across segments.

PERCEPTIONS & HELP FOR FAMILY SUBSTANCE MISUSE ISSUES

Two-thirds of San Mateo County adults (66%) would not be ashamed if someone in their family had a substance misuse issue.

Chart 43
Question 13. If someone in your family had a substance abuse problem, would you feel ashamed if people know about it?

9%	25%	31%	35%

■ Definitely Ashamed   ■ Somewhat Ashamed   ■ Probably Not Ashamed   ■ Definitely Not Ashamed
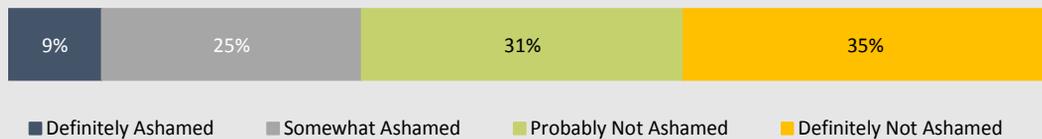
Base: Total, n=450

Differences :

› More likely to not be ashamed if someone in their family had a substance misuse issue:

  › **White** compared to Asian adults (72% vs. 57%; *p<.05*)

  › Adults **35+** compared to those 18-34 (70% vs. 59%; *p<.05*)

One-third of San Mateo County adults (36%) have a family member who has had a substance misuse issue.

Chart 44
Questions 14. Do you have a family member who has had a substance abuse problem?
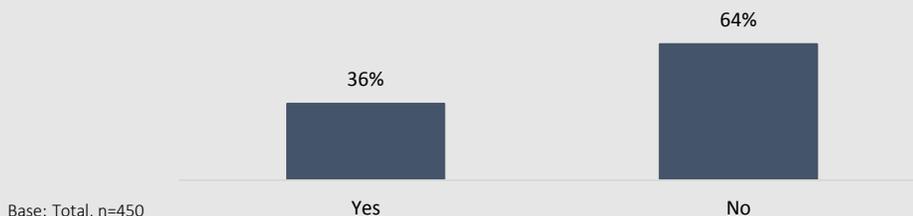
Base: Total, n=450

Differences :

› More likely to have a family member who had a substance misuse issue:

  › **White** compared to Asian adults (39% vs. 11%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (42% vs. 11%; *p<.001*)

  › **Women** compared to men (39% vs. 30%; *p<.05*)

The majority of San Mateo County adults (71%) provided emotional support to help their family member with their substance misuse issue. And one-half (52%) helped their family member to seek professional help. More than one-third also helped connect them to other family or friends for support (43%) or helped them connect to community resources (41%).

Chart 45
Question 14A. What, if anything, have you done to help your family member with a substance abuse problem?

Provided emotional support	71%
Helped them seek professional help	52%
Helped them connect to other family or friends for support	43%
Helped them connect to community resources	41%
I didn't do anything	15%
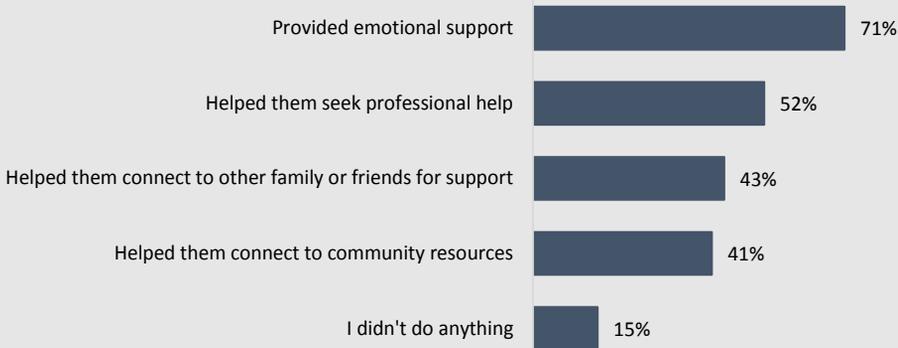
Base: Family Had Substance Misuse Issue; n=149

Differences :

› Those who were more likely to have helped them seek professional help:

  › Those who were exposed to the **Heroin Misuse** scenario compared to the Alcohol Misuse scenario (65% vs. 42%; *p<.01*)

› Those who were more likely to have helped connect to other family or friends for support:

  › **Women** compared to men (51% vs. 31%; *p<.05*)

› Those who were more likely to have helped connect them to community resources:

  › Those who were exposed to the **Heroin Misuse** scenario compared to the Alcohol Misuse scenario (51% vs. 32%; *p<.05*)

Substance Misuse Issue Attitudes and Knowledge

In order to understand perceptions and attitudes towards a substance misuse issue, this survey used two scenario items that described hypothetical situations. In one scenario, the person is being described as having symptoms associated with an alcohol misuse issue. In the other scenario, the person is being described as having symptoms associated with heroin misuse. Adults were randomly assigned to one of these scenarios and then asked a series of questions about their attitudes towards the hypothetical situation and person presented.

It is important to note that the findings using these hypothetical situations are tied to alcohol and heroin misuse issues. These results cannot be extrapolated to represent other forms of substance misuse. More investigation is required to confirm whether or not the results of this study would extend to other substance misuse issues.

In addition to the scenarios, the survey addressed overall attitudes and knowledge about substance misuse.

SUBSTANCE MISUSE KNOWLEDGE

SCENARIO ITEMS

When presented with one of two simulated scenarios, the majority of San Mateo County adults (81%) recognize the person as experiencing a substance misuse issue.

Chart 46
Statement 12D. It is likely that he/she is experiencing a substance abuse problem.

	Disagree	Neither Agree Nor Disagree	Agree
Total	5%	15%	81%
Alcohol Misuse	5%	15%	80%
Heroin Misuse	4%	14%	81%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the person was experiencing a substance misuse issue:

  › **White** compared to Hispanic/Latino adults (85% vs. 73%; *p<.05*)

  › Adults **35+** compared to those 18-34 (85% vs. 73%; *p<.01*)

  › Those with a **near median income** or an **above median income** compared to below median income (87%, 86% vs. 77%; *p<.05*)

One-half of San Mateo County adults (49%) agree that the person is experiencing a physical issue.

Chart 47
Statement 12E. It is likely that he/she is experiencing physical illness.

|	Disagree	Neither Agree Nor Disagree	Agree
Total	22%	29%	49%
Alcohol Misuse	28%	30%	42%
Heroin Misuse	17%	27%	56%
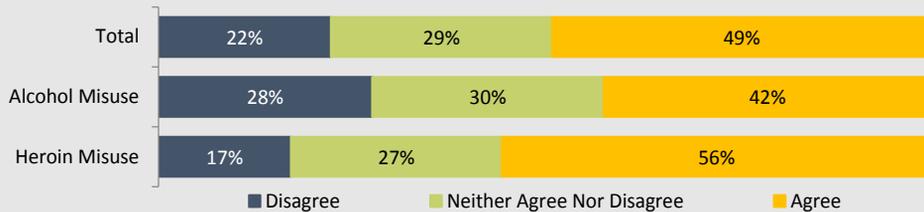
Base: Total, n=450

Differences:

› Those who were exposed to the **Heroin Misuse** scenario were more likely to agree that the person was experiencing a physical issue compared to the Alcohol Misuse scenario (56% vs. 42%; *p<.01*)

Fewer than one-quarter of San Mateo County adults (19%) agree that the person's situation is likely caused by bad character.

Chart 48
Statement 12F. It is likely that his/her situation is caused by bad character.
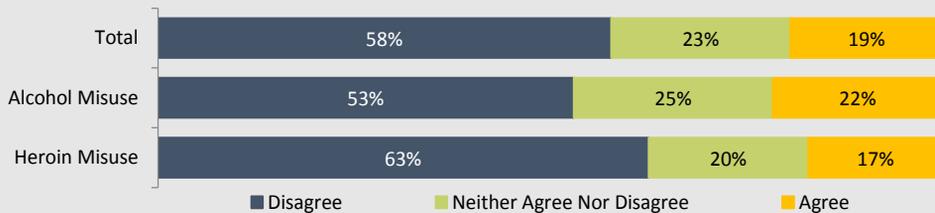
|	Disagree	Neither Agree Nor Disagree	Agree
Total	58%	23%	19%
Alcohol Misuse	53%	25%	22%
Heroin Misuse	63%	20%	17%

Base: Total, n=450

Differences:

› Those who were more likely to agree that their situation is caused by bad character:

  › Adults **18-34** compared to those 35+ (28% vs. 14%; *p<.001*)

  › Those with **children at home** compared to those without (29% vs. 15%; *p<.001*)

Almost one-third of San Mateo County adults (30%) agree that the person is experiencing the normal ups and downs of life.

Chart 49
Statement 12C. It is likely that he or she is experiencing the normal ups and downs of life.
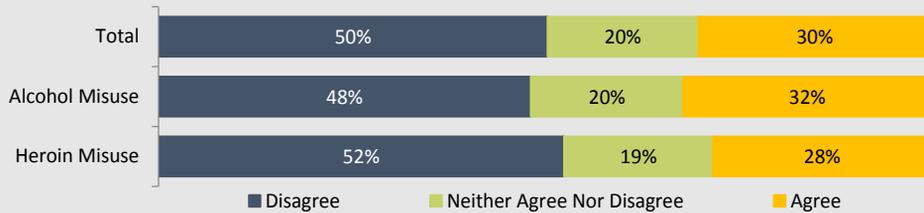
|	Disagree	Neither Agree Nor Disagree	Agree
Total	50%	20%	30%
Alcohol Misuse	48%	20%	32%
Heroin Misuse	52%	19%	28%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the person is experiencing the normal ups and downs of life:

  › **Asian** compared to White adults (37% vs. 25%; *p<.05*)

  › Adults **18-34** compared to those 35+ (38% vs. 26%; *p<.05*)

  › Those with **children at home** compared to those without (40% vs. 25%; *p<.01*)

The vast majority of San Mateo County adults (80%) agree that the person will get better with treatment.

Chart 50
Statement 12B. It is likely that he or she will improve with treatment.
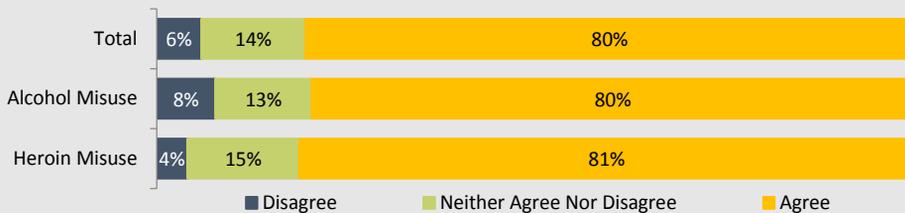
|	Disagree	Neither Agree Nor Disagree	Agree
Total	6%	14%	80%
Alcohol Misuse	8%	13%	80%
Heroin Misuse	4%	15%	81%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the person will improve with treatment:

  › Adults **35+** compared to those 18-34 (86% vs. 70%; *p<.001*)

  › Those with an **above median income** compared to those with a below median income (88% vs. 75%; *p<.01*) and **near median income** (87% vs. 75%; *p<.05*)

There was a low percentage of San Mateo County adults (15%) who agree that the person's situation will improve on its own.
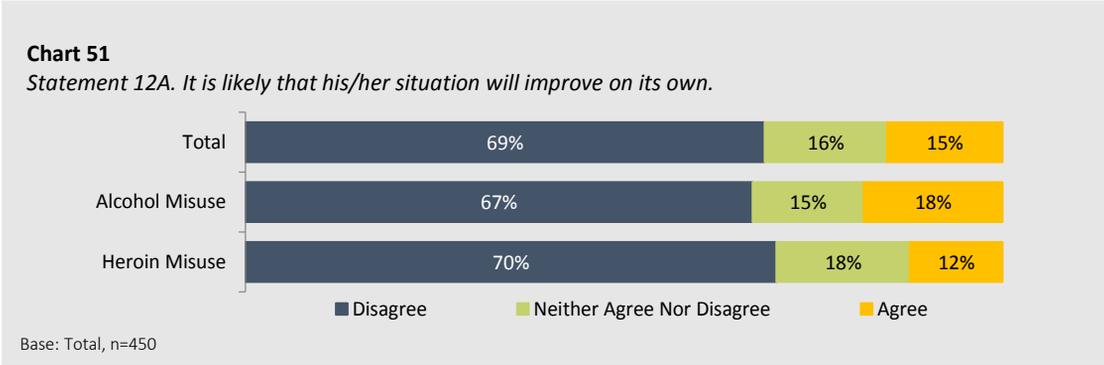
Chart 51
Statement 12A. It is likely that his/her situation will improve on its own.

	Disagree	Neither Agree Nor Disagree	Agree
Total	69%	16%	15%
Alcohol Misuse	67%	15%	18%
Heroin Misuse	70%	18%	12%

■ Disagree ■ Neither Agree Nor Disagree ■ Agree

Base: Total, n=450

Differences:

› Those who were more likely to agree that their situation will improve on its own:

  › Adults **18-34** compared to those 35+ (21% vs. 12%; *p<.05*)

  › Those with **children at home** compared to those without (21% vs. 12%; *p<.05*)

GENERAL SUBSTANCE MISUSE KNOWLEDGE

Most of San Mateo County adults (80%) agree that a person can eventually recover from a substance misuse issue.

Chart 52
Statement Q10_2. A person with a substance abuse problem can eventually recover.

| 6% | 14% | 80% |

■ Disagree ■ Neither Agree Nor Disagree ■ Agree

Base: Total, n=450

Differences:

› Those who were more likely to agree that a person can eventually recover from a substance misuse issue :

› **White** compared to Hispanic/Latino adults (84% vs. 72%; *p<.05*)

› Adults **35+** compared to those 18-34 (85% vs. 70%; *p<.01*)

› Those with a **near median income** and **above median income** compared to those with a below median income (89%, 86% vs. 73%; *p<.01*)

One-half of San Mateo County adults (51%) agree that a person with a substance misuse issue is a danger to others.

Chart 53
Statement Q10_1. A person with a substance abuse problem is a danger to others.

| 17%	32%	51%
■ Disagree	■ Neither Agree Nor Disagree	■ Agree

Base: Total, n=450

There were no statistically significant differences by segment.

Fewer than one-quarter of San Mateo County adults (19%) agree that people who have a substance misuse issue are never going to be able to contribute much to society.

Chart 54
Statement Q10_3. People who have a substance abuse problem are never going to be able to contribute much to society.

| 61%	20%	19%
■ Disagree	■ Neither Agree Nor Disagree	■ Agree
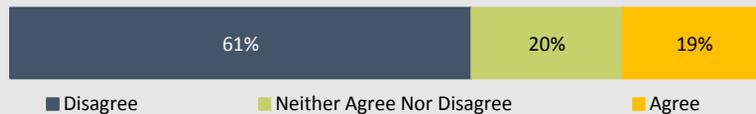
Base: Total, n=450

Differences:

› Those **with children at home** were more likely to agree that people who have a substance misuse issue are never going to be able to contribute much to society compared to those without (26% vs. 15%; *p<.05*)

Almost three-quarters of San Mateo County adults (71%) agree that people who have a substance misuse issue experience high levels of prejudice and discrimination.

Chart 55
Statement Q10_4. People with a substance abuse problem experience high levels of prejudice and discrimination.

9%	20%	71%

■ Disagree   ■ Neither Agree Nor Disagree   ■ Agree
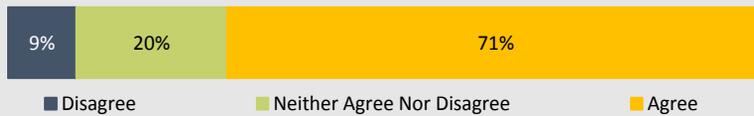
Base: Total, n=450

Differences:

› Those with an **above median income** were more likely to agree that people who have a substance misuse issue experience high levels of prejudice and discrimination compared to those with a below median income (83% vs. 65%; *p<.01*)

SUBSTANCE MISUSE INCLUSIVE BEHAVIOR

SCENARIO ITEMS

Close to one-half of San Mateo County adults (44%) agree that they would be willing to spend time socializing with the hypothetical person.

Chart 56
Statement 12J. I would be willing to spend an evening socializing with him/her.
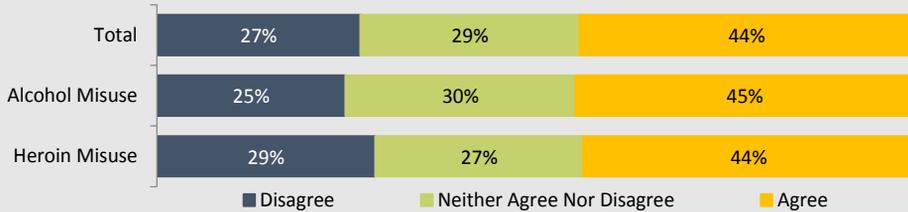
	Disagree	Neither Agree Nor Disagree	Agree
Total	27%	29%	44%
Alcohol Misuse	25%	30%	45%
Heroin Misuse	29%	27%	44%

Base: Total, n=450

Differences:

› Those who were more likely to agree they would be willing to spend an evening socializing with him/her:

  › **White** compared to Asian adults (46% vs. 25%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (57% vs. 25%; *p<.001*)

  › **Women** compared to men (49% vs. 37%; *p<.05*)

  › Adults **18-34** compared to those 35+ (55% vs. 38%; *p<.001*)

  › Those with a **below median income** compared to those with an above median income (51% vs. 32%; *p<.01*)

  › Those with a **near median income** compared to those with an above median income (46% vs. 32%; *p<.05*)

  › Those with **children at home** compared to those without (52% vs. 40%; *p<.05*)

One-third of San Mateo County adults (33%) agree that they would be willing to move next door to the hypothetical person.

Chart 57
Statement 12I. I would be willing to move next door to him/her.

	Disagree	Neither Agree Nor Disagree	Agree
Total	36%	30%	33%
Alcohol Misuse	30%	36%	34%
Heroin Misuse	43%	24%	33%

■ Disagree ■ Neither Agree Nor Disagree ■ Agree
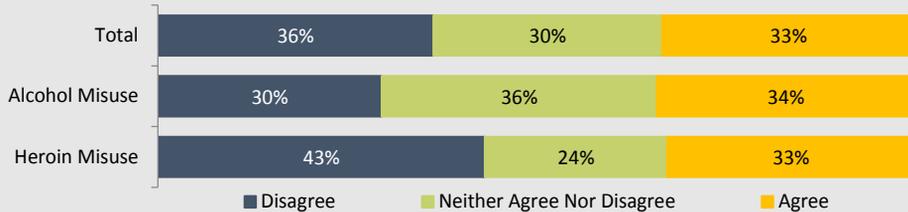
Base: Total, n=450

Differences:

› Those who were more likely to agree that they would be more likely to move next door to him/her:

  › **White** compared to Asian adults (38% vs. 17%; *p<.001*)

  › **Hispanic/Latino** compared to Asian adults (35% vs. 17%; *p<.01*)

  › **Women** compared to men (37% vs. 27%; *p<.05*)

  › Those with **children at home** compared to those without (46% vs. 28%; *p<.001*)

Fewer than one-quarter of San Mateo County adults (18%) would be willing to have the person marry into their family.
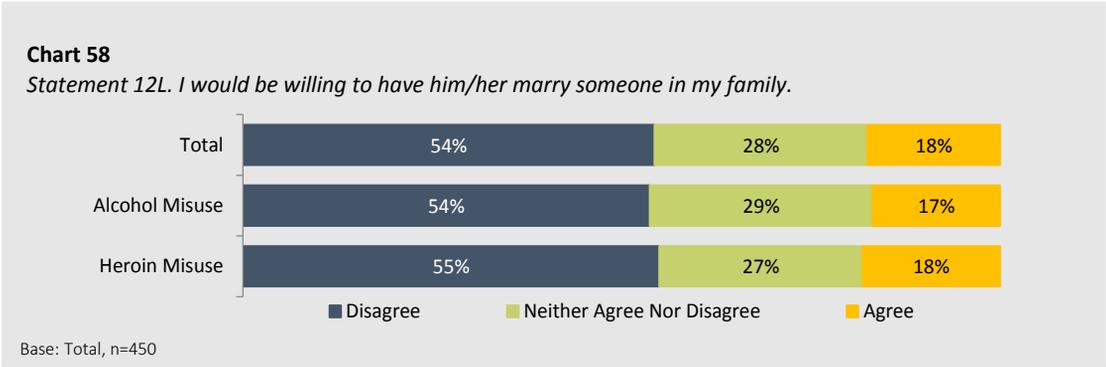
Chart 58
Statement 12L. I would be willing to have him/her marry someone in my family.

	Disagree	Neither Agree Nor Disagree	Agree
Total	54%	28%	18%
Alcohol Misuse	54%	29%	17%
Heroin Misuse	55%	27%	18%

■ Disagree ■ Neither Agree Nor Disagree ■ Agree

Base: Total, n=450

Differences:

› Those who were more likely to agree to have him/her marry into their family:

  › **White** compared to Asian adults (16% vs. 9%; *p<.05*)

  › **Hispanic/Latino** compared to Asian adults (24% vs. 9%; *p<.01*)

  › Adults **18-34** and **35-54** compared to those 55+ (21%, 21% vs. 8%; *p<.01*)

  › Those with **children at home** compared to those without (27% vs. 13%; *p<.01*)

Almost one-third of San Mateo County adults (30%) would be willing to start working closely on a job with the hypothetical person.
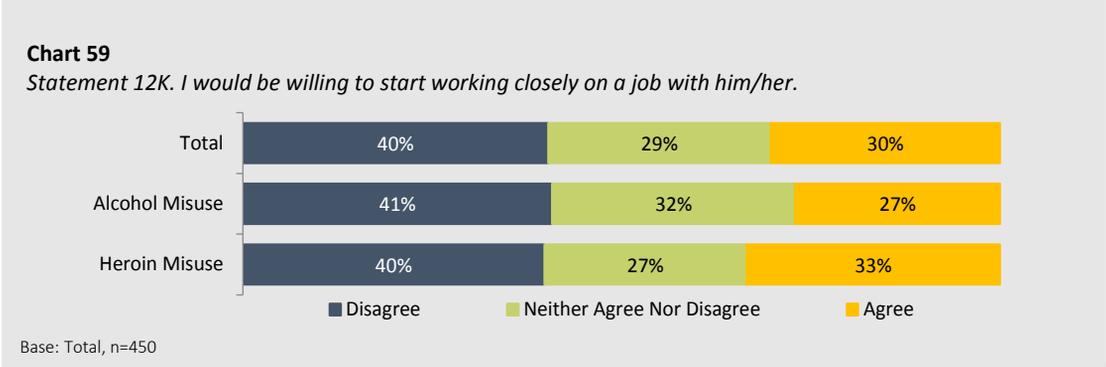
Chart 59
Statement 12K. I would be willing to start working closely on a job with him/her.

	Disagree	Neither Agree Nor Disagree	Agree
Total	40%	29%	30%
Alcohol Misuse	41%	32%	27%
Heroin Misuse	40%	27%	33%

Base: Total, n=450

Differences:

› Those who were more likely to agree to start working closely on a job with him/her:

   › **Hispanic/Latino** compared to White adults (40% vs. 27%; *p<.05*)

   › **Hispanic/Latino** compared to Asian adults (40% vs. 20%; *p<.01*)

   › Those with **children at home** compared to those without (40% vs. 26%; *p<.01*)

AFFIRMING SUBSTANCE MISUSE BELIEFS

SCENARIO ITEMS

Three-quarters of San Mateo County adults (76%) agree that the person's opportunities would be limited if people knew about their substance misuse issue.

Chart 60
Statement 12H. His/Her opportunities would be limited if people knew about his/her substance abuse problem.

	Disagree	Neither Agree Nor Disagree	Agree
Total	7%	17%	76%
Alcohol Misuse	7%	18%	75%
Heroin Misuse	7%	16%	77%

Base: Total, n=450

Differences:

› Those who were more likely to agree that his/her opportunities would be limited if people knew about his/her substance misuse issue:

  › **White** compared to Hispanic/Latino adults (81% vs. 66%; *p<.01*)

  › Adults **35+** compared to those 18-34 (79% vs. 70%; *p<.05*)
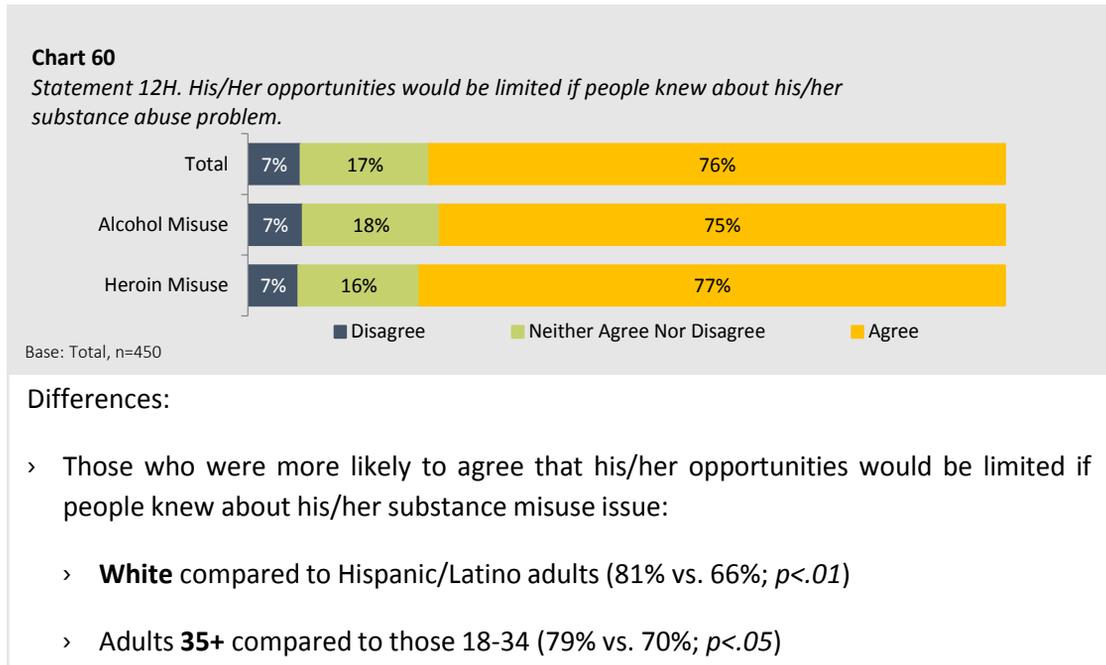
More than one-quarter of San Mateo County adults (28%) agree that the hypothetical person's substance misuse issue reflects poorly on their family.

Chart 61
Statement 12S. Tom/Susan's substance abuse problem reflects poorly on his/her family.
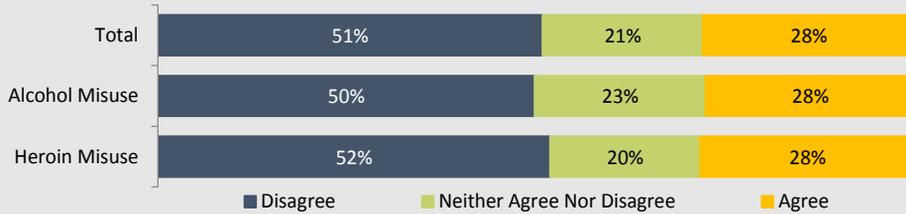
	Disagree	Neither Agree Nor Disagree	Agree
Total	51%	21%	28%
Alcohol Misuse	50%	23%	28%
Heroin Misuse	52%	20%	28%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the hypothetical person's substance misuse issue reflects poorly on his/her family:

  › **Asian** compared to White adults (32% vs. 21%; *p<.05*)

  › **Men** compared to women (36% vs. 22%; *p<.01*)

  › Adults **18-34** compared to those 35+ (35% vs. 24%; *p<.05*)

  › Those with **children at home** compared to those without (40% vs. 23%; *p<.001*)

There is a low level of agreement among San Mateo County adults (16%) that the hypothetical person's family would be better off keeping their issue a secret.

Chart 62
Statement 12R. Tom/Susan's family would be better off keeping his/her problem a secret.
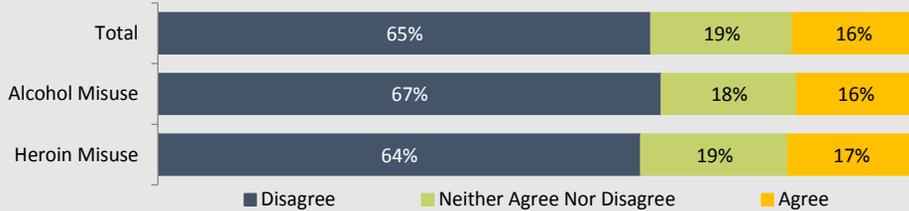
|	Disagree	Neither Agree Nor Disagree	Agree
Total	65%	19%	16%
Alcohol Misuse	67%	18%	16%
Heroin Misuse	64%	19%	17%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the hypothetical person's family would be better off keeping his/her issue a secret :

  › Adults **18-34** compared to those 35+ (21% vs. 13%; *p<.05*)

  › Those with **children at home** compared to those without (26% vs. 11%; *p<.001*)

More than one-half of San Mateo County adults (57%) agree that the hypothetical person would lose friends if people knew about their substance misuse issue.

Chart 63
Statement 12G. He/She would lose friends if people knew about his/her substance abuse problem.

|	Disagree	Neither Agree Nor Disagree	Agree
Total	16%	28%	57%
Alcohol Misuse	16%	30%	53%
Heroin Misuse	15%	25%	60%
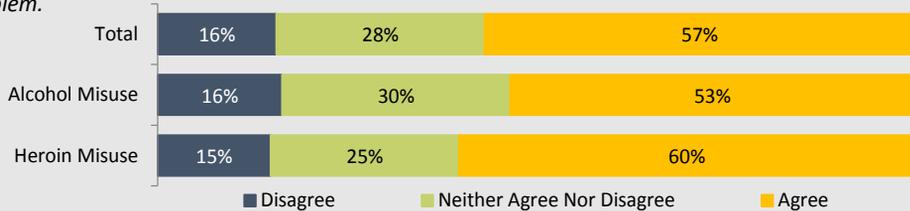
Base: Total, n=450

Differences:

› **White** were more likely to agree that the hypothetical person would lose friends if people knew about their substance misuse issue compared to Hispanic/Latino adults (60% vs. 46%; *p<.05*)

More than one-half of San Mateo County adults (58%) agree that people like the hypothetical person are more likely to be dangerous.

Chart 64
Statement 12N. People like Tom/Susan are more likely to be dangerous.
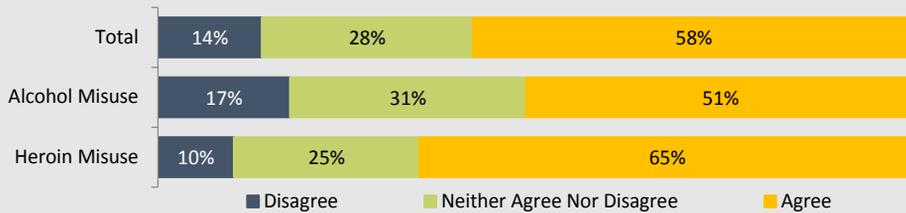
|	Disagree	Neither Agree Nor Disagree	Agree
Total	14%	28%	58%
Alcohol Misuse	17%	31%	51%
Heroin Misuse	10%	25%	65%

Base: Total, n=450

Differences:

› Those who were more likely to agree that people like the hypothetical person are more likely to be dangerous:

  › Those who were exposed to the **Heroin Misuse** scenario compared to the Alcohol Misuse scenario (65% vs. 51%; *p<.01*)

  › Adults **35-54** compared to those 55+ (65% vs. 50%; *p<.01*)

  › Those with **children at home** compared to those without (67% vs. 55%; *p<.05*)

Almost one-half of San Mateo County adults (47%) agree that being around the hypothetical person would make them feel nervous or uncomfortable.

Chart 65
Statement 12M. Being around him/her would make me feel nervous or uncomfortable.

	Disagree	Neither Agree Nor Disagree	Agree
Total	23%	30%	47%
Alcohol Misuse	23%	32%	44%
Heroin Misuse	22%	28%	50%

Base: Total, n=450
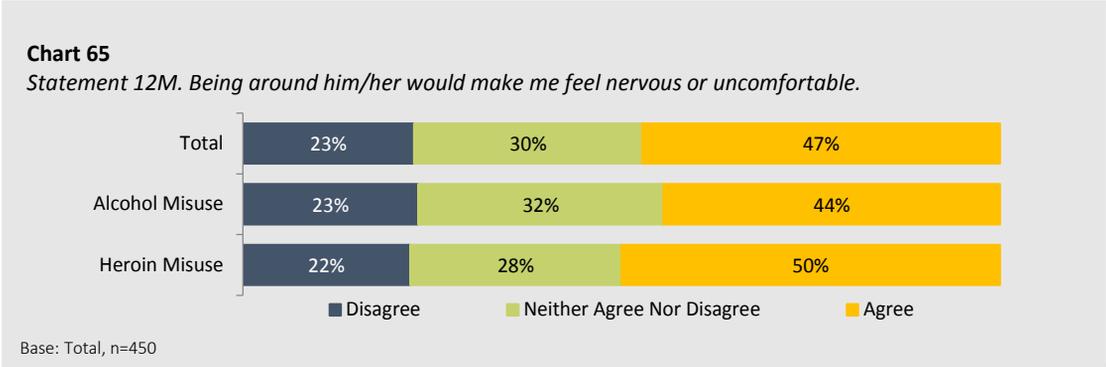
Differences:

› Those with an **above median income** were more likely to agree that being around him/her would make them feel nervous or uncomfortable compared to those with a below median income (60% vs. 42%; *p<.01*)

More than one-quarter of San Mateo County adults (29%) agree that the hypothetical person is just as productive as others.

Chart 66
Statement 12O. People like Tom/Susan are just as productive as others.
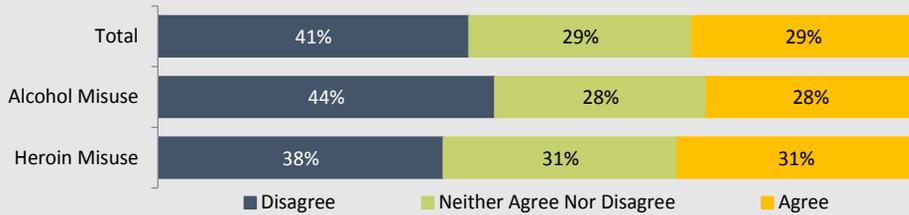
|	Disagree	Neither Agree Nor Disagree	Agree
Total	41%	29%	29%
Alcohol Misuse	44%	28%	28%
Heroin Misuse	38%	31%	31%

Base: Total, n=450

Differences:

› Those who were more likely to agree that the hypothetical person is just as productive as others:

   › **White** compared to Asian adults (30% vs. 17%; *p<.05*)

   › **Hispanic/Latino** compared to Asian adults (36% vs. 17%; *p<.01*)

   › Those with **children at home** compared to those without (36% vs. 26%; *p<.05*)

One-third of San Mateo County adults (31%) agree that the hypothetical person should be hired just like other people.

Chart 67
Statement 12P. Tom/Susan should be hired just like other people.

|	Disagree	Neither Agree Nor Disagree	Agree
Total	37%	32%	31%
Alcohol Misuse	35%	34%	31%
Heroin Misuse	38%	30%	32%
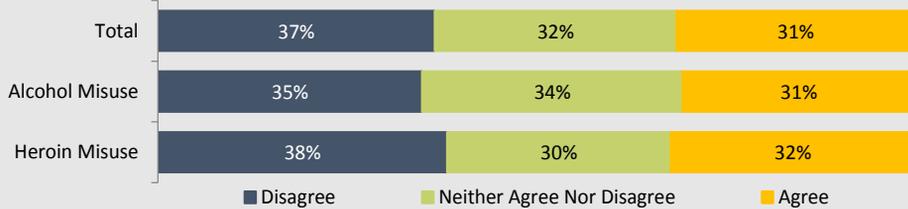
Base: Total, n=450

There were no statistically significant differences by segment.

Close to two-thirds of San Mateo County adults (60%) agree that the hypothetical person should not be allowed to care for children.

Chart 68
Statement 12Q. People like Tom/Susan shouldn't be allowed to care for children.
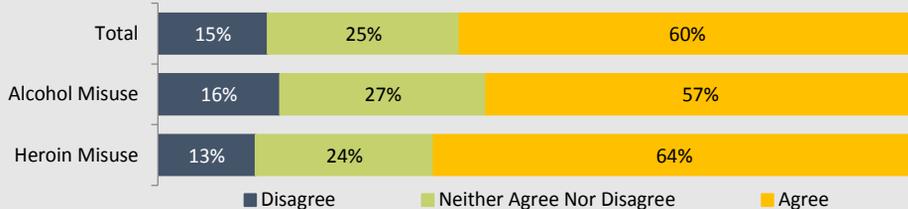
	Disagree	Neither Agree Nor Disagree	Agree
Total	15%	25%	60%
Alcohol Misuse	16%	27%	57%
Heroin Misuse	13%	24%	64%

Base: Total, n=450

Differences:

› Those who were more likely to agree that people like the hypothetical person should not be allowed to care for children:

   › **Asian** compared to Hispanic/Latino adults (66% vs. 51%; *p<.05*)

   › **Men** compared to women (69% vs. 53%; *p<.001*)

   › Adults **35+** compared to those 18-34 (65% vs. 51%; *p<.01*)

Domain Scores

To compare overall knowledge and attitudes about a substance misuse issue, scales were developed by combining and averaging individual survey items within three domains.

Substance Misuse Knowledge
Knowledge about substance misuse and treatment
› Experiencing substance misuse issue
› Experiencing a physical issue (reverse scored)
› Caused by bad character (reverse scored)
› Experiencing life's normal ups and downs (reverse scored)
› Will improve with treatment
› Will improve on its own (reverse scored)
› A person can recover from a substance misuse issue
› Is a danger to others (reverse scored)
› Unlikely to contribute much to society (reverse scored)
› More likely to experience prejudice and discrimination (reverse scored)

Substance Misuse Inclusive Behavior
Willingness to be socially connected to people with a substance misuse issue
› Willing to spend time socializing
› Willing to have as a neighbor
› Willing to have marry someone in family
› Willing to work closely

Affirming Substance Misuse Beliefs
Measures openness to disclosing substance misuse issue
› Opportunities would be limited (reverse scored)
› Reflects poorly on family (reverse scored)
› Better off a secret (reverse scored)
› Would lose friends (reverse scored)
› More likely to be dangerous (reverse scored)
› Makes me nervous or uncomfortable (reverse scored)
› Are as productive as others
› Should be hired just like others
› Shouldn't care for children (reverse scored)

Possible scale scores range from 1 to 5, where 5 represents more knowledge about a substance misuse issue or more sympathy and openness with regard to persons experiencing a substance misuse issue, and 1 represents less knowledge, sympathy or openness.

DOMAIN SCORES

San Mateo County adults scored highest on the Substance Misuse Knowledge domain.
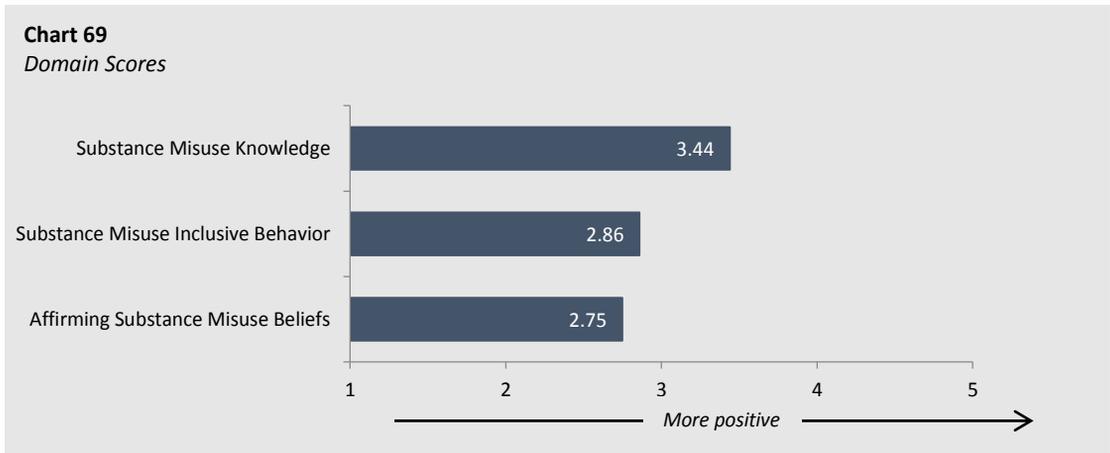
Chart 69
Domain Scores

Substance Misuse Knowledge	3.44
Substance Misuse Inclusive Behavior	2.86
Affirming Substance Misuse Beliefs	2.75

1 2 3 4 5

More positive →

DOMAIN SCORES BY GENDER

Women were more likely to score higher on Substance Misuse Knowledge and Affirming Substance Misuse Beliefs than men.

Chart 70
Comparison of Domain Scores Across Gender

	Female	Male
Substance Misuse Knowledge	3.51 ✱ *p<.01*	3.37
Substance Misuse Inclusive Behavior	2.87	2.79
Affirming Substance Misuse Beliefs	2.86 ✱ *p<.01*	2.61

1 2 3 4 5

✱ Denotes statistically significant difference

More positive →
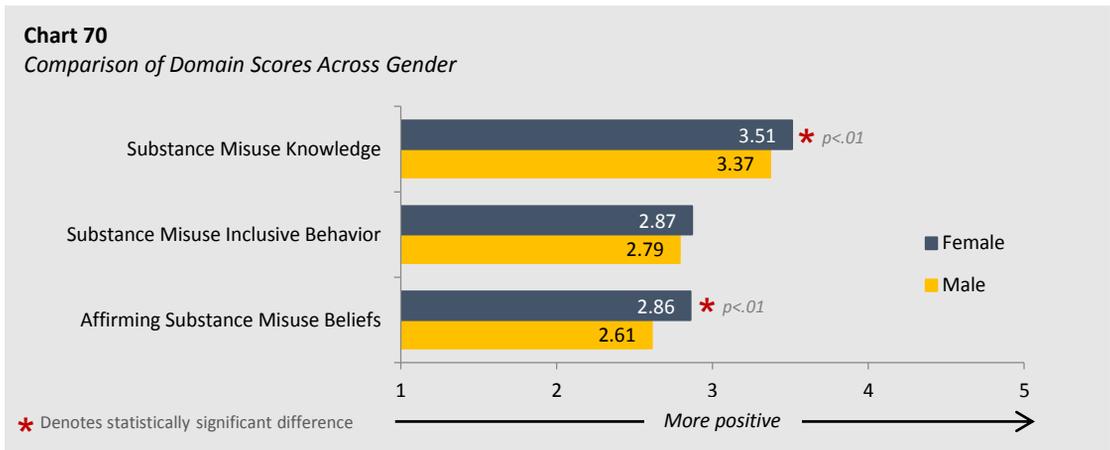
DOMAIN SCORES BY AGE

Adults 35+ were more likely to score higher on Substance Misuse Knowledge, while adults 18-34 were more likely to score higher on Substance Misuse Inclusive Behavior.

Chart 71
Comparison of Domain Scores Across Ages

Domain	18-34	35+	Significance
Substance Misuse Knowledge	3.28	3.53	* p<.001
Substance Misuse Inclusive Behavior	3.00	2.78	* p<.01
Affirming Substance Misuse Beliefs	2.73	2.76	

Scale: 1 — 2 — 3 — 4 — 5

More positive →

■ 18-34
■ 35+

***** Denotes statistically significant difference
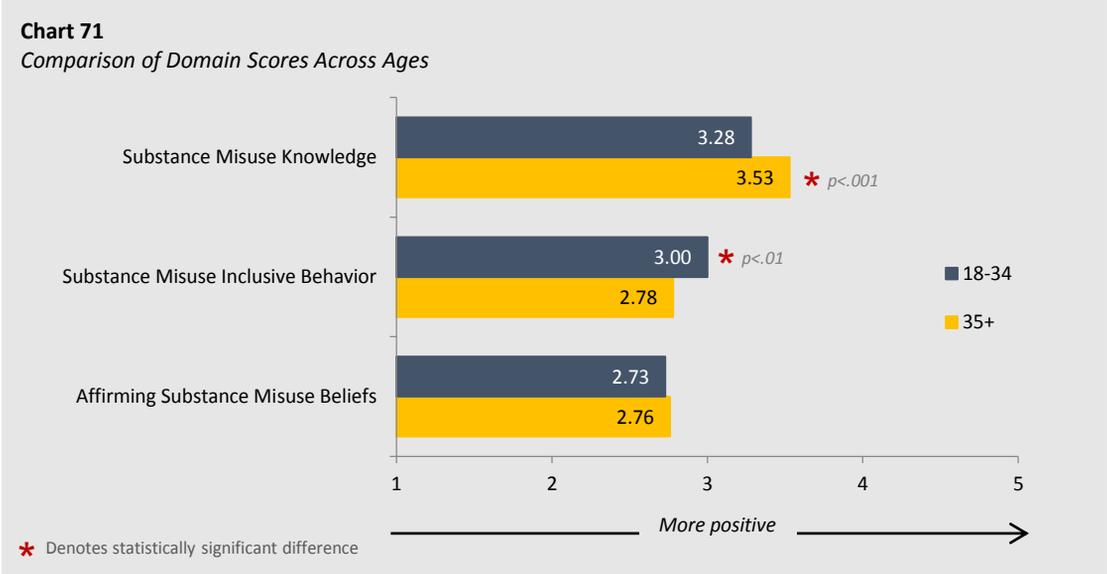
DOMAIN SCORES BY ETHNICITY

White adults were more likely to score higher on Substance Misuse Knowledge compared to Asian and Hispanic/Latino adults.

White and Hispanic/Latino adults were more likely to score higher on Substance Misuse Inclusive Behavior compared to Asian adults.

Hispanic/Latino adults were also more likely to score higher on the Substance Misuse Inclusive Behavior domain compared to White adults.
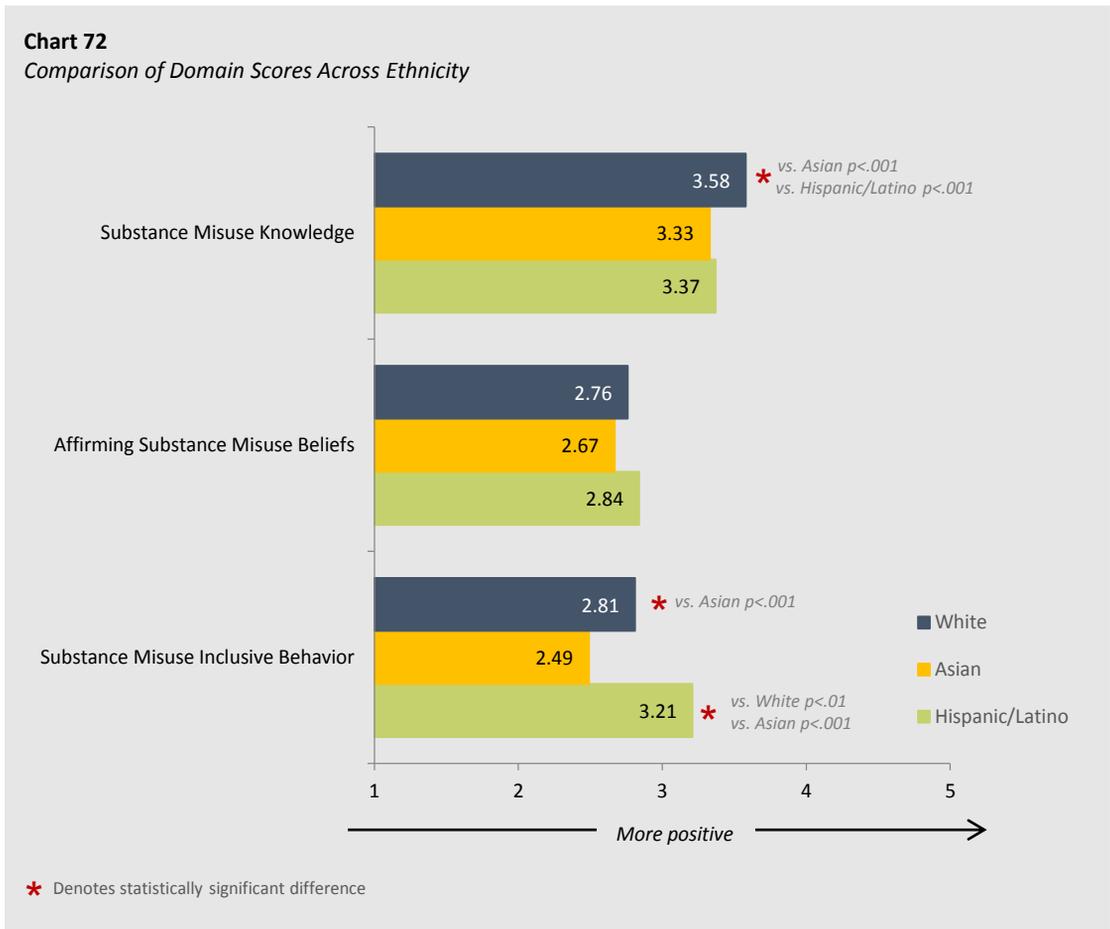
Chart 72
Comparison of Domain Scores Across Ethnicity

Substance Misuse Knowledge
3.58 * *vs. Asian p<.001*
vs. Hispanic/Latino p<.001
3.33
3.37

Affirming Substance Misuse Beliefs
2.76
2.67
2.84

Substance Misuse Inclusive Behavior
2.81 * *vs. Asian p<.001*
2.49
3.21 * *vs. White p<.01*
vs. Asian p<.001

■ White
■ Asian
■ Hispanic/Latino

1   2   3   4   5

More positive →

* Denotes statistically significant difference

APPENDIX

SIGNIFICANT DIFFERENCES BY SCENARIO PRESENTED

Question / Statement	Major Depression	Schizophrenia	*p*
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Mental Health Inclusive Behavior	3.54	3.19	*p<.001*
Domain Score: Affirming Mental Health Benefits	3.32	3.04	*p<.001*
Statement Q1_3. People who have mental illness are never going to be able to contribute much to society.	8	19	*p<.01*
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.	43	33	*p<.05*
Statement 3D. It is likely that he/she is experiencing mental illness.	68	79	*p<.05*
Statement 3G. He/She would lose friends if people knew about his/her mental illness.	36	52	*p<.001*
Statement 3H. His/Her opportunities would be limited if people knew about his/her mental illness.	58	70	*p<.01*
Statement 3I. I would be willing to move next door to him/her.	57	43	*p<.01*
Statement 3J. I would be willing to spend an evening socializing with him/her.	70	57	*p<.01*
Statement 3K. I would be willing to start working closely on a job with him/her.	54	42	*p<.05*
Statement 3M. Being around him/her would make me feel nervous or uncomfortable.	27	44	*p<.001*
Statement 3N. People like John/Mary with mental illness are more likely than others to be dangerous.	23	44	*p<.001*
Statement 3P. John/Mary should be hired just like other people.	61	45	*p<.001*
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.	26	45	*p<.001*

SIGNIFICANT DIFFERENCES BY TREATMENT SOUGHT FOR MENTAL HEALTH

Question / Statement	Sought Treatment	Did Not Seek Treatment	P
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Provided emotional support. (%Selected)	93	76	*p<.05*
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Helped them seek professional help. (%Selected)	74	45	*p<.001*
Question Q9. I openly talked about my mental illness problem with a close family member or friend. (%Moderately-Strongly Agree)	80	59	*p<.05*
Question Q9. I was supported by others in getting help for my mental illness problem. (%Moderately-Strongly Agree)	70	32	*p<.001*
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Mental Health Knowledge	3.46	3.26	*p<.05*
Domain Score: Affirming Mental Health Beliefs	3.40	3.11	*p<.05*
Statement 3I. I would be willing to move next door to him/her.	61	41	*p<.05*
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret.	9	24	*p<.05*

SIGNIFICANT DIFFERENCES BY ETHNICITY / RACE

Question / Statement	White	Asian	Hispanic/ Latino	P
Question 4. If someone in your family had a mental illness, would you feel ashamed if people know about it? (%No, Moderately-Strongly Disagree)	87	74	87	p<.01 p<.05
Question 5. Do you have a family member who has had a mental illness problem? (%Yes)	59	31	59	p<.001 p<.001
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Helped them seek professional help. (%Selected)	61	42	67	p<.05
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Helped them connect to community resources. (%Selected)	30	23	46	p<.05
Question 6. Have you ever had a mental illness problem? (%Yes)	34	22	46	p<.05 p<.01
Question 9. How much do you agree or disagree with the following statements regarding your current or past mental illness problem? It took a long time for me to begin seeking help after I needed it. (%Moderately-Strongly Agree)	45	low Base size	74	p<.01
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Mental Health Inclusive Behavior	3.36	2.98	3.63	p<.001 p<.01 p<.05
Domain Score: Mental Health Knowledge	3.41	3.19	3.31	p<.001
Domain Score: Affirming Mental Health Beliefs	3.23	3.05	3.28	p<.05 p<.05
Statement Q1_4. People with mental illness experience high levels of prejudice and discrimination.	73	64	61	p<.05
Statement Q1_7. I don't have the necessary skills to talk about suicide with a friend, colleague, or family member.	37	51	33	p<.05 p<.01
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.	28	45	43	p<.01 p<.05
Statement 3D. It is likely that he/she is experiencing mental illness.	80	75	61	p<.001

SIGNIFICANT DIFFERENCES BY ETHNICITY / RACE (CONTINUED)

Question / Statement	White	Asian	Hispanic/ Latino	P
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Statement 3G. He/She would lose friends if people knew about his/her mental illness.	41	52	35	*p<.05*
Statement 3I. I would be willing to move next door to him/her.	56	32	51	*p<.001 p<.01*
Statement 3J. I would be willing to spend an evening socializing with him/her.	64	52	73	*p<.05 p<.01*
Statement 3L. I would be willing to have him/her marry someone in my family.	28	14	31	*p<.01 p<.01*
Statement 3M. Being around him/her would make me feel nervous or uncomfortable.	40	36	24	*p<.01*

SIGNIFICANT DIFFERENCES BY GENDER

Question / Statement	Male	Female	P
Question 4. If someone in your family had a mental illness, would you feel ashamed if people know about it? (%No, Moderately-Strongly Disagree)	78	87	p<.05
Questions 5. Do you have a family member who has had a mental illness problem? (%Yes)	41	60	p<.001
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? More likely to have done nothing. (%Selected)	10	2	p<.05
Questions 6. Have you ever had a mental illness problem? (%Yes)	26	41	p<.01
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Mental Health Inclusive Behavior	3.17	3.49	p<.001
Domain Score: Mental Health Knowledge	3.25	3.35	p<.05
Domain Score: Affirming Mental Health Beliefs	2.96	3.35	p<.001
Statement 3F. It is likely that his/her situation is caused by bad character.	23	15	p<.05
Statement 3G. He/She would lose friends if people knew about his/her mental illness.	53	36	p<.001
Statement 3I. I would be willing to move next door to him/her.	39	58	p<.001
Statement 3J. I would be willing to spend an evening socializing with him/her.	58	68	p<.05
Statement 3M. Being around him/her would make me feel nervous or uncomfortable.	43	30	p<.01
Statement 3N. People like John/Mary with mental illness are more likely than others to be dangerous.	42	27	p<.01
Statement 3P. John/Mary should be hired just like other people.	44	60	p<.01
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.	46	27	p<.001
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret.	20	11	p<.05
Statement 3S. John/Mary's mental illness reflects poorly on his/her family.	28	16	P<.01

SIGNIFICANT DIFFERENCES BY AGE

Statistically significant differences by age were analyzed two ways. First, by whether the difference was generational: 18-34 vs. 45-54 vs. 55+. Or, second, whether the difference was based on the collapsed younger versus older aged cohorts: 18-34 vs. 35 and older.

Question / Statement	18-34	35-54	55+	P
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Helped them connect to community resources. (%Selected)	44	30		p<.05
Question 6. Have you ever had a mental illness problem? (%Yes)	43	32		p<.05
Question 7. Have you ever sought treatment for a mental illness problem? (%Yes)	61	70	94	p<.01 p<.01
Question 9. How much do you agree or disagree with the following statements regarding your current or past mental illness problem? It took a long time for me to begin seeking help after I needed it. (%Moderately-Strongly Agree)	71	low Base size	34	p<.01
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Mental Health Inclusive Behavior	3.64	3.20		p<.001
Domain Score: Mental Health Knowledge	3.23	3.36		p<.01
Statement Q1_2. A person with mental illness can eventually recover.	64	75	69	p<.05
Statement Q1_3. People who have mental illness are never going to be able to contribute much to society.	13	18	8	P<.05
Statement Q1_5. Talking about suicide can cause suicide.	26	17		p<.05
Statement 3A. It is likely that his/her situation will improve on its own.	25	16		p<.05
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.	45	34		p<.05
Statement 3E. It is likely that he/she is experiencing physical illness.	44	34		p<.05
Statement 3F. It is likely that his/her situation is caused by bad character.	21	21	10	p<.01 p<.01
Statement 3H. His/Her opportunities would be limited if people knew about his/her mental illness.	59	64	72	p<.05
Statement 3J. I would be willing to spend an evening socializing with him/her.	72	59		p<.01

SIGNIFICANT DIFFERENCES BY AGE (CONT.)

Question / Statement	18-34	35-54	55+	*P*
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Statement 3K. I would be willing to start working closely on a job with him/her.	57	43		*p<.01*
Statement 3L. I would be willing to have him/her marry someone in my family.	38	20		*p<.001*
Statement 3P. John/Mary should be hired just like other people.	59	54	42	*p<.01*
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.	26	41		*p<.01*
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret.	22	12		*p<.01*
Statement 3S. John/Mary's mental illness reflects poorly on his/her family.	28	22	11	*p<.01* *p<.01*

SIGNIFICANT DIFFERENCES BY INCOME

Question / Statement	Below Median	Near Median	Above Median	P
Question 4. If someone in your family had a mental illness, would you feel ashamed if people know about it? (%No, Moderately-Strongly Disagree)	82	90	77	*p<.05 p<.05*
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Affirming Mental Health Beliefs	3.20	3.24	3.03	*p<.05 p<.05*
Statement Q1_3. People who have mental illness are never going to be able to contribute much to society.	16	8	15	*p<.05*
Statement Q1_4. People with mental illness experience high levels of prejudice and discrimination.	61	72	81	*p<.01*
Statement Q1_5. Talking about suicide can cause suicide.	26	14	15	*p<.01 p<.05*
Statement 3B. It is likely that he or she will improve with treatment.	73	82	85	*p<.05*
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.	41	28	37	*p<.05*
Statement 3D. It is likely that he/she is experiencing mental illness.	70	82	74	*p<.05*
Statement 3G. He/She would lose friends if people knew about his/her mental illness.	42	39	54	*p<.05*
Statement 3H. His/Her opportunities would be limited if people knew about his/her mental illness.	57	72	75	*p<.01 p<.01*
Statement 3N. People like John/Mary with mental illness are more likely than others to be dangerous.	31	33	44	*p<.05*
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.	34	32	46	*p<.05 p<.05*
Statement 3S. John/Mary's mental illness reflects poorly on his/her family.	25	12	24	*p<.01 p<.05*
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret	17	9	17	*p<.05*

SIGNIFICANT DIFFERENCES BY CHILDREN AT HOME

Question / Statement	Children at Home	No Children at Home	P
Question 4. If someone in your family had a mental illness, would you feel ashamed if people know about it? (%No, Moderately-Strongly Disagree)	77	86	p<.05
Question 5A. What, if anything, have you done to help your family member with a mental illness problem? Helped them connect to community resources. (%Selected)	51	27	p<.001
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Mental Health Inclusive Behavior	3.54	3.26	p<.01
Domain Score: Affirming Mental Health Beliefs	3.07	3.23	p<.05
Statement Q1_3. People who have mental illness are never going to be able to contribute much to society.	23	10	p<.01
Statement Q1_5. Talking about suicide can cause suicide.	28	17	p<.05
Statement 3C. It is likely that he/she is experiencing the normal ups and downs of life.	46	34	p<.05
Statement 3E. It is likely that he/she is experiencing physical illness.	46	33	p<.05
Statement 3F. It is likely that his/her situation is caused by bad character.	29	14	p<.001
Statement 3H. His/Her opportunities would be limited if people knew about his/her mental illness.	71	61	p<.05
Statement 3K. I would be willing to start working closely on a job with him/her.	59	43	p<.01
Statement 3L. I would be willing to have him/her marry someone in my family.	37	21	p<.01
Statement 3N. People like John/Mary with mental illness are more likely than others to be dangerous.	43	30	p<.01
Statement 3Q. People like John/Mary shouldn't be allowed to care for children.	44	32	p<.05
Statement 3R. John/Mary's family would be better off keeping his/her problem a secret.	24	10	p<.001
Statement 3S. John/Mary's mental illness reflects poorly on his/her family.	31	16	p<.001

COMPARISON TO CALIFORNIA STATEWIDE SURVEY

The following section provides a comparison of a small selection of the findings in this report to the Statewide report published by RAND Corporation, titled "Changes in Mental Health Stigma in California During the Statewide Stigma and Discrimination Reduction Initiative". The RAND statewide report provides results from the baseline survey (fielded in 2013) and the follow-on survey (fielded in 2014). This report compares findings from the follow-on survey (2014).

	CALIFORNIA STATEWIDE SURVEY			SAN MATEO COUNTY BASELINE SURVEY			
	Question	N	Finding	Question	N	Finding	P
Perceptions of Public Stigma and Support	Q1_d. People with mental illness experience high levels of prejudice and discrimination (%Strongly-Moderately Agree)	1285	79	Q1_4. People with mental illness experience high levels of prejudice and discrimination (%Strongly-Moderately Agree)	450	68	p<.001
Social Distance from People with Mental Health Issues	Q20_a. Move next door to him/her (%Definitely/Probably Unwilling)	1285	30	Q3I. I would be willing to move next door to him/her (%Strongly-Moderately Disagree)	450	18	p<.001
	Q20_b. Spend an evening socializing with him/her (%Definitely-Probably Unwilling)	1285	19	Q3J. I would be willing to spend an evening socializing with him/her (%Strongly-Moderately Disagree)	450	13	p<.01
	Q20_c. Work closely on a job with him/her (%Definitely-Probably Unwilling)	1295	28	Q3K. I would be willing to start working closely on a job with him/her (%Strongly-Moderately Disagree)	450	21	p<.01
Past-Year Social Support Provision to an Individual with a Mental Health Issue	Q8. Provided emotional support, such as listening to or helping to calm him or her (%A Little, Some, A Lot of Support)	653	92	Q5a_1. Provided emotional support (%Selected)	216	83	p<.001
	Q10. Helped the person to connect with community resources, others with mental illness problems, or friends and family (%A Little, Some, A Lot of Support)	653	74	Q5a_3. Helped them connect to community resources (%Selected) AND Q5a_4. Helped them connect to other family or friends for support (%Selected)	216	67	p<.05
	Q9. Helped the person seek professional help (%A Little, Some, A Lot of Support)	653	69	Q5a_2. Helped them seek professional help (%Selected)	216	58	p<.01
Reported Experience with Mental Health Issues	Q13. Have you (yourself) ever had a mental illness problem? (%Yes)	1295	26	Q6. Have you ever had a mental illness problem? (%Yes)	450	36	p<.001
	Q5. Do you have a family member who has had a mental illness problem? (%Yes)	1295	53	Q5. Do you have a family member who has had a mental illness problem? (%Yes)	450	52	
Recovery and Treatment Beliefs, Intentions, and Behavior	Q21_a. I believe a person with mental illness can eventually recover (%Strongly-Moderately Agree)	1295	72	Q1_2. A person with mental illness can eventually recover (%Strongly-Moderately Agree)	450	69	
	Q1_c. People who have had a mental illness are never going to be able to contribute to society much (%Strongly-Moderately Agree)	1295	14	Q1_3. People who have had a mental illness are never going to be able to contribute much to society (%Strongly-Moderately Agree)	450	14	
	Q14. Sought treatment for a mental illness problem (%Yes)	279	95	Q7. Have you ever sought treatment for a mental illness problem? (%Yes)	150	72	p<.001

SIGNIFICANT DIFFERENCES BY SCENARIO PRESENTED

Question / Statement	Alcohol Misuse	Heroin Misuse	*P*
Question 14A. What, if anything, have you done to help your family member with a substance abuse problem? Helped them seek professional help. (%Selected)	42	65	*p<.01*
Question 14A. What, if anything, have you done to help your family member with a substance abuse problem? Helped them connect to community resources. (%Selected)	32	51	*p<.05*
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Statement 12E. It is likely that he/she is experiencing a physical illness.	42	56	*p<.01*
Statement 12N. People like Tom/Susan are more likely to be dangerous.	51	65	*p<.01*

Note: the base size was too low for statistical comparison by those who sought substance misuse treatment (n=31) compared to those who had not (n=25).

SIGNIFICANT DIFFERENCES BY ETHNICITY / RACE

Question / Statement	White	Asian	Hispanic/ Latino	P
Question 13. If someone in your family had a substance abuse problem, would you feel ashamed if people know about it? (%No, Moderately-Strongly Disagree)	72	57	70	p<.05
Questions 14. Do you have a family member who has had a substance abuse problem? (%Yes)	39	11	42	p<.001 p<.001
Question 15. Have you ever had a substance abuse problem? (%Yes)	15	5	16	p<.01 p<.05
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Substance Misuse Inclusive Behavior	2.81	2.49	3.21	p<.001 p<.001 p<.01
Domain Score: Substance Misuse Knowledge	3.58	3.33	3.37	p<.001 p<.001
Statement Q10_2. A person with a substance abuse problem can eventually recover.	84	79	72	p<.05
Statement 12C. It is likely that he or she is experiencing the normal ups and downs of life.	25	37	31	p<.05
Statement 12D. It is likely that he/she is experiencing substance abuse problem.	85	80	73	p<.05
Statement 12G. He/She would lose friends if people knew about his/her substance abuse problem.	60	57	46	p<.05
Statement 12H. His/Her opportunities would be limited if people knew about his/her substance abuse problem.	81	75	66	p<.01
Statement 12I. I would be willing to move next door to him/her.	38	17	35	p<.001 p<.01
Statement 12J. I would be willing to spend an evening socializing with him/her.	46	25	57	p<.001 p<.001
Statement 12K. I would be willing to start working closely on a job with him/her.	27	20	40	p<.05 p<.01
Statement 12L. I would be willing to have him/her marry someone in my family.	16	9	24	p<.05 p<.01
Statement 12O. People like Tom/Susan are just as productive as others.	30	17	36	p<.05 p<.01

SIGNIFICANT DIFFERENCES BY ETHNICITY / RACE (CONTINUED)

Question / Statement	White	Asian	Hispanic/Latino	P
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Statement 12Q. People like Tom/Susan shouldn't be allowed to care for children.	61	66	51	*p<.05*
Statement 12S. Tom/Susan's substance abuse problem reflects poorly on his/her family.	21	32	31	*p<.05*

SIGNIFICANT DIFFERENCES BY GENDER

Question / Statement	Male	Female	P
Questions 14. Do you have a family member who has had a substance abuse problem? (%Yes)	30	39	*p<.05*
Question 14A. What, if anything, have you done to help your family member with a substance abuse problem? Helped them connect to other family or friends for support. (%Selected)	31	51	*p<.05*
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Substance Misuse Knowledge	3.37	3.51	*p<.01*
Domain Score: Affirming Substance Misuse Beliefs	2.61	2.86	*p<.01*
Statement 12I. I would be willing to move next door to him/her.	27	37	*p<.05*
Statement 12J. I would be willing to spend an evening socializing with him/her.	37	49	*p<.05*
Statement 12Q. People like Tom/Susan shouldn't be allowed to care for children.	69	53	*p<.001*
Statement 12S. Tom/Susan's substance abuse problem reflects poorly on his/her family.	36	22	*p<.01*

SIGNIFICANT DIFFERENCES BY AGE

Question / Statement	18-34	35-54	55+	P
Question 13. If someone in your family had a substance abuse problem, would you feel ashamed if people know about it? (%Yes, Probably-Definitely)	59	70		p<.05
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Substance Misuse Inclusive Behavior	3.00	2.85	2.66	p<.01
Domain Score: Substance Misuse Knowledge	3.28	3.53		p<.001
Statement Q10_2. A person with a substance abuse problem can eventually recover.	70	85		p<.01
Statement 12A. It is likely that his/her situation will improve on its own.	21	12		p<.05
Statement 12B. It is likely that he or she will improve with treatment.	70	86		p<.001
Statement 12C. It is likely that he or she is experiencing the normal ups and downs of life.	38	26		p<.05
Statement 12D. It is likely that he/she is experiencing substance abuse problem.	73	85		p<.01
Statement 12F. It is likely that his/her situation is caused by bad character.	28	14		p<.001
Statement 12H. His/Her opportunities would be limited if people knew about his/her substance abuse problem.	70	79		p<.05
Statement 12J. I would be willing to spend an evening socializing with him/her.	55	38		p<.001
Statement 12L. I would be willing to have him/her marry someone in my family.	21	21	8	p<.01 p<.01
Statement 12N. People like Tom/Susan are more likely to be dangerous.	57	65	50	p<.01
Statement 12Q. People like Tom/Susan shouldn't be allowed to care for children.	51	65		p<.01
Statement 12R. Tom/Susan's family would be better off keeping his/her problem a secret.	21	13		p<.05
Statement 12S. Tom/Susan's substance abuse problem reflects poorly on his/her family.	35	24		p<.05

SIGNIFICANT DIFFERENCES BY INCOME

Question / Statement	Below Median	Near Median	Above Median	P
Question 15. Have you ever had a substance abuse problem? (%Yes)	18	7	8	*p<.01* *p<.01*
Domain Scores & Attributes (%Moderately-Strongly Agree):				
Domain Score: Substance Misuse Inclusive Behavior	2.98	2.78	2.70	*p<.05*
Domain Score: Substance Misuse Knowledge	3.39	3.52	3.47	*p<.05*
Domain Score: Affirming Substance Misuse Beliefs	2.81	2.72	2.66	*p<.05*
Statement Q10_2. A person with a substance abuse problem can eventually recover.	73	89	86	*p<.01* *p<.01*
Statement Q10_4. People with a substance abuse problem experience high levels of prejudice and discrimination.	65	73	83	*p<.01*
Statement 12B. It is likely that he or she will improve with treatment.	75	87	88	*p<.05* *p<.01*
Statement 12D. It is likely that he/she is experiencing substance abuse problem.	77	87	86	*p<.05* *p<.05*
Statement 12J. I would be willing to spend an evening socializing with him/her.	51	46	32	*p<.01* *p<.05*
Statement 12M. Being around him/her would make me feel nervous or uncomfortable.	42	47	60	*p<.01*

SIGNIFICANT DIFFERENCES BY CHILDREN AT HOME

Question / Statement	Children at Home	No Children at Home	*P*
Domain Scores & Attributes (%Moderately-Strongly Agree):			
Domain Score: Substance Misuse Inclusive Behavior	3.14	2.73	*p<.01*
Domain Score: Substance Misuse Knowledge	3.32	3.50	*p<.01*
Statement Q10_3. People who have a substance abuse problem are never going to be able to contribute much to society.	26	15	*p<.05*
Statement 12A. It is likely that his/her situation will improve on its own.	21	12	*p<.05*
Statement 12C. It is likely that he or she is experiencing the normal ups and downs of life.	40	25	*p<.01*
Statement 12F. It is likely that his/her situation is caused by bad character.	29	15	*p<.001*
Statement 12I. I would be willing to move next door to him/her.	46	28	*p<.001*
Statement 12J. I would be willing to spend an evening socializing with him/her.	52	40	*p<.05*
Statement 12K. I would be willing to start working closely on a job with him/her.	40	26	*p<.01*
Statement 12L. I would be willing to have him/her marry someone in my family.	27	13	*p<.01*
Statement 12N. People like Tom/Susan are more likely to be dangerous.	67	55	*p<.05*
Statement 12O. People like Tom/Susan are just as productive as others.	36	26	*P<.05*
Statement 12R. Tom/Susan's family would be better off keeping his/her problem a secret.	26	11	*p<.001*
Statement 12S. Tom/Susan's substance abuse problem reflects poorly on his/her family.	40	23	*p<.001*