



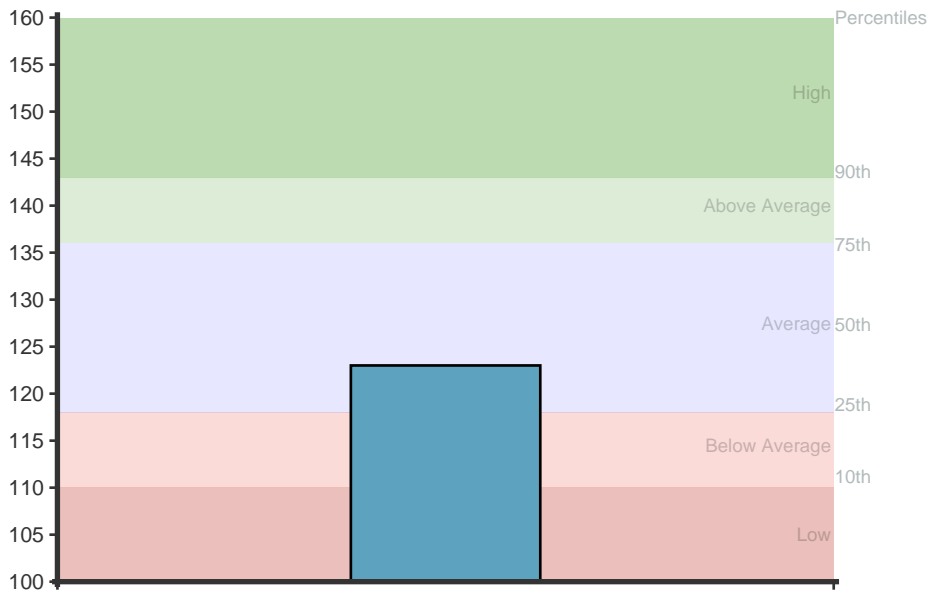
### Mental Health Literacy Scale (MHLS)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	1 Jul 2024
<i>Date of birth (age)</i>	1 Jan 1980 (44)	<i>Time taken</i>	4 min 15s
<i>Assessor</i>	Dr Simon Baker		

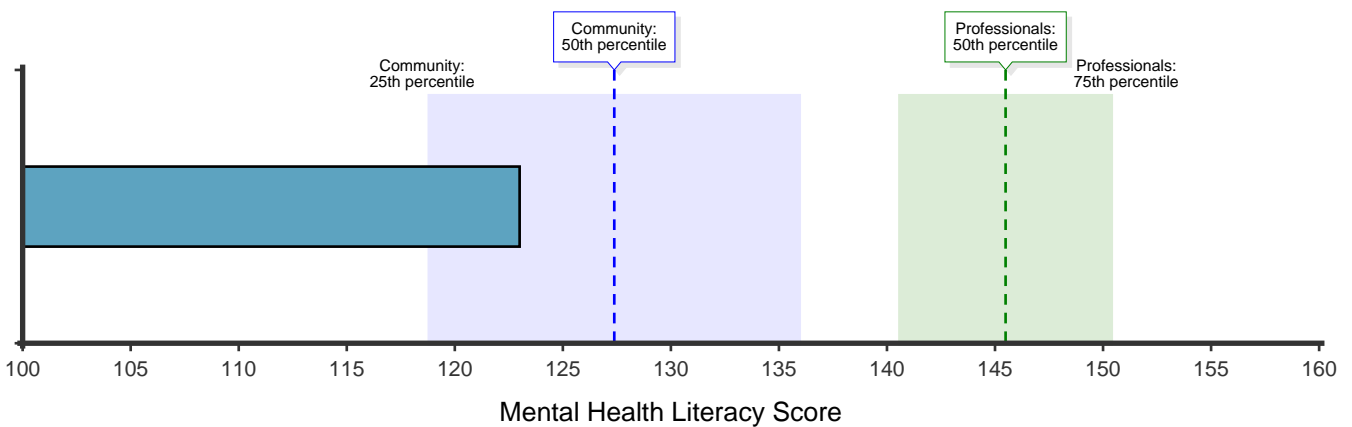
### Total Score

	Score (35-160)	Percentile	Descriptor
Mental Health Literacy	123	36	Average

### Mental Health Literacy Score



### Mental Health Literacy Score Compared to Normative Distributions



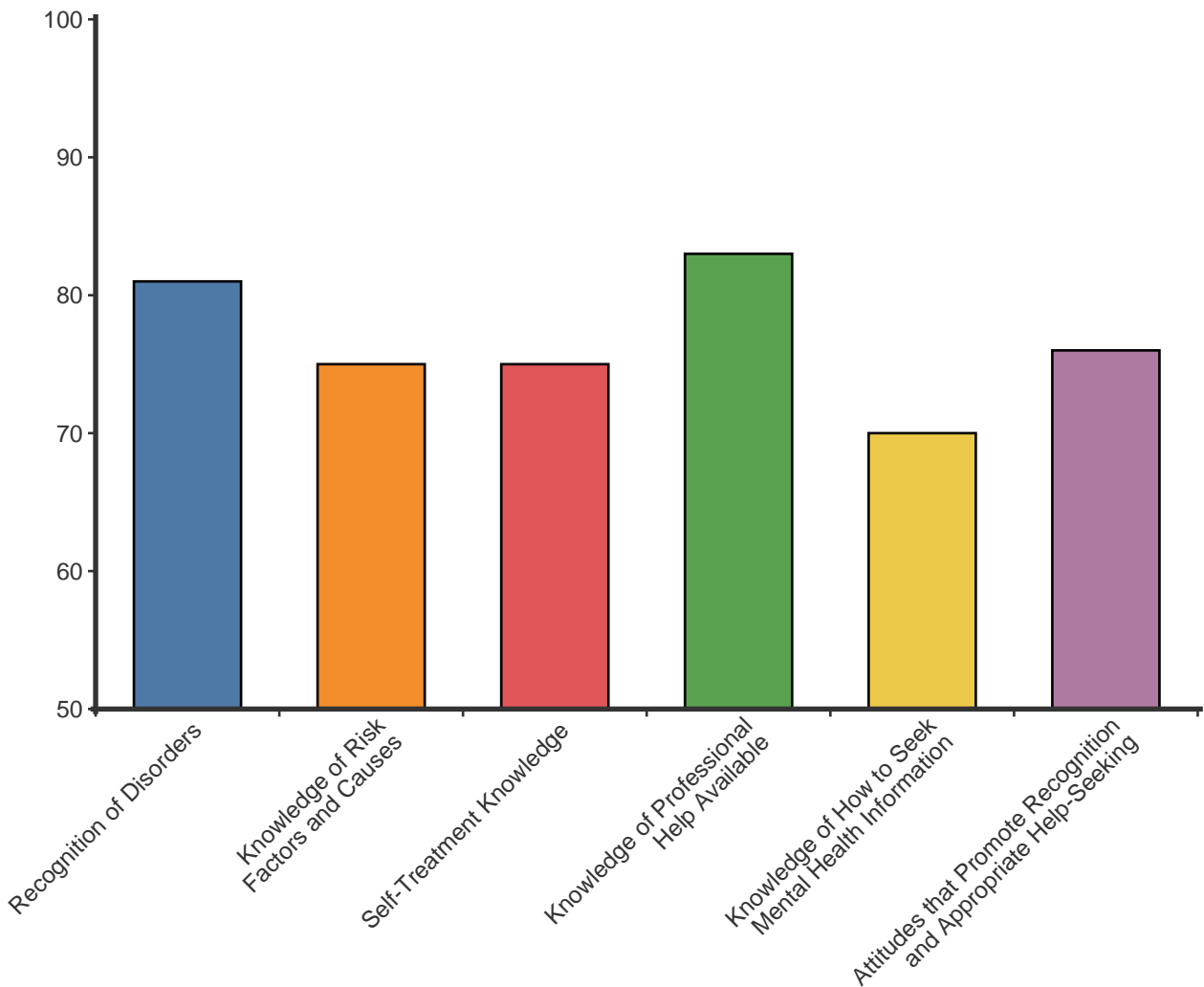


<b>Client Name</b>	Generic Client
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### Attribute Scores

	Score	%
Recognition of Disorders (8-32)	26	81%
Knowledge of Risk Factors and Causes (2-8)	6	75%
Self-Treatment Knowledge (2-8)	6	75%
Knowledge of Professional Help Available (3-12)	10	83%
Knowledge of How to Seek Mental Health Information (4-20)	14	70%
Attitudes that Promote Recognition and Appropriate Help-Seeking (16-80)	61	76%

**Percent of Maximum Score for  
Mental Health Literacy Attributes**





**Client Name** | Generic Client

## Interpretation

The respondent scored 123 out of 160 on the Mental Health Literacy Scale (MHLS). This score is on the 36th percentile when compared to a community sample, indicating that the respondent has an Average level of mental health literacy.

## Scoring and Interpretation Information

For comprehensive information on the Mental Health Literacy Scale (MHLS), [see here](#).

Scores on the Mental Health Literacy Scale (MHLS) range from 35 to 160, with higher scores indicating higher levels of mental health literacy (O'Connor & Casey, 2015).

High mental health literacy is associated with help seeking behaviour, self care and lower levels of stigma.

Low scores suggests that the respondent may benefit from further information or training aimed at improving their knowledge and attitudes regarding mental health and help-seeking.

The MHLS measures six attributes of mental health literacy.

- Recognition of Disorders (Items 1 to 8)

Ability to correctly identify features of a disorder, a specific disorder or category of disorders.

- Knowledge of Risk Factors and Causes (Items 9 and 10)

Knowledge of environmental, social, familial or biological factors that increase the risk of developing a mental illness.

- Self-Treatment Knowledge (Items 11 and 12)

Knowledge of typical treatments recommended by mental health professionals and activities that an individual can conduct.

- Knowledge of Professional Help Available (Items 13 to 15)

Knowledge of mental health professionals and the services they provide.

- Knowledge of How to Seek Mental Health Information (Items 16 to 19)

Knowledge of how to seek mental health information: Knowledge of where to access information and capacity to do so.

- Attitudes that Promote Recognition and Appropriate Help-Seeking (Items 20 to 35)

Attitudes that impact on recognition of disorders and willingness to engage in help-seeking behaviour.

A MHLS score is presented and the scoring approach uses qualitative descriptors to categorise this score. The ranges for these descriptors were determined using percentiles derived from a community sample of 372 university students obtained from a study by O'Connor and Casey (2015).

- Low (score of 35 to 110) (less than or equal to the 10th percentile)

- Below Average (score of 111 to 118) (percentile between 10 and 24)

- Average (score of 119 to 136) (percentile between 25 and 75)

- Above Average (score of 137 to 143) (percentile between 76 and 89)



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### Scoring and Interpretation Information (cont.)

- High (score of 144 to 160) (greater than or equal to the 90th percentile)

A graph comparing the respondent's score to the community sample and a sample of mental health professionals is presented, with shaded areas around the means demarcating the two middle quartiles between the 25th and 75th percentile (O'Connor & Casey, 2015). The 50th percentile represents the typical level of mental health literacy in each sample. This graph contextualises the respondent's score relative to the typical level of mental health literacy in the community and among mental health professionals.

Although the MHLS does not include subscales, a graph showing the respondent's score as a percentage of the highest possible score for each attribute of mental health literacy is presented. Converting each attribute's score to a percentage of its maximum provides a standardised way to compare scores across different attributes. This highlights which areas of mental health literacy the respondent is stronger or weaker in, relative to the best possible performance for each attribute.

If administered more than once, a meaningful change in mental health literacy is defined as a change of 6 or more points in the total score based on a Minimally Important Difference (MID) calculation (i.e., a 6 or more point increase indicates significant improvement; a 6 or more point decrease indicates significant reduction; and less than a 6 point change indicates no significant change).

### Client Responses

		Very Unlikely	Unlikely	Likely	Very Likely
1	If someone became extremely nervous or anxious in one or more situations with other people (e.g., a party) or performance situations (e.g., presenting at a meeting) in which they were afraid of being evaluated by others and that they would act in a way that was humiliating or feel embarrassed, then to what extent do you think it is likely they have Social Phobia?	1	2	3	4
2	If someone experienced excessive worry about a number of events or activities where this level of concern was not warranted, had difficulty controlling this worry and had physical symptoms such as having tense muscles and feeling fatigued then to what extent do you think it is likely they have Generalised Anxiety Disorder?	1	2	3	4
3	If someone experienced a low mood for two or more weeks, had a loss of pleasure or interest in their normal activities and experienced changes in their appetite and sleep then to what extent do you think it is likely they have Major Depressive Disorder?	1	2	3	4
4	To what extent do you think it is likely that Personality Disorders are a category of mental illness?	1	2	3	4
5	To what extent do you think it is likely that Dysthymia is a disorder?	1	2	3	4
6	To what extent do you think it is likely that the diagnosis of Agoraphobia includes anxiety about situations where escape may be difficult or embarrassing?	1	2	3	4
7	To what extent do you think it is likely that the diagnosis of Bipolar Disorder includes experiencing periods of elevated (i.e., high) and periods of depressed (i.e., low) mood?	1	2	3	4
8	To what extent do you think it is likely that the diagnosis of Drug Dependence includes physical and psychological tolerance of the drug (i.e., require more of the drug to get the same effect)?	1	2	3	4
9	To what extent do you think it is likely that in general, women are MORE likely to experience a mental illness of any kind compared to men?	1	2	3	4



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### Client Responses (cont.)

		Very Unlikely	Unlikely	Likely	Very Likely	
10	To what extent do you think it is likely that in general, men are MORE likely to experience an anxiety disorder compared to women?	4	3	2	1	
		Very Unhelpful	Unhelpful	Helpful	Very Helpful	
11	To what extent do you think it would be helpful for someone to improve their quality of sleep if they were having difficulties managing their emotions (e.g., becoming very anxious or depressed)?	1	2	3	4	
12	To what extent do you think it would be helpful for someone to avoid all activities or situations that made them feel anxious if they were having difficulties managing their emotions?	4	3	2	1	
		Very Unlikely	Unlikely	Likely	Very Likely	
13	To what extent do you think it is likely that Cognitive Behaviour Therapy (CBT) is a therapy based on challenging negative thoughts and increasing helpful behaviours?	1	2	3	4	
14	Mental health professionals are bound by confidentiality; however, there are certain conditions under which this does not apply. To what extent do you think it is likely that the following is a condition that would allow a mental health professional to break confidentiality? If you are at immediate risk of harm to yourself or others.	1	2	3	4	
15	Mental health professionals are bound by confidentiality; however, there are certain conditions under which this does not apply. To what extent do you think it is likely that the following is a condition that would allow a mental health professional to break confidentiality? If your problem is not life-threatening and they want to assist others to better support you.	4	3	2	1	
		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
16	I am confident that I know where to seek information about mental illness	1	2	3	4	5
17	I am confident using the computer or telephone to seek information about mental illness	1	2	3	4	5
18	I am confident attending face to face appointments to seek information about mental illness (e.g., seeing the GP)	1	2	3	4	5
19	I am confident I have access to resources (e.g., GP, internet, friends) that I can use to seek information about mental illness	1	2	3	4	5
20	People with a mental illness could snap out if it if they wanted	5	4	3	2	1
21	A mental illness is a sign of personal weakness	5	4	3	2	1
22	A mental illness is not a real medical illness	5	4	3	2	1
23	People with a mental illness are dangerous	5	4	3	2	1
24	It is best to avoid people with a mental illness so that you don't develop this problem	5	4	3	2	1
25	If I had a mental illness I would not tell anyone	5	4	3	2	1



**Client Name** | Generic Client

### Client Responses (cont.)

		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
26	Seeing a mental health professional means you are not strong enough to manage your own difficulties	5	4	3	2	1
27	If I had a mental illness, I would not seek help from a mental health professional	5	4	3	2	1
28	I believe treatment for a mental illness, provided by a mental health professional, would not be effective	5	4	3	2	1
		Definitely Unwilling	Probably Unwilling	Neither Unwilling or Willing	Probably Willing	Definitely Willing
29	How willing would you be to move next door to someone with a mental illness?	1	2	3	4	5
30	How willing would you be to spend an evening socialising with someone with a mental illness?	1	2	3	4	5
31	How willing would you be to make friends with someone with a mental illness?	1	2	3	4	5
32	How willing would you be to have someone with a mental illness start working closely with you on a job?	1	2	3	4	5
33	How willing would you be to have someone with a mental illness marry into your family?	1	2	3	4	5
34	How willing would you be to vote for a politician if you knew they had suffered a mental illness?	1	2	3	4	5
35	How willing would you be to employ someone if you knew they had a mental illness?	1	2	3	4	5