

# Royal College of Psychiatrists

Understanding mental health stigma and discrimination in psychiatry

## Mental health stigma and discrimination

Instructions: Please score how you feel about the statements below using a 1-5 scale (1 = strongly disagree, 2= disagree, 3= neither agree nor disagree, 4 = agree, 5 = strongly agree).

1. After today's session, has your knowledge and understanding of mental health stigma & discrimination:

*Mark only one oval.*

	1	2	3	4	5	
Decreased significantly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Increased significantly

2. What do you feel you have learned about stigma & discrimination from today's session?

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3. Has this session changed how you feel about people living with mental health problems or illness?

*Mark only one oval.*

- Not at all     *Skip to question 5*
- Change a little     *Skip to question 4*
- Changed a lot     *Skip to question 4*

If there's been a change...

4. What has changed?

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Untitled section

5. As a result of this session, do you feel that your knowledge of how to tackle stigma is:

*Mark only one oval.*

- A lot better
- A little better
- Unchanged
- A little worse
- A lot worse

6. Is there anything that you think you will do differently as a result of this session?

*Mark only one oval.*

- Yes
- Maybe/not sure    *Skip to question 8*
- No    *Skip to question 8*

If yes...

7. What will you do differently?

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8. What do you feel were the strengths of today's session?

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9. What would you change about today's session?

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10. Any other feedback

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Thank  
you

Thank you for your feedback. This will help us to improve the workshops that we run in the future.

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