



THE UNIVERSITY OF
MELBOURNE

National Surveys of Mental Health Literacy and Stigma and National Survey of Discrimination and Positive Treatment

A report for



Mental Health Commission
of New South Wales

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Note from the Mental Health Commission to readers

In 2015, the Mental Health Commission of New South Wales (NSW) contracted the University of Melbourne to provide NSW findings from the *National Surveys of Mental Health Literacy and Stigma* and *National Survey of Discrimination and Positive Treatment*. The intention of this work was to facilitate awareness and use of the NSW findings to inform and support conversations and action related to reducing the experience of stigma and discrimination in NSW by people with mental illness. To facilitate interpretation and understanding of NSW findings, as well as the related broader national findings, it is important that readers note the following statistical approach used by the researchers to analyse and present the findings:

The data were analysed using percent frequencies and 95% confidence intervals (with the latter in brackets in the data tables). The analyses used sample weights that took account of the number of in scope persons in the household, telephone type (mobile or landline), age, gender and geographic location. A population weight was used to adjust for any sampling biases, with this guided by known population proportions of age, gender, education level, region and telephone status. This in turn enabled estimates to be representative of the general population.

This 146 page report is comprehensive in scope and detailed in the data and analyses presented. To highlight and synthesise key findings, issues and implications, the Commission has produced a summary report as a companion document. Both the University of Melbourne report and the Commission summary can be found on the Commission's [website](#).

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Executive summary

Mental disorders affect one in five Australians in a 12-month period. They impact on personal relationships, and connection to and participation in the community. People with mental disorders must cope with the symptoms of their illnesses and also with attitudes and behaviours that result from misconceptions about mental disorders.

In recent decades, concern about the considerable burden of disease related to mental disorders has led to national and international efforts to address this. In Australia, the first survey of mental health literacy, which was conducted in 1995, revealed low levels of knowledge about mental disorders in the community. Since then, the National Mental Health Strategy, which has guided mental health reform in Australia since 1992, has become increasingly focused on mental health promotion and stigma reduction. Subsequent Australian mental health literacy surveys were conducted in 2003/4, 2006 and 2011.

Mental health literacy

The results of the 2011 general community survey showed that for mental health literacy:

- Rates of recognition of depression were relatively high, with almost 75% of respondents using the correct label.
- Rates of recognition for the schizophrenia vignettes and PTSD were similar, with around one third of respondents using the correct labels. Around 10% of respondents were able to correctly label social phobia.
- Respondents gave the highest helpfulness ratings to GPs, counsellors, antidepressants, antipsychotics (for schizophrenia) and lifestyle interventions such as physical activity, relaxation and getting out more.
- Respondents were generally optimistic about recovery following treatment, although relapse was seen as likely.

Comparison with the results of previous surveys showed that [1]:

- Rates of correct identification of depression increased between 1995 and 2011, and the numbers of people labelling depression as a 'nervous breakdown', a 'psychological/mental/emotional problem' or 'stress' decreased.
- For the early schizophrenia vignette, the percentage of respondents identifying this as 'psychosis' or 'schizophrenia' increased between 1995 and 2003/4 and between 1995 and 2011.
- For depression, the biggest increases between 1995 and 2011 were for beliefs in the likely helpfulness of GPs, pharmacists, counsellors, social workers, telephone counselling, psychiatrists, psychologists and close friends.
- Between 1995 and 2011, public beliefs about the likely helpfulness of interventions and outcomes have moved closer to those of health professionals, with increases in beliefs about the helpfulness of GPs, psychiatrists and counsellors, and beliefs in the likely helpfulness of medications, particularly antidepressants and antipsychotics.

For the 2011 youth survey:

- Rates of recognition of depression were relatively high, with almost 75% of respondents using the correct label.
- Rates of recognition for the psychosis (schizophrenia) and PTSD vignettes were similar, with around one third of respondents using the correct labels. Only 3% of respondents were able to correctly label social phobia.
- Intentions to seek help were highest for depression with suicidal thoughts and lowest for social phobia, with family members nominated as the most likely sources of help across all vignettes.
- No meaningful changes were seen in the period between 2006 and 2011.

Stigmatising attitudes

For stigmatising attitudes, in the 2011 general community survey:

- Perceptions of the likelihood of discrimination and beliefs about dangerousness and unpredictability were generally highest for chronic schizophrenia, while beliefs in the problem as a sign of personal weakness or 'not a real medical illness' were generally more common for social phobia than for other illnesses.
- For both personal and perceived stigma, across all illnesses, the statements with which respondents were most likely to agree or strongly agree involved a perception of other people's belief in unpredictability, the belief that most other people would not tell anyone and the belief that most other people would not employ someone with the problem.
- Desire for social distance was most common for the items relating to working closely with a person with a mental illness or having the person marry into one's family.
- Desire for social distance was highest for chronic schizophrenia and lowest for social phobia and post-traumatic stress disorder (PTSD).
- Perception of stigma in others was greater than that reported by respondents themselves.
- Stigmatising attitudes are generally higher towards men than women.

While stigmatising attitudes were not assessed in the 1995 survey, analysis of changes between 2003/4 and 2011 [2] showed:

- Some reduction in the desire for social distance from those with mental disorders.
- Some increases in beliefs about dangerousness and unpredictability.

The numbers of people disclosing experiences of depression and early schizophrenia, and of having received professional help for depression, have increased since 1995. Awareness of a family member or close friend with experiences of depression and early schizophrenia also increased between these years, as did awareness that the person received professional help. This increase in disclosure is likely to be due to increased willingness to disclose rather than increased prevalence of disorders or increased rates of help-seeking.

Further analyses have shown that belief in a weak or nervous personality as the cause of mental disorders is linked to personal stigma, perceived stigma and desire for social distance across vignettes. Belief in genetic or biological causes was associated with a decreased belief in mental

disorders as due to weakness rather than sickness, but was not linked to either a decreased or increased belief in dangerousness and unpredictability or desire for social distance. Belief in physical causes was associated with an increased belief in mental disorders as due to weakness rather than sickness. Belief in psychosocial causes had no consistent associations with stigma [3].

For the youth survey:

- Across all disorders, respondents were least likely to agree that they should avoid the person described in the vignette and most likely to endorse beliefs about unpredictability, particularly in the case of the psychosis/schizophrenia and depression with substance abuse vignettes.
- Social phobia was most likely to be seen as a sign of personal weakness or 'not a real medical illness'.
- Desire for social distance was greatest for the psychosis/ schizophrenia vignette and lowest for PTSD. For each vignette, respondents were most unwilling to work on a project with the person described in the vignette, while desire for social distance was generally lowest for developing a close friendship
- Perception of stigma in others was greater than that reported by respondents themselves.
- Perception of stigma in others was greater than that reported by respondents themselves.

Until relatively recently, most research in the area of stigmatising attitudes towards people with mental disorders involved surveys comprising questions about *attitudes towards people* with mental health problems, rather than the *experiences of people* with these problems. In 2014, an Australian national survey of experiences of discrimination and positive treatment was conducted. This survey involved telephone interviews with Australians adults who reported having had a mental health problem in the last 12 months or scored highly on a measure of psychological distress.

Aim and scope of the project

The Mental Health Commission of NSW approached the University of Melbourne to undertake additional analyses of the data on stigmatising attitudes in the National Surveys of Mental Health Literacy and Stigma. This report is based on data from the 1995, 2003/4 and 2011 adult surveys, the 2006 and 2011 youth surveys and the recently conducted National Survey of Discrimination and Positive Treatment Associated with Mental Health Problems. The aim of the project was to obtain information on NSW findings, as well as compare the experience of NSW to the national population and to other states (Victoria and Queensland, as these states have sufficient population numbers to enable statistical comparisons to be made), with a view to identifying and better understanding NSW's progress to-date and opportunities for improvement.

A further aim was to examine differences in stigmatising attitudes according to exposure to mental disorders in self or others, age and level of psychological distress. This will enable a better understanding of the NSW general population's views of people with mental illness, as well as the experience of stigma and discrimination by people with a mental illness. In combination, the findings will also provide the Commission with baseline data against which to monitor and report on NSW's progress in this area over time.

Methods

The mental health literacy survey interviews were based on a vignette of a person with a mental disorder, including depression, early schizophrenia, chronic schizophrenia, social phobia and post-traumatic stress disorder. After being presented with the vignette, respondents were asked what, if anything, they thought was wrong with the person described in the vignette and a series of other questions including:

- the Kessler 6-item (K6) psychological distress questionnaire
- exposure to mental disorders in themselves or others
- if the person in the vignette was likely to be discriminated against by others in the community
- personal attitudes towards the person described in the vignette
- desire for social distance from the person described in the vignette

For the 2014 national survey of discrimination, avoidance and positive treatment associated with mental health problems, people were asked if they had experienced a mental health problem in the last year. They were also asked about their levels of psychological distress, using the K6. If they scored highly on the K6 or responded 'yes' to the question about mental health problems they were then asked questions about whether people had avoided them, discriminated against them or behaved more positive towards them because of their mental health problems.

Results

The results showed that, for all analyses, stigmatising attitudes in NSW were not significantly different to the Australian population or to the population of Victoria or Queensland.

General community surveys

For the 1995, 2003/4 and 2011 surveys, perceived likelihood of discrimination did not generally differ according to experience of mental disorders, age (those aged 18 to 64 years vs those aged 65 years and over) or level of psychological distress in the national population or in any state.

Analysis of personal stigma data in the 2003/4 and 2011 surveys revealed that:

- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others;
- Personal stigma was higher in those aged 65 years and over for some beliefs;
- Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores.

Analysis of data on the desire for social distance in the 2003/4 and 2011 surveys revealed that:

- Desire for social distance was more common in those without experience of mental disorders in themselves or others;
- Desire for social distance was higher in those aged 65 years for some beliefs;
- Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores;
- Total social distance scores did not generally differ according to K6 score.

Youth surveys

Analysis of personal stigma data in the 2006 and 2011 youth surveys revealed that:

- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others.
- Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

Analysis of the desire for social distance data in the 2006 and 2011 youth surveys revealed that:

- Desire for social distance was more common in those without experience of mental disorders in themselves or others.
- Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores.
- Total social distance scores did not generally differ according to K6 score.

National survey of experiences of discrimination and positive treatment in people with mental health problems

In all domains other than looking for work, experiences with nurses, mental health nurses, dentists, paediatricians, surgeons, and community nurses, landlords, Centrelink (government welfare agency) workers, other government officials, real estate agents and insurance-related situations, respondents reported a greater frequency of positive experiences than avoidance or discrimination. In the domains of friends and spouse or partner, respondents reported a greater frequency of personal experiences of avoidance than discrimination.

When asked about their behaviour towards other people with mental health problems, respondents reported that positive behaviours were more frequent than avoidance which was more frequent than experiences of discrimination.

We also analysed the links between discrimination, avoidance and positive experiences and days out of role. The results showed that the following experiences were associated with more days out of role: avoidance by friends, family members, people in the workplace and people in the community; discrimination in all domains; and more positive treatment in the domains of family, workplace, looking for work, health professional, other people in the community or neighbourhood and other people.

Conclusions

As levels of stigma and discrimination in NSW did not differ from those in the national population and other states, stigma reduction in NSW is unlikely to require an approach that is particularly different to that taken at a national level. The findings support the need for a national campaign to reduce stigma and discrimination, as recommended in the National Mental Health Commission's recent review of programs and services [4]. Analyses of change over time have shown that campaigns to improve mental health literacy and reduce stigmatising attitudes may have had beneficial effects in reducing the desire for social distance from those with depression, although this may also be part of a general trend. However, increase in beliefs about the dangerousness and

unpredictability of those with these disorders, particularly men, is of concern and points to the need for public education to focus on these aspects of stigma.

It is hoped that the results of the current study can provide much-needed input into the design of anti-discrimination interventions, for example, public education about human rights and the impact of discrimination and, importantly, positive treatment on mental wellbeing; action from health services to help overcome anticipated discrimination as a barrier to help-seeking; and the incorporation into treatments such as Cognitive Behavioural Therapy techniques to address discrimination as well as symptoms. It may also empower people with mental health problems to further advocate for change in the area of discrimination by providing further evidence of the validity of their experiences.

The results provided here can be used as a baseline against which to measure the impact of future national and state-based efforts. This is particularly true in the case of the results of the 2014 national survey of experiences of discrimination and positive treatment as this is the first time this data has been collected at a population level. Associations between experiences of discrimination and days out of role point to the need for further investigation of the impact of discrimination on participation in family, community, work and education. Further development of a planned program of surveys and enhanced sampling to enable contributory factors to be better analysed (e.g. educational attainment, rurality) would support national benchmarking activities in relation to stigma and discrimination.

1 Introduction

Mental illness affects 20% of Australians in any one year. Anxiety disorders are the most common, with 14.4% of people experiencing these, followed by depression at 6.2% and substance use disorders at 5.1% [5]. Just over 45% of people report experiencing a mental illness in their lifetime. Less common mental illnesses include psychosis, schizophrenia and bipolar disorder and about 0.45% of Australians will experience one of these problems in any one year [6].

Mental illness has a big impact on individuals, families, workplaces, society and the economy. Having a mental illness reduces the likelihood of completing school or higher education, working full-time or in a highly paid professional career, and also decreases quality of life. It can also result in large economic impacts in other areas including out-of-pocket personal expenses, carer/family costs, lost productivity and costs to NGOs [7].

As well as this, mental illness affects personal relationships, and connection to and participation in the community. People with a mental illness must cope with their symptoms and also with attitudes and behaviours that result from misconceptions about these problems. People with mental illnesses often express concern about the stigma and discrimination that they experience [8, 9].

The Mental Health Commission of NSW was established in 2012 for the purpose of monitoring, reviewing and improving the mental health system and the mental health and wellbeing of the people of NSW. This is inclusive of the reduction of stigma associated with mental illness and discrimination against people who have a mental illness. This report will provide the Commission with baseline data against which to monitor and report on NSW's progress in this area over time.

1.1 Stigmatising attitudes

Stigma has been defined as: "a mark of shame, disgrace or disapproval which results in an individual being rejected, discriminated against, and excluded from participating in a number of different areas of society" [10]. Stigmatising attitudes towards mental illness have been conceptualised and measured in different ways. Although stigma is often discussed as a single construct, research shows that it is complex and has a number of different aspects [11-13]. These include personal stigma, stigma perceived in others, internalized self-stigma, perception of mental illness as due to weakness, reluctance to disclose to others, perceived dangerousness, desire for social control, goodwill, and desire for social distance [14, 15].

1.2 National surveys of mental health literacy and stigma

In recent decades, concern about the impact of mental health problems has led to national and international efforts to address this [16]. In contrast to the situation with physical health problems, many people do not recognise the signs and symptoms of these disorders, have beliefs about prevention and treatment that diverge from those of health professionals and are not sure how to help someone with a mental health problem. A common finding across surveys in many countries is that, while mental disorder prevalence rates are high, many people either do not seek or delay seeking help, often for many years [17]. Even in developed countries, only a minority of people received treatment for mood, anxiety or substance use disorders in the year that they developed the illness. For those who eventually received treatment, the median delays ranged from 1 to 14 years

for mood disorders, 3 to 30 years for anxiety disorders, and 6 to 18 years for substance use disorders. Even for the more severe disorders, such as psychosis, delays of months are typical [18].

Delays in seeking treatment are important because early intervention improves the outcome for those with mental illness. There is convincing evidence that a longer duration of untreated disease is associated with adverse outcomes for mental illness [18-20].

A number of factors, both individual and structural, interact to determine when and how people seek help for mental illness. Individual factors include knowledge and attitudes and structural factors include family, community support systems and health system structures. Individual factors include 'mental health literacy', (defined as, the "knowledge and beliefs about mental disorders which aid their recognition, management or prevention" [21]). In Australia, the first survey of mental health literacy revealed low levels of knowledge about mental disorders in the community. Since then, the National Mental Health Strategy, which has guided mental health reform in Australia since 1992, has become increasingly focused on mental health promotion and stigma reduction [22]. The aim of the policies and programs covered by the strategy is to encourage people to seek treatment early by improving recognition of mental disorder signs and symptoms, knowledge of appropriate treatments and minimising the impact of stigma as a barrier to help seeking. Anti- stigma programs also aim to benefit people with mental health problems by minimising the negative impacts on someone who discloses their mental health problem and maximising the positive aspects.

Subsequent Australian mental health literacy surveys were conducted in 2003/4 [23], 2006 [24] and 2011 [25]. Youth surveys were conducted in 2006 and 2011 [24, 26, 27].

1.2.1 Mental health literacy

The results of the 2011 general community survey showed that for mental health literacy:

- Rates of recognition of depression were relatively high, with almost 75% of respondents using the correct label.
- Rates of recognition for the schizophrenia vignettes and PTSD were similar, with around one third of respondents using the correct labels. Around 10% of respondents were able to correctly label social phobia.
- Respondents gave the highest helpfulness ratings to GPs, counsellors, antidepressants, antipsychotics (for schizophrenia) and lifestyle interventions such as physical activity, relaxation and getting out more.
- Respondents were generally optimistic about recovery following treatment, although relapse was seen as likely.

Comparison with the results of previous surveys showed that [1].:

- Rates of correct identification of depression increased between 1995 and 2011, and the numbers of people labelling depression as a 'nervous breakdown', a 'psychological/mental/emotional problem' or 'stress' decreased.
- For the early schizophrenia vignette, the percentage of respondents identifying this as 'psychosis' or 'schizophrenia' increased between 1995 and 2003/4 and between 1995 and 2011.

- For depression, the biggest increases between 1995 and 2011 were for beliefs in the likely helpfulness of GPs, pharmacists, counsellors, social workers, telephone counselling, psychiatrists, psychologists and close friends.
- Between 1995 and 2011, public beliefs about the likely helpfulness of interventions and outcomes have moved closer to those of health professionals, with increases in beliefs about the helpfulness of GPs, psychiatrists and counsellors, and beliefs in the likely helpfulness of medications, particularly antidepressants and antipsychotics.

For the 2011 youth survey:

- Rates of recognition of depression were relatively high, with almost 75% of respondents using the correct label.
- Rates of recognition for the psychosis (schizophrenia) and PTSD vignettes were similar, with around one third of respondents using the correct labels. Only 3% of respondents were able to correctly label social phobia.
- Intentions to seek help were highest for depression with suicidal thoughts and lowest for social phobia, with family members nominated as the most likely sources of help across all vignettes.
- No meaningful changes were seen in the period between 2006 and 2011.

1.2.2 Stigmatising attitudes

For stigmatising attitudes, in the 2011 general community survey:

- Perceptions of the likelihood of discrimination and beliefs about dangerousness and unpredictability were generally highest for chronic schizophrenia, while beliefs in the problem as a sign of personal weakness or 'not a real medical illness' were generally more common for social phobia than for other illnesses.
- For both personal and perceived stigma, across all illnesses, the statements with which respondents were most likely to agree or strongly agree involved a perception of other people's belief in unpredictability, the belief that most other people would not tell anyone and the belief that most other people would not employ someone with the problem.
- Desire for social distance was most common for the items relating to working closely with a person with a mental illness or having the person marry into one's family.
- Desire for social distance was highest for chronic schizophrenia and lowest for social phobia and post-traumatic stress disorder (PTSD).
- Perception of stigma in others was greater than that reported by respondents themselves.

While stigmatising attitudes were not assessed in the 1995 survey, analysis of changes between 2003/4 and 2011 [2] showed:

- Some reduction in the desire for social distance from those with mental disorders.
- Some increases in beliefs about dangerousness and unpredictability.

The numbers of people disclosing experiences of depression and early schizophrenia, and of having received professional help for depression, have increased since 1995. Awareness of a family member or close friend with experiences of depression and early schizophrenia also increased between these

years, as did awareness that the person received professional help. This increase in disclosure is likely to be due to increased willingness to disclose rather than increased prevalence of disorders or increased rates of help-seeking [28].

Further analyses have shown that belief in a weak or nervous personality as the cause of mental disorders is linked to personal stigma, perceived stigma and desire for social distance across vignettes. Belief in genetic or biological causes was associated with a decreased belief in mental disorders as due to weakness rather than sickness, but was not linked to either a decreased or increased belief in dangerousness and unpredictability or desire for social distance. Belief in physical causes was associated with an increased belief in mental disorders as due to weakness rather than sickness. Belief in psychosocial causes had no consistent associations with stigma [3].

For the youth survey:

- Across all disorders, respondents were least likely to agree that they should avoid the person described in the vignette and most likely to endorse beliefs about unpredictability, particularly in the case of the psychosis/schizophrenia and depression with substance abuse vignettes.
- Social phobia was most likely to be seen as a sign of personal weakness or 'not a real medical illness'.
- Desire for social distance was greatest for the psychosis/ schizophrenia vignette and lowest for PTSD. For each vignette, respondents were most unwilling to work on a project with the person described in the vignette, while desire for social distance was generally lowest for developing a close friendship.
- Perception of stigma in others was greater than that reported by respondents themselves.

1.3 Experiences of discrimination

Until relatively recently, most research in the area of stigmatising attitudes towards people with mental disorders involved surveys comprising questions about *attitudes towards people* with mental health problems, rather than the *experiences of people* with these problems. A small number of studies have explored experiences of discrimination in people with mental health problems, but these have mostly looked at experiences of people attending mental health services or people with specific mental health problems, most commonly schizophrenia [29-32].

An Australian survey of people with psychosis carried out in 2010 showed that 37.9% of people (46.9% of females and 31.8% of males) said they had experienced stigma or discrimination in the past year as a result of their mental health problems [6]. Fear of discrimination stopped 22.7% of participants doing some of the things they had wanted to do, while 20.3% said that it was the actual experience of stigma or discrimination that had stopped them. A 2011 survey conducted by the Mental Health Council of Australia (MHCA) that involved 427 people with mental health problems and 200 carers recruited through the MHCA membership and database contacts, assessed the experiences of stigma in the general community [33]. The results showed that 20.6% had been shunned and avoided when their mental illness was revealed; 34.7% of respondents reported being treated as less competent once others learned that they had a mental illness and 60.2% had experienced negative hurtful and offensive attitudes from the general population.

In 2014, an Australian national survey of experiences of discrimination and positive treatment was conducted. Telephone interviews were carried out with 5220 Australians aged 18+, 1381 of whom reported having had a mental health problem in the last 12 months or scored highly on a measure of psychological distress [34].

1.4 Aim and scope of the project

The Mental Health Commission of NSW approached the University of Melbourne to undertake additional analyses of the data on stigmatising attitudes in the National Surveys of Mental Health Literacy and Stigma. This report is based on data from the 1995, 2003/4 and 2011 adult surveys, the 2006 and 2011 youth surveys and the recently conducted National Survey of Discrimination and Positive Treatment Associated with Mental Health Problems. The aim of the project was to obtain information on NSW findings, as well as compare the experience of NSW to the national population and to other states (Victoria and Queensland, as these states have sufficient population numbers to enable statistical comparisons to be made), with a view to identifying and better understanding NSW's progress to-date and opportunities for improvement.

A further aim was to examine differences in stigmatising attitudes according to exposure to mental disorders in self or others, age and level of psychological distress. This will enable a better understanding of the NSW general population's views of people with mental illness, as well as the experience of stigma and discrimination by people with a mental illness. In combination, the findings will also provide the Commission with baseline data against which to monitor and report on NSW's progress in this area over time.

2 National surveys of mental health literacy and stigma

2.1 General community surveys

2.1.1 Methods

2.1.1.1 The 1995 survey

The 1995 survey was a household survey carried out by the Australian Bureau of Statistics [21]. Contact was made with 2531 households in both urban and rural areas. One person aged 18-75 years was randomly sampled per household, 2164 people agreed to participate and the response rate was 85%.

The interview was based on a vignette of a person with depression or schizophrenia. Participants were randomly assigned to receive either vignette and were also assigned to receive either a male ('John') or female ('Mary') version of the vignette. After being presented with the vignette, respondents were asked what, if anything, they thought was wrong with the person described in the vignette, with a series of other questions also asked including the Kessler 6-item (K6) psychological distress questionnaire [35]. They were also asked if they had a close friend or family member who had a problem like the person in the vignette and if so, whether they received professional help. They were also asked if they had ever had a problem like the person in the vignette and if so, whether they received professional help.

Perceived likelihood of discrimination was examined by asking if respondents thought the person in the vignette was likely to be discriminated against by others in the community. Possible responses were 'yes', 'no' and 'I don't know'.

2.1.1.2 The 2003/4 survey

The 2003/4 survey involved household interviews carried out by the company AC Nielsen [23]. Households were sampled from 250 census districts covering all states and territories and metropolitan and rural areas. To achieve a target sample of 4000 interviews with adults aged 18 years or over, visits were made to 28 947 households. Interviewers made up to 5 callbacks to metropolitan areas and 3 callbacks to rural areas. The target interviewee was the householder with the most recent birthday. The achieved sample was 3998 respondents and the response rate was 34%.

The survey interview was based on a vignette of a person with depression, depression with suicidal thoughts, early schizophrenia or chronic schizophrenia. Participants were randomly assigned to one of these four vignettes and were also assigned to receive either a male ('John') or female ('Mary') version of the vignette. As in the 1995 survey, respondents were asked about the perceived likelihood of discrimination.

Personal stigma

Stigmatising attitudes were assessed with two sets of statements, one assessing the respondent's personal attitudes towards the person described in the vignette (personal stigma) and the other assessing the respondent's beliefs about other people's attitudes towards the person in the vignette (perceived stigma) [11]. The personal stigma items were: (1) People with a problem like (John/Jenny)'s could snap out of it if they wanted; (2) A problem like (John/Jenny)'s is a sign of personal weakness; (3) (John/Jenny)'s problem is not a real medical illness; (4) People with a problem like (John/Jenny)'s are dangerous; (5) It is best to avoid people with a problem like (John/Jenny)'s so that you don't develop this problem; (6) People with a problem like (John/Jenny)'s are unpredictable; (7) If I had a problem like (John/Jenny)'s I would not tell anyone; (8) I would not employ someone if I knew they had a problem like (John/Jenny)'s; (9) I would not vote for a politician if I knew they had suffered a problem like (John/Jenny)'s.

Desire for social distance

Self-reported willingness to have contact with the person described in the vignette was measured using the 5-item scale developed by Link et al. [36]. The items rated the person's willingness to (1) move next door to (John/Jenny); (2) spend an evening socializing with (John/Jenny); (3) make friends with (John/Jenny); (4) working closely with (John/Jenny) on a job; (5) have (John/Jenny) marry into their family. Each item was rated on a 4-point scale ranging from definitely willing to definitely unwilling. The minimum total scale score was 5 (definitely willing) and the maximum total score was 20 (definitely unwilling). For analyses other than those using the total social distance score the 'definitely unwilling' and 'probably unwilling' categories were combined.

2.1.1.3 The 2011 survey

The 2011 survey involved computer-assisted telephone interviews (CATI) with 6019 respondents aged 15+ [37]. The survey was carried out by the company The Social Research Centre, Melbourne, Victoria, using a 'dual frame' approach in which the sample were contacted by random-digit dialling of both landlines and mobile phones. This approach was taken in order to minimise the potential

bias of collecting data solely from households with a landline telephone connection. A landline-only approach may under-sample young people, particularly young men [38]. In order to achieve a mobile/landline distribution representative of the Australian population, targets of at least 1500 mobile and 4000 landline interviews were set. Interviews were conducted between January and May 2011. The response rate was 44.0%, defined as completed interviews (6019) out of sample members who could be contacted and were confirmed as in scope (13 636). The survey interview was based on that used in the 2003/4 survey and also included two additional vignettes: social phobia and post-traumatic stress disorder (PTSD). Participants were randomly assigned to one of these four vignettes and were also assigned to receive either a male ('John') or female ('Jenny') version of the vignette.

2.1.1.4 Statistical analyses

The data were analysed using percent frequencies and 95% confidence intervals. The analyses used sample weights that took account of the number of in scope persons in the household, telephone type (mobile or landline), age, gender and geographic location.

For changes over time, for the stigma and social distance items, binary logistic regression was used to explore whether the changes between survey years were significant at the $p < .01$ level. These analyses were adjusted for the sociodemographic variables of age, gender, level of education and country of birth in order to investigate whether population changes between the surveys may have impacted on the results. For the total social distance scores, linear regression was used to explore whether the changes between survey years were significant at the $p < .01$ level after adjusting for the sociodemographic variables. Because of the large sample sizes, even very small differences between surveys can be statistically significant. We therefore also examined the effect sizes of the differences between surveys. The interpretation is focussed on those effect sizes which equal or exceed Cohen's definition of a 'small' (h or $d \geq 0.2$) effect size [39].

As the 1995 survey only included the depression and chronic schizophrenia vignettes, comparison over three time points was only possible for responses relating to these vignettes. The 2003/4 survey also included the depression with suicidal thoughts and chronic schizophrenia vignettes, thus for data relating to these vignettes, comparison over two time points was possible.

The 1995 and 2003/4 surveys only included adults aged 18+ and to make the samples comparable, those aged 15-17 from the 2011 survey were dropped from the analyses reported here. For comparisons that included the 1995 survey results, those aged 75+ from the 2011 survey were also dropped. All analyses were performed using Intercooled Stata 13 (StataCorp LP, Texas, USA).

2.1.2 Results

2.1.2.1 Socio-demographic characteristics of respondents in all three surveys (national population)

	1995		2003/4		2011	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Total respondents	2031	-	3998	-	6019	-
Sex						
Male	900	49.8 (47.1-52.4)	1646	48.9 (47.3-50.6)	2670	49.7 (48.3-51.2)
Female	1131	50.2 (47.6-52.9)	2353	51.1 (49.4-52.7)	3349	50.3 (48.8-51.7)
Age group						
18-64	1812	90.1 (88.5-91.5)	3174	83.0 (81.8-84.0)	4617	80.4 (79.3-81.4)
≥65	219	9.9 (8.5-11.5)	824	17.0 (16.0-18.2)	1243	16.3 (15.4-17.3)
Experience of mental disorders in self or others						
Yes	863	41.2 (38.6-43.8)	2092	58.6 (56.9-60.3)	3194	59.0 (57.4-60.5)
No	1110	61.4 (58.8-61.4)	1475	41.4 (39.7-43.1)	2142	41.0 (39.5-42.6)
K6 score						
Low	-	-	-	-	4003	72.6 (71.2-74.0)
Moderate/high	-	-	-	-	1296	27.4 (26.0-28.8)
State of residence						
NSW	408	34.3 (31.6-37.1)	1182	33.7 (32.1-35.4)	1783	32.3 (30.9-33.7)
VIC	401	26.6 (24.3-29.1)	978	24.6 (23.2-26.1)	1392	25.7 (24.4-27.1)
QLD	335	16.9 (15.1-18.8)	700	18.7 (17.4-20.0)	1030	20.2 (19.0-21.4)
SA	243	7.7 (6.7-8.8)	352	8.0 (7.1-8.9)	425	7.6 (6.8-8.4)
WA	238	9.4 (8.2-10.8)	384	9.8 (8.9-10.9)	533	9.7 (8.9-10.7)
TAS	135	2.5 (2.0-3.0)	112	2.8 (2.3-3.4)	123	2.1 (1.7-2.5)
NT	130	0.9 (0.7-1.1)	32	0.7 (0.4-1.0)	50	0.9 (0.6-1.2)
ACT	141	1.8 (1.5-2.1)	64	1.6 (1.3-2.1)	90	1.3 (1.1-1.7)

Note: All of the results below from the General Community Survey only include respondents aged 18-74 years to allow comparisons across 3 surveys.

2.1.2.1 Socio-demographic characteristics of respondents in all three surveys (NSW population)

	1995		2003/4		2011	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
Total respondents	408		1308		1783	
Sex						
Male	191	52.3 (47.0-57.5)	498	49.5 (46.5-52.5)	822	51.6 (48.9-54.2)
Female	217	47.7 (42.5-53.0)	684	50.5 (47.5-53.5)	961	48.4 (45.8-51.1)
Age group						
18-64	368	91.2 (88.0-93.6)	1045	90.4 (88.8-91.9)	1496	87.8 (86.2-89.3)
≥65	40	8.8 (6.4-12.0)	137	9.6 (8.1-11.2)	286	12.2 (10.7-13.8)
Experience of mental disorders in self or others						
Yes	156	37.4 (32.5-42.6)	611	52.4 (49.4-55.4)	1028	58.1 (55.4-60.8)
No	242	62.6 (57.4-67.5)	555	47.6 (44.6-50.6)	722	41.9 (39.2-44.6)
K6 score						
Low	-	-	-	-	1326	73.3 (70.8-75.7)
Moderate/high	-	-	-	-	409	26.7 (24.3-29.2)

Note: All of the results below from the General Community Survey only include respondents aged 18-74 years to allow comparisons across 3 surveys.

2.1.2.2 1995 General Community Survey

Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not different to the Australian population or to Victoria or Queensland. See tables below for NSW data and Appendix A for national data on the percentages of people agreeing that the person in the vignette is likely to be discriminated against.

NSW

Perceived likelihood of discrimination	Depression	Schizophrenia
Yes	51.1 (43.6-58.4)	68.2 (60.7-74.9)

Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Perceived likelihood of discrimination was not different in those with experience of mental disorders. This applied to the national population and to NSW.

NSW

	Depression		Schizophrenia	
Mental disorders experience	Yes	No	Yes	No
Perceived likelihood of discrimination				
Yes	61.5 (50.6- 71.4)	42.6 (32.5- 53.4)	70.4 (56.2-81.4)	67.5 (58.1-75.6)

Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.NSW

Age group	Depression		Schizophrenia	
	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination				
Yes	52.3 (44.5-59.9)	36.5 (15.0- 65.1)	69.6 (61.5-76.6)	55.5 (32.8- 76.1)

2.1.2.3 2003/4 General Community Survey

Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not different to the Australian population or to Victoria or Queensland. See tables below for the percentages of people agreeing that the person in the vignette is likely to be discriminated against. Perceived discrimination was higher for the schizophrenia vignettes than for the depression vignettes.

NSW

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Yes	50.9 (45.0-56.8)	60.7 (54.8-66.3)	74.0 (68.4-78.9)	78.6 (73.3-83.0)

Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Using national data, perceived likelihood of discrimination was not different in those with experience of mental disorders, other than for the early schizophrenia vignette. In this case, the percentage of people believing that the person would be discriminated against was higher in those with experience of mental disorders. There were no differences for NSW, Victoria or Queensland.

NSW

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination								
Yes	54.0 (46.3-61.5)	47.0 (37.6-56.6)	65.0 (57.4-71.8)	56.0 (46.3-65.3)	79.1 (71.0-85.3)	68.3 (59.9-75.5)	79.0 (70.3-85.7)	78.3 (71.1-84.0)

Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.

NSW

Age group	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination								
Yes	50.5 (44.3-56.8)	54.5 (36.8- 71.2)	59.9 (53.6- 65.8)	68.8 (49.8-83.0)	72.8 (66.9- 78.1)	86.8 (67.6- 95.4)	78.9 (73.2-83.7)	76.0 (59.1-87.4)

Personal stigma

There were no differences between states on any of the personal stigma items. See tables below for NSW data and Appendix A for national data on the percentage of people agreeing or strongly agreeing with the statements.

NSW

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Person could snap out of the problem	30.1 (24.9-35.9)	25.9 (21.0-31.5)	22.8 (18.1-28.2)	23.3 (18.6-28.8)
Problem is a sign of personal weakness	17.4 (13.3-22.5)	18.9 (14.6-24.1)	23.8 (18.9-29.4)	15.8 (11.9-20.7)
Problem is not a real medical illness	17.1 (13.1-22.0)	16.8 (12.8-21.7)	17.7 (13.6-22.8)	13.1 (9.6-17.7)
People with this problem are dangerous	13.4 (9.9-17.8)	17.1 (12.9-22.4)	24.9 (20.1-30.6)	23.5 (18.9-28.9)
It is best to avoid people with this problem	10.4 (7.3-14.6)	6.0 (3.5-9.9)	6.4 (3.9-10.4)	8.2 (5.5-12.1)
People with this problem are unpredictable	43.6 (37.8-49.6)	50.3 (44.4-56.2)	64.6 (58.7-70.1)	70.6 (64.9-75.7)
If I had this problem I wouldn't tell anyone	16.9 (12.9-21.9)	16.7 (12.7-21.7)	22.4 (17.8-27.7)	27.5 (22.5-33.2)
I would not employ someone with this problem	25.3 (20.5-30.9)	22.2 (17.6-27.6)	23.9 (19.2-29.4)	34.6 (29.2-40.4)
I would not vote for a politician with this problem	31.8 (26.6-37.6)	30.3 (25.1-36.1)	34.1 (28.7-39.9)	42.9 (37.1-48.8)

Desire for social distance

There were no differences between states on any of the statements indicating the desire for social distance. See tables below for NSW data and Appendix A for national data on the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Live next door	12.3 (8.8-16.9)	10.4 (7.0-15.0)	14.8 (11.1-19.5)	26.6 (21.7-32.1)
Spend the evening socialising	11.3 (8.0-15.8)	12.2 (8.6-17.0)	18.7 (14.5-23.8)	27.8 (22.8-33.4)
Make Friends	9.2 (6.3-13.1)	9.2 (6.1-13.6)	12.7 (9.3-17.1)	15.3 (11.5-20.1)
Work closely	20.2 (15.8-25.4)	17.3 (13.1-22.6)	24.2 (19.4-29.6)	33.4 (28.0-39.2)
Marry into family	29.3 (24.2-35.0)	32.1 (26.7-38.0)	43.7 (37.9-49.7)	52.9 (47.0-58.7)

Total social distance score

Total social distance scores were similar for the national population and for all states.

NSW

Vignette	M (SD)
Depression	9.55 (2.76)
Depression with suicidal thoughts	9.30 (2.92)
Early schizophrenia	10.27 (3.17)
Chronic schizophrenia	11.07 (2.84)

Personal stigma in those with experience of mental disorders in self or others

Using NSW data, for the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

There were no differences for the other vignettes.

NSW

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								
Person could snap out of the problem	18.9 (13.5-25.7)	46.7 (37.4-56.3)	18.7 (13.4-25.5)	35.4 (26.8-45.1)	17.2 (11.5-24.8)	28.3 (21.2-36.6)	15.7 (9.6-24.5)	28.0 (21.6-35.5)
Problem is a sign of personal weakness	9.8 (5.9-15.8)	29.3 (21.3-38.7)	12.1 (7.8-18.2)	27.5 (19.7-36.9)	18.4 (12.3-26.5)	29.9 (22.6-38.3)	8.3 (4.1-15.9)	20.8 (15.3-27.7)
Problem is not a real medical illness	14.8 (10.1-21.2)	20.9 (14.2-29.5)	11.5 (7.4-17.5)	22.0 (15.1-31.0)	17.5 (11.9-25.0)	18.3 (12.5-26.0)	9.9 (5.3-17.9)	15.4 (10.7-21.7)
People with this problem are dangerous	10.7 (6.8-16.4)	16.8 (11.0-24.8)	15.2 (10.1-22.1)	20.9 (13.9-30.3)	24.0 (17.3-32.3)	26.4 (19.6-34.6)	22.9 (15.5-32.6)	24.6 (18.7-31.6)
It is best to avoid people with this problem	4.9 (2.4-9.9)	17.8 (11.7-26.2)	5.3 (2.5-11.1)	7.2 (3.6-14.2)	8.7 (4.7-15.5)	4.2 (1.8-9.5)	6.0 (2.6-13.1)	9.2 (5.7-14.6)
People with this problem are unpredictable	40.1 (32.9-47.9)	48.3 (38.9-57.8)	49.9 (42.3-57.5)	52.4 (42.7-61.9)	61.9 (53.2-69.9)	68.0 (59.7-75.4)	69.7 (59.8-78.0)	71.2 (63.9-77.6)
If I had this problem I wouldn't tell anyone	16.0 (10.9-22.9)	17.7 (11.7-26.0)	16.6 (11.6-23.2)	16.8 (10.6-25.5)	24.9 (18.2-33.0)	20.2 (14.2-28.0)	24.7 (17.2-34.2)	29.2 (22.8-36.6)
I would not employ someone with this problem	21.4 (15.7-28.6)	30.2 (22.2-39.7)	16.6 (11.5-23.4)	31.7 (23.4-41.4)	19.3 (13.4-27.0)	29.1 (22.0-37.4)	31.1 (22.7-40.9)	37.2 (30.2-44.7)
I would not vote for a politician with this problem	21.6 (15.9-28.5)	46.2 (36.9-55.8)	25.8 (19.5-33.3)	37.8 (29.0-47.6)	31.4 (24.0-39.9)	37.5 (29.7-46.0)	37.9 (28.7-48.0)	46.1 (38.7-53.6)

Desire for social distance in those with experience of mental disorders in self or others

Using NSW data, there were no differences. However, using national data, for the depression vignette, those without experience of mental disorders in themselves were more likely to desire social distance from the person.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance								
Live next door	9.5 (5.8-15.1)	15.9 (9.9-24.5)	8.5 (4.7-14.7)	13.7 (8.2-22.2)	11.4 (6.9-18.3)	17.8 (12.4-25.0)	22.6 (15.4-32.0)	28.9 (22.6-36.2)
Spend the evening socialising	10.6 (6.5-17.0)	11.6 (7.0-18.7)	9.6 (5.5-16.2)	16.1 (10.2-24.6)	13.1 (8.4-19.9)	23.5 (17.0-31.5)	26.0 (18.2-35.6)	29.1 (22.7-36.5)
Make Friends	8.2 (4.9-13.4)	8.8 (4.8-15.5)	7.4 (3.9-13.6)	12.3 (7.1-20.5)	9.8 (5.7-16.2)	15.3 (10.3-22.2)	13.7 (8.1-22.1)	16.2 (11.3-22.6)
Work closely	20.5 (14.9-27.5)	19.2 (12.8-27.8)	19.0 (13.4-26.2)	15.6 (9.5-24.4)	22.2 (15.9-30.1)	26.7 (19.9-34.8)	30.0 (21.8-39.8)	35.0 (28.1-42.5)
Marry into family	23.0 (17.1-30.2)	38.6 (29.8-48.1)	26.9 (20.5-34.3)	40.3 (31.1-50.1)	42.1 (34.0-50.7)	46.3 (38.0-54.8)	44.6 (35.0-54.6)	58.4 (50.9-65.6)

Total social distance scores in those with experience of mental disorders in self or others

For all vignettes, total social distance scores were significantly higher in those with no experience of mental disorders in themselves or others. This pattern was seen in all states. However, for NSW differences for the early and chronic schizophrenia vignettes did not reach statistical significance.

NSW

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Vignette		
Depression	9.13 (2.68)	10.14 (2.75)
Depression with suicidal thoughts	8.85 (2.87)	10.03 (2.89)
Early schizophrenia	9.90 (2.81)	10.63 (3.49)
Chronic schizophrenia	10.69 (2.97)	11.29 (2.77)

Personal stigma by age group

Using NSW data, for the depression vignette those aged 65 and over were more likely to say they would not vote for a politician with the problem. For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that the person could snap out of the problem and that they would not vote for a politician with the problem. There were no differences for the early schizophrenia vignette. For the chronic schizophrenia vignette, those aged 65 and over were more likely to say that they would not employ someone with the problem.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma								
Person could snap out of the problem	28.7 (23.3-34.8)	44.5 (27.8-62.5)	23.7 (18.7-29.5)	47.4 (30.1-65.3)	22.0 (17.2-27.8)	31.2 (16.3-51.4)	22.4 (17.4-28.4)	30.0 (17.1-47.1)
Problem is a sign of personal weakness	17.2 (12.9-22.6)	19.8 (8.8-38.8)	18.4 (14.0-23.9)	23.7 (11.3-43.1)	23.2 (18.2-29.2)	29.8 (15.4-49.8)	14.1 (10.1-19.3)	28.5 (16.1-45.5)
Problem is not a real medical illness	16.2 (12.1-21.3)	26.4 (13.4-45.5)	15.3 (11.2-20.4)	31.3 (17.0-50.2)	16.1 (12.0-21.4)	35.5 (19.5-55.6)	12.2 (8.6-17.1)	20.0 (9.9-36.3)
People with this problem are dangerous	13.3 (9.7-18.0)	13.9 (5.1-32.7)	18.5 (13.9-24.3)	3.5 (0.4-22.7)	24.1 (19.0-30.0)	34.6 (19.1-54.3)	23.7 (18.7-29.5)	22.6 (11.7-39.2)
It is best to avoid people with this problem	9.1 (6.0-13.5)	23.3 (11.1-42.4)	5.5 (3.1-9.7)	10.5 (3.2-29.1)	6.1 (3.6-10.3)	10.1 (3.0-29.0)	7.7 (4.9-12.0)	12.0 (4.8-27.1)
People with this problem are unpredictable	41.9 (35.8-48.2)	61.1 (43.0-76.6)	49.7 (43.4-55.9)	56.3 (38.0-73.1)	64.1 (57.9-70.0)	69.6 (50.2-83.9)	69.2 (63.0-74.7)	81.3 (64.8-91.2)
If I had this problem I wouldn't tell anyone	16.0 (11.8-21.3)	26.4 (13.6-44.8)	15.1 (11.0-20.3)	32.1 (17.8-50.8)	23.2 (18.3-28.9)	13.0 (4.5-31.9)	25.7 (20.5-31.8)	41.0 (26.2-57.6)
I would not employ someone with this problem	24.8 (19.7-30.7)	31.2 (17.3-49.5)	21.1 (16.3-26.8)	32.7 (18.2-51.4)	23.1 (18.2-28.9)	32.9 (18.0-52.3)	31.8 (26.2-38.0)	55.1 (38.8-70.3)
I would not vote for a politician with this problem	29.5 (24.0-35.6)	55.8 (37.9-72.3)	27.7 (22.3-33.8)	55.3 (37.2-72.2)	32.4 (26.8-38.6)	52.1 (33.3-70.3)	41.1 (34.9-47.5)	56.6 (40.1-71.7)

Desire for social distance by age group

There were no differences in NSW data. However, using national data, for the depression vignette, those aged 65 years and over were less willing to spend the evening socialising and have the person marry into the family. For the early and chronic schizophrenia vignettes, those aged 65 years and over were less willing to have the person marry into the family.

NSW

Age group	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Desire for social distance								
Live next door	11.8 (8.2- 16.6)	17.8 (7.4-37.2)	10.8 (7.3-15.8)	6.0 (1.3-23.2)	14.5 (10.7-19.5)	17.5 (7.5-35.8)	25.6 (20.4- 31.5)	34.4 (20.6- 51.3)
Spend the evening socialising	10.9 (7.4-15.6)	15.9 (6.4-34.3)	12.7 (8.8- 17.9)	7.7 (2.3- 23.1)	18.9 (14.4- 24.3)	16.6 (7.0-34.3)	27.8 (22.4- 33.9)	27.5 (15.1- 44.6)
Make Friends	8.5 (5.6- 12.6)	16.1 (6.5-34.6)	9.7 (6.3-14.5)	4.5 (1.0-17.5)	12.5 (9.0-17.2)	15.0 (5.9-33.2)	15.2 (11.1-20.3)	16.2 (7.2-32.7)
Work closely	20.5 (15.9- 26.1)	16.1 (6.5-34.6)	17.6 (13.1- 23.3)	14.7 (6.2- 30.7)	23.8 (18.8- 29.6)	28.4 (14.8- 47.4)	32.3 (26.7- 38.6)	41.0 (26.1- 57.8)
Marry into family	29.2 (23.8- 35.3)	30.5 (16.6-49.2)	30.8 (25.2- 37.1)	44.1 (27.4-62.3)	41.7 (35.6-48.0)	66.4 (46.5- 81.9)	51.4 (45.0- 57.7)	64.1 (47.4- 77.9)

Total social distance score by age group

Total social distance scores were statistically significantly higher in those aged 65 years and over. Using national data, this difference was significant only for the depression vignette. Using NSW data, none of the differences were statistically significant.

NSW

Vignette	Social distance - M (SD)	
	18-64	≥65
Depression	9.46(2.79)	10.18 (2.38)
Depression with suicidal thoughts	9.23 (2.89)	9.91 (3.07)
Early schizophrenia	10.15 (3.18)	11.37 (2.91)
Chronic schizophrenia	11.06 (2.73)	11.10 (3.51)

2.1.2.4 2011 General Community Survey

Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not different to the Australian population or to Victoria or Queensland. See tables below for NSW data and Appendix A for national data on the percentages of people agreeing that the person in the vignette is likely to be discriminated against.

NSW

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Yes	58.6 (51.7-65.2)	59.8 (53.1-66.0)	74.6 (68.4-79.9)	79.6 (73.7-84.4)	58.0 (51.3-64.4)	40.3 (34.2-46.7)

Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Perceived likelihood of discrimination was not different in those with experience of mental disorders using national data. This was also the case for NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination												
Yes	58.3 (50.3- 65.9)	60.2 (45.5- 73.3)	60.3 (52.1- 67.9)	57.6 (45.5- 68.8)	72.6 (64.1- 79.7)	76.4 (66.7- 84.0)	84.3 (74.4- 90.8)	76.6 (68.8- 83.0)	61.3 (52.5- 69.4)	53.2 (42.5- 63.6)	46.5 (37.7- 55.5)	32.0 (23.8- 41.4)

Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination												
Yes	58.6 (51.0- 65.8)	58.5 (43.0- 72.5)	59.5 (52.3- 66.4)	60.4 (44.2- 74.6)	72.8 (66.0- 78.8)	85.2 (70.3- 93.4)	80.3 (74.0- 85.4)	74.5 (56.5- 86.8)	59.4 (52.0- 66.4)	48.7 (33.5- 64.1)	40.7 (34.2- 47.6)	36.3 (20.9- 55.1)

Perceived likelihood of discrimination by K6 score

Perceived likelihood of discrimination was not different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Perceived likelihood of discrimination												
Yes	58.1 (50.1- 65.6)	62.4 (47.4- 75.4)	63.2 (55.9- 69.9)	50.9 (35.9- 65.8)	73.8 (66.3- 80.1)	76.2 (63.9- 85.2)	79.3 (72.5- 84.8)	86.2 (71.8- 93.9)	54.9 (46.9- 62.6)	67.7 (55.1- 78.2)	40.7 (33.4- 48.4)	43.3 (31.5- 55.9)

H=High; M=Medium; L=Low

Personal stigma

There were no differences between states on any of the personal stigma items. See tables below for NSW data and Appendix A for national data on the percentage of people agreeing or strongly agreeing with the statements.

NSW

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Person could snap out of the problem	21.2 (15.6-28.2)	21.2 (16.0-27.6)	12.3 (8.5-17.6)	14.2 (9.9-19.9)	17.5 (12.7-23.7)	19.2 (14.3-25.3)
Problem is a sign of personal weakness	14.3 (9.4-21.1)	15.6 (11.0-21.8)	11.6 (7.8-16.9)	15.0 (10.7-20.6)	15.4 (11.0-21.3)	14.8 (10.4-20.6)
Problem is not a real medical illness	16.7 (11.4-23.7)	8.9 (5.5-14.3)	9.7 (6.0-15.3)	11.0 (7.4-16.2)	14.7 (10.5-20.2)	15.3 (10.9-21.2)
People with this problem are dangerous	20.1 (15.3-25.9)	23.1 (18.0-29.2)	37.9 (31.8-44.4)	39.1 (32.9-45.5)	14.3 (10.0-20.1)	19.4 (14.4-25.6)
It is best to avoid people with this problem	5.3 (2.8-9.7)	4.3 (2.1-8.4)	4.0 (2.1-7.7)	4.8 (2.6-8.8)	2.9 (1.4-5.6)	1.8 (0.6-5.4)
People with this problem are unpredictable	53.9 (47.0-60.6)	59.1 (52.6-65.3)	76.3 (70.5-81.2)	77.7 (71.9-82.5)	44.1 (37.7-50.8)	52.3 (45.8-58.8)
If I had this problem I wouldn't tell anyone	22.4 (17.4-28.2)	24.9 (19.6-31.1)	28.9 (23.3-35.1)	32.4 (26.7-38.6)	31.0 (25.3-37.2)	16.7 (11.9-22.9)
I would not employ someone with this problem	21.2 (15.9-27.6)	24.4 (19.1-30.5)	25.6 (20.4-31.6)	36.1 (30.1-42.6)	16.5 (12.2-22.0)	17.1 (12.6-22.8)
I would not vote for a politician with this problem	27.6 (21.7-34.3)	22.1 (17.1-28.0)	28.5 (22.8-34.9)	42.2 (35.9-48.8)	29.0 (23.0-35.7)	21.0 (16.0-27.2)

Using national data, when personal attitudes were analysed according to the gender of the person described in the vignette, for the depression vignette, men were more likely to be seen as dangerous (men: 25.7% (95%CI 21.7 – 30.3), women: 18.2% (95%CI 14.5 – 22.6), $p < 0.013$). This was also the case for the early schizophrenia vignette (men: 40.1% (95%CI 35.4 – 45.1), women: 33.2% (95%CI 28.7 – 38.0), $p < 0.043$). For the chronic schizophrenia vignette, men were more likely to be seen as best avoided (men: 7.0% (95%CI 4.5 – 10.8), women: 2.6% (95%CI 1.5 – 4.6), $p < 0.006$). For the social phobia vignette, men were more likely to be seen as best avoided (men: 7.1% (95%CI 4.6 – 10.8), women: 3.4% (95%CI 2.0 – 5.7), $p < 0.029$), unpredictable (men: 45.9% (95%CI 40.9 – 51.0), women: 37.6% (95%CI 32.8 – 42.7), $p < 0.023$) and not to be employed (men: 19.9% (95%CI 16.0 – 24.6), women: 12.7% (95%CI 9.7 – 16.4), $p < 0.014$). For the PTSD vignette, men were more likely to be seen as dangerous (men: 21.4% (95%CI 17.5 – 25.8), women: 14.8% (95%CI 11.4 – 18.9), $p < 0.021$) and unpredictable (men: 53.5% (95%CI 48.5 – 58.5), women: 45.2% (95%CI 40.3 – 50.2), $p < 0.021$).

Desire for social distance

There were no significant differences between states on any of the statements indicating the desire for social distance. See tables below for NSW data and Appendix A for national data on the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Live next door	8.3 (5.3-12.7)	9.2 (6.0-14.0)	16.5 (12.4-21.8)	32.7 (26.9-39.1)	7.7 (4.8-12.1)	5.3 (3.1-8.8)
Spend the evening socialising	8.3 (5.3-12.6)	7.9 (5.0-12.3)	9.8 (6.6-14.1)	24.3 (19.2-30.3)	8.2 (5.0-13.2)	6.3 (3.8-10.2)
Make Friends	4.6 (2.6-8.2)	6.0 (3.6-9.7)	9.1 (6.1-13.3)	20.4 (15.6-26.1)	6.5 (3.7-11.2)	3.3 (1.8-5.9)
Work closely	13.6 (9.7-18.8)	14.3 (10.3-19.7)	15.7 (11.6-20.8)	30.5 (24.8-36.8)	17.2 (12.7-22.9)	8.5 (5.4-13.1)
Marry into family	26.5 (20.8-33.1)	23.5 (18.4-29.5)	34.5 (28.7-40.9)	46.9 (40.5-53.4)	19.7 (14.9-25.6)	15.5 (11.4-20.7)

Using national data, when desire for social distance was analysed according to the gender of the person described in the vignette, for the depression vignette, desire for men not to marry into the family was higher than for women (men: 32.2% (95%CI 27.7 – 37.1), women: 24.2% (95%CI 20.1 – 28.9), $p < 0.032$). For the depression with suicidal thoughts vignette, unwillingness to spend the evening socializing was higher for men (men: 11.4% (95%CI 8.5 – 15.0), women: 7.0% (95%CI 4.8 – 10.1), $p < 0.003$) as was desire not to have the person marry into the family (men: 28.5% (95%CI 24.3 – 33.2), women: 17.8% (95%CI 14.4 – 22.0), $p < 0.0002$). For the early schizophrenia vignette, desire for men not to marry into the family was higher (men: 38.1% (95%CI 33.4 – 43.0), women: 28.7% (95%CI 24.5 – 33.3), $p < 0.015$). This was also the case for the chronic schizophrenia vignette (men: 51.0% (95%CI 45.9 – 56.0), women: 39.2% (95%CI 34.4 – 44.2), $p < 0.003$) and the social phobia vignette (men: 22.3% (95%CI 18.3 – 26.9), women: 14.9% (95%CI 11.6 – 18.9), $p < 0.004$). For the PTSD vignette, the desire not to live next door to someone was higher for men (men: 10.2% (95%CI 7.5 – 13.6), women: 5.2% (95%CI 3.4 – 7.9), $p < 0.023$) as was desire for the person not to marry into the family (men: 23.3% (95%CI 19.3 – 27.8), women: 11.4% (95%CI 8.6 – 15.1), $p < 0.0001$).

Total social distance scores

Total social distance scores were similar for the national population and for all states.

NSW

Vignette	M (SD)
Depression	8.93 (3.04)
Depression with suicidal thoughts	8.83 (2.81)
Early schizophrenia	9.77 (3.19)
Chronic schizophrenia	11.09 (3.33)
Social phobia	8.52 (2.87)
PTSD	8.34 (2.69)

Using national data, scores across the following vignettes were significantly greater for men: depression (men: 9.21 (95%CI 8.92 – 9.51), women: 8.51 (95%CI 8.23 – 8.80), $p < 0.001$), depression with suicidal thoughts (men: 9.11 (95%CI 8.81 – 9.43), women: 8.44 (95%CI 8.15 – 8.72), $p < 0.002$), chronic schizophrenia (men: 10.88 (95%CI 10.51 – 11.25), women: 10.27 (95%CI 9.93 – 10.62) $p < 0.019$) and PTSD (men: 8.74 (95%CI 8.21 – 8.81), women: 7.92 (95%CI 7.67 – 8.18) $p < 0.000$).

Personal stigma in those with experience of mental disorders in self or others

Using NSW data, for the depression vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others. For the depression with suicidal thoughts vignette, beliefs that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others. There were no differences for the other vignettes.

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma												
Person could snap out of the problem	16.3 (10.8-23.9)	38.2 (24.5-54.2)	19.1 (12.9-27.4)	27.3 (18.0-39.2)	9.5 (5.5-15.9)	15.2 (9.0-24.6)	12.6 (6.4-23.4)	15.6 (10.2-23.1)	14.2 (8.6-22.5)	23.1 (15.0-33.7)	15.4 (9.8-23.4)	24.8 (16.9-35.0)
Problem is a sign of personal weakness	9.8 (5.3-17.4)	26.6 (14.5-43.8)	13.8 (8.4-21.9)	20.7 (12.5-32.3)	8.7 (4.8-15.2)	15.2 (8.9-24.7)	7.9 (3.5-16.9)	20.0 (13.8-28.0)	10.7 (6.1-18.2)	22.9 (15.0-33.5)	14.7 (9.2-22.7)	13.9 (7.9-23.3)
Problem is not a real medical illness	10.7 (5.9-18.6)	36.3 (22.6-52.6)	5.9 (2.7-12.6)	16.1 (8.6-28.0)	4.1 (1.8-9.1)	16.3 (9.3-27.1)	5.2 (1.8-14.3)	15.0 (9.7-22.5)	10.9 (6.5-17.7)	19.8 (12.5-30.0)	15.2 (9.5-23.3)	13.2 (7.5-22.3)
People with this problem are dangerous	18.5 (13.2-25.3)	24.5 (14.8-37.7)	22.0 (16.2-29.2)	26.9 (17.3-39.4)	38.0 (30.1-46.7)	38.3 (29.1-48.4)	36.8 (27.3-47.5)	40.6 (32.7-49.0)	16.1 (10.4-24.3)	12.5 (6.7-22.1)	19.2 (12.5-28.2)	20.7 (13.5-30.2)
It is best to avoid people with this problem	4.7 (2.1-10.3)	7.6 (2.8-18.9)	2.0 (0.6-6.4)	9.4 (4.0-20.7)	1.7 (0.5-6.1)	6.8 (3.2-14.2)	4.3 (1.4-12.4)	5.3 (2.5-10.8)	3.1 (1.3-7.4)	2.6 (0.9-7.6)	1.1 (0.3-4.6)	2.6 (0.5-12.0)
People with this problem are unpredictable	50.4 (42.5-58.3)	64.6 (49.7-77.1)	59.3 (51.3-66.9)	61.3 (49.4-72.0)	77.1 (68.9-83.7)	76.5 (67.8-83.5)	77.0 (67.3-84.5)	78.5 (71.0-84.6)	44.5 (36.0-53.3)	43.5 (33.5-54.1)	55.6 (46.6-64.2)	46.5 (36.9-56.3)
If I had this problem I wouldn't tell anyone	23.1 (17.3-30.1)	21.0 (12.2-33.5)	22.1 (16.4-29.2)	28.9 (18.8-41.7)	30.4 (22.9-39.1)	26.7 (19.0-36.1)	33.9 (24.7-44.5)	30.9 (23.9-38.9)	35.5 (27.7-44.2)	24.7 (17.2-34.2)	16.3 (10.2-25.1)	16.2 (9.6-26.2)
I would not employ someone with this problem	19.2 (13.8-26.0)	28.1 (16.0-44.7)	17.5 (12.3-24.2)	40.4 (29.1-52.9)	23.8 (17.3-31.7)	28.2 (20.1-38.0)	25.2 (17.3-35.1)	42.9 (34.7-51.6)	13.7 (8.8-20.6)	20.5 (13.1-20.7)	16.4 (10.5-24.8)	18.1 (11.7-27.1)
I would not vote for a politician with this problem	25.0 (18.8-32.5)	36.7 (23.3-52.6)	15.5 (10.7-22.0)	36.3 (25.4-48.7)	27.5 (20.5-36.0)	29.1 (20.4-39.6)	31.6 (22.6-42.3)	48.3 (39.9-56.7)	30.3 (22.4-39.6)	27.3 (18.8-37.9)	20.1 (13.6-28.6)	23.4 (15.7-33.4)

Desire for social distance in those with experience of mental disorders in self or others

Using NSW data, for the depression and depression with suicidal thoughts vignettes, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family. For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person. For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family. There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance												
Live next door	7.0 (4.1-11.9)	13.0 (6.1-25.6)	5.4 (2.6-10.8)	18.1 (10.5-29.3)	11.2 (7.1-17.3)	23.1 (15.8-32.3)	23.0 (14.8-33.8)	37.8 (30.1-46.2)	7.4 (3.9-13.5)	8.5 (4.2-16.5)	4.8 (2.0-11.0)	5.3 (2.7-10.3)
Spend the evening socialising	8.4 (5.1-13.5)	8.9 (3.5-20.8)	5.7 (3.0-10.7)	13.3 (6.9-24.0)	6.5 (3.6-11.6)	13.7 (8.3-21.8)	19.9 (12.9-29.5)	27.3 (20.4-35.5)	6.7 (3.1-13.9)	9.8 (4.8-18.8)	4.0 (1.6-9.9)	9.4 (5.2-16.3)
Make Friends	3.4 (1.6-6.9)	8.8 (3.3-21.1)	5.6 (2.9-10.5)	7.2 (3.2-15.7)	6.7 (3.8-11.7)	12.0 (7.0-19.8)	17.4 (10.9-26.5)	22.4 (16.1-30.2)	6.2 (2.8-13.0)	7.3 (3.2-16.0)	2.4 (0.9-6.6)	3.8 (1.7-8.2)
Work closely	12.0 (7.8-17.9)	19.9 (11.0-33.4)	12.5 (8.0-19.0)	19.0 (11.2-30.3)	14.6 (9.6-21.6)	17.1 (11.0-25.7)	23.7 (15.6-34.2)	33.8 (26.3-42.2)	16.4 (10.8-24.2)	18.2 (11.3-27.9)	9.1 (4.6-17.1)	7.5 (4.2-13.0)
Marry into family	21.9 (16.2-28.9)	43.2 (29.2-58.4)	17.7 (12.5-24.5)	35.4 (24.9-47.5)	29.5 (22.2-37.9)	40.9 (31.7-50.8)	34.1 (24.8-44.8)	54.4 (46.1-62.5)	14.9 (9.6-22.5)	27.5 (19.0-37.9)	13.8 (8.4-21.9)	17.5 (11.7-25.4)

Total social distance score in those with experience of mental disorders in self or others

For all vignettes, total social distance scores were significantly higher in those with no experience of mental disorders in themselves or others. This pattern was also seen in NSW other than for the social phobia and PTSD vignettes.

NSW

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Vignette		
Depression	8.58 (2.99)	10.10 (2.98)
Depression with suicidal thoughts	8.34 (2.68)	9.96 (2.81)
Early schizophrenia	9.40 (3.26)	10.23 (3.06)
Chronic schizophrenia	10.08 (3.18)	11.74 (3.27)
Social phobia	8.29 (2.90)	8.97 (2.78)
PTSD	7.89 (2.60)	8.83 (2.68)

Personal stigma by age group

Using NSW data, for the chronic schizophrenia vignette, those aged 65 and over were more likely to believe that they would not vote for a politician with the problem.

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma												
Person could snap out of the problem	20.6 (14.5-28.4)	25.5 (14.3-41.4)	22.2 (16.4-29.2)	14.9 (6.1-32.0)	11.3 (7.3-17.1)	19.1 (9.5-34.6)	12.6 (8.2-18.7)	25.7 (12.9-44.6)	15.5 (10.5-22.2)	31.0 (17.7-48.3)	18.8 (13.6-25.3)	23.3 (11.5-41.6)
Problem is a sign of personal weakness	13.5 (8.2-21.3)	19.9 (10.0-35.7)	16.3 (11.2-23.1)	8.3 (2.6-23.5)	12.3 (8.1-18.2)	7.5 (2.4-20.8)	13.1 (8.8-19.2)	28.6 (15.4-46.9)	15.7 (10.8-22.1)	14.0 (5.9-30.0)	14.1 (9.6-20.4)	20.9 (9.6-39.8)
Problem is not a real medical illness	16.1 (10.4-24.2)	20.2 (10.3-35.6)	8.8 (5.1-14.8)	10.2 (3.7-24.9)	10.1 (6.0-16.6)	6.9 (2.4-18.5)	10.6 (6.7-16.4)	13.9 (6.0-29.0)	14.1 (9.6-20.1)	19.1 (9.2-35.5)	14.6 (10.0-20.9)	22.5 (11.0-40.7)
People with this problem are dangerous	20.8 (15.5-27.2)	15.6 (7.0-31.1)	23.0 (17.5-29.6)	25.0 (13.5-41.4)	38.9 (32.2-46.0)	31.9 (19.2-48.0)	39.8 (33.2-46.8)	33.4 (19.0-51.7)	14.1 (9.5-20.5)	15.6 (6.7-32.4)	19.5 (14.2-26.2)	18.5 (7.8-37.8)
It is best to avoid people with this problem	4.7 (2.2-9.7)	9.7 (3.5-24.3)	3.8 (1.6-8.5)	7.9 (2.5-22.5)	3.6 (1.6-7.8)	6.8 (2.1-20.0)	4.1 (1.9-8.6)	9.9 (3.8-23.4)	2.7 (1.2-5.8)	3.9 (0.9-15.1)	1.7 (0.5-6.0)	2.6 (0.3-17.9)
People with this problem are unpredictable	53.9 (46.3-61.3)	53.9 (38.8-68.3)	59.5 (52.3-66.2)	55.3 (39.5-70.1)	76.6 (70.2-82.0)	74.3 (58.6-85.6)	76.9 (70.7-82.2)	82.9 (66.4-92.2)	42.4 (35.4-49.7)	55.3 (39.8-69.8)	53.1 (46.2-59.9)	44.8 (28.0-62.8)
If I had this problem I wouldn't tell anyone	20.1 (15.0-26.5)	37.8 (24.3-53.4)	25.3 (19.5-32.1)	22.9 (12.3-38.5)	28.1 (22.2-34.8)	33.9 (20.1-51.0)	32.3 (26.2-39.1)	32.7 (19.6-49.3)	28.6 (22.6-35.4)	46.7 (31.8-62.3)	16.6 (11.5-23.3)	18.0 (7.8-36.1)
I would not employ someone with this problem	18.7 (13.2-25.8)	39.6 (25.3-56.0)	25.1 (19.4-31.9)	19.4 (10.0-34.3)	24.2 (18.6-30.8)	34.6 (21.6-50.3)	33.4 (27.1-40.4)	56.0 (38.1-72.5)	15.6 (11.0-21.6)	22.7 (11.8-39.3)	16.9 (12.2-23.0)	19.3 (7.9-39.9)
I would not vote for a politician with this problem	26.3 (20.0-33.8)	36.2 (22.8-52.1)	22.2 (16.8-28.7)	21.6 (11.1-37.8)	26.6 (20.4-33.7)	40.8 (26.5-56.9)	38.8 (32.1-45.9)	69.7 (52.3-82.9)	27.8 (21.4-35.2)	37.6 (23.3-54.4)	19.4 (14.1-25.9)	37.6 (21.7-56.7)

Desire for social distance by age group

Using NSW data, there were no differences between vignettes.

NSW

Age group	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Desire for social distance												
Live next door	7.6 (4.6-12.4)	13.0 (5.6-27.2)	9.8 (6.2-15.1)	5.6 (1.6-17.8)	14.1 (10.0-19.5)	31.5 (18.2-48.8)	32.3 (26.0-39.2)	35.5 (20.8-53.6)	6.6 (3.8-11.3)	15.0 (6.3-31.7)	5.2 (2.9-9.1)	5.7 (1.3-21.6)
Spend the evening socialising	7.4 (4.4-12.1)	8.4 (2.6-23.7)	7.8 (4.7-12.7)	1.7 (0.4-7.2)	8.8 (5.6-13.5)	18.1 (9.0-33.0)	23.8 (18.3-30.3)	21.7 (10.2-40.2)	7.9 (4.5-13.4)	6.0 (1.4-22.7)	6.3 (3.7-10.5)	6.5 (1.5-24.2)
Make Friends	4.1 (2.1-7.9)	8.4 (2.6-23.7)	6.6 (3.9-10.8)	1.7 (0.4-7.2)	7.7 (4.7-12.2)	18.1 (9.0-33.0)	20.2 (15.2-26.4)	21.7 (10.2-40.2)	6.6 (3.6-11.9)	6.0 (1.4-22.7)	3.0 (1.5-5.7)	6.5 (1.5-24.2)
Work closely	13.2 (9.0-18.9)	16.8 (7.9-32.5)	14.0 (9.6-19.9)	17.2 (8.8-30.9)	14.6 (10.3-20.3)	22.2 (12.0-37.6)	29.9 (23.8-36.8)	34.8 (20.2-52.9)	16.9 (12.1-23.2)	19.1 (9.1-35.5)	8.5 (5.2-13.5)	8.5 (2.5-25.2)
Marry into family	24.4 (18.3-31.7)	41.3 (27.3-56.8)	23.3 (17.8-29.8)	26.0 (14.7-41.8)	33.0 (26.7-40.0)	44.1 (29.3-60.0)	44.0 (37.1-51.0)	67.7 (50.0-81.5)	17.6 (12.6-24.0)	33.4 (20.0-50.2)	15.1 (10.8-20.8)	18.8 (8.6-36.5)

Total social distance score by age group

Using national data, total social distance scores were statistically significantly higher in those aged 65 years and over other than for the PTSD vignette. However, the difference only reached statistical significance for the social phobia vignette. Using NSW data, there were no statistically significant differences.

NSW

Age group	Social distance - M (SD)	
	18-64	≥65
Vignette		
Depression	8.91 (3.01)	9.02 (3.20)
Depression with suicidal thoughts	8.78 (2.81)	9.18 (2.86)
Early schizophrenia	9.63 (3.03)	10.60 (3.93)
Chronic schizophrenia	10.95 (3.29)	11.97 (3.53)
Social phobia	8.46 (2.87)	8.88 (2.92)
PTSD	8.37 (2.67)	8.11 (2.84)

Personal stigma by K6 score

Personal stigma was not different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Personal stigma												
Person could snap out of the problem	23.5 (16.9-31.5)	16.8 (7.3-34.3)	20.3 (14.8-27.3)	22.3 (10.7-40.6)	11.6 (7.2-18.0)	14.4 (7.6-25.4)	13.3 (8.7-19.9)	16.7 (7.3-33.8)	14.6 (9.6-21.7)	25.5 (15.2-39.6)	18.3 (13.0-25.0)	17.4 (9.0-31.0)
Problem is a sign of personal weakness	15.9 (10.3-23.8)	10.9 (3.2-31.1)	14.3 (9.5-20.8)	22.8 (11.2-40.7)	11.1 (6.8-17.6)	13.1 (6.7-24.0)	14.4 (9.7-20.8)	8.8 (2.7-25.2)	12.2 (8.0-18.0)	22.8 (12.5-37.8)	14.3 (9.6-20.9)	10.8 (4.3-24.7)
Problem is not a real medical illness	18.5 (12.3-26.9)	11.4 (3.6-30.5)	8.5 (4.9-14.4)	7.7 (1.8-26.8)	11.2 (6.5-18.6)	6.0 (2.2-15.2)	10.1 (6.2-16.2)	11.8 (4.6-27.2)	13.2 (9.1-18.9)	13.0 (5.9-26.4)	17.3 (11.8-24.5)	6.8 (2.7-16.1)
People with this problem are dangerous	21.2 (15.6-28.2)	17.0 (9.1-29.6)	21.7 (16.2-28.5)	23.2 (13.1-37.7)	37.1 (30.1-44.8)	39.2 (27.7-52.0)	35.6 (28.6-43.2)	50.9 (36.7-64.9)	14.0 (8.9-21.4)	14.6 (7.7-25.8)	18.0 (12.6-25.2)	20.3 (11.4-33.5)
It is best to avoid people with this problem	6.6 (3.3-12.6)	2.3 (0.6-9.4)	4.0 (1.8-8.8)	2.9 (0.4-18.8)	4.2 (2.0-8.8)	3.6 (0.9-13.7)	6.3 (3.3-11.7)	1.5 (0.2-10.7)	2.6 (1.1-6.0)	2.3 (0.5-9.5)	2.6 (0.8-7.8)	0.0 (0.0-0.0)
People with this problem are unpredictable	56.8 (49.0-64.3)	44.7 (30.7-59.7)	61.2 (53.9-68.0)	52.6 (37.5-67.3)	71.9 (64.6-78.2)	87.0 (77.4-92.9)	79.3 (72.6-84.7)	75.4 (60.9-85.7)	43.2 (35.6-51.1)	47.5 (35.0-60.2)	50.8 (43.1-58.4)	53.7 (41.0-66.0)
If I had this problem I wouldn't tell anyone	21.2 (15.8-27.7)	25.8 (15.4-39.9)	25.0 (19.0-32.1)	24.4 (13.9-39.1)	27.9 (21.5-35.3)	30.6 (20.4-43.1)	32.3 (25.7-39.7)	34.9 (22.9-49.0)	27.8 (21.6-35.0)	39.4 (27.6-52.6)	13.1 (8.5-19.7)	21.3 (11.7-35.5)
I would not employ someone with this problem	21.6 (16.1-28.4)	20.8 (9.9-38.7)	28.7 (22.3-36.0)	9.3 (4.0-20.2)	28.0 (21.7-35.4)	19.7 (11.6-31.4)	34.8 (27.9-42.4)	36.3 (23.7-51.0)	15.7 (10.8-22.1)	16.6 (8.6-29.5)	20.4 (14.5-27.9)	11.4 (5.8-21.2)
I would not vote for a politician with this problem	26.5 (20.2-33.8)	31.9 (19.1-48.3)	22.8 (17.1-29.6)	16.7 (8.1-31.2)	29.3 (22.4-37.4)	25.7 (16.7-37.4)	42.0 (34.7-49.8)	38.4 (25.6-53.1)	31.2 (24.2-39.3)	24.7 (14.3-39.2)	21.4 (15.4-29.0)	22.9 (13.6-35.9)

H=High; M=Medium; L=Low

Desire for social distance by K6 score

Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Desire for social distance												
Live next door	9.0 (5.5-14.2)	7.0 (2.4-18.7)	8.9 (5.4-14.3)	10.3 (3.8-25.3)	18.0 (12.9-24.5)	13.1 (6.9-23.5)	31.3 (24.6-38.8)	37.6 (24.8-52.5)	8.6 (5.1-14.2)	5.2 (1.6-15.5)	6.7 (3.8-11.6)	2.3 (0.5-9.9)
Spend the evening socialising	9.9 (6.2-15.6)	4.4 (1.4-13.5)	8.4 (5.0-13.7)	5.1 (1.1-19.8)	9.5 (6.0-14.7)	10.4 (4.9-20.7)	22.2 (16.5-29.1)	30.5 (18.8-45.3)	8.4 (4.8-14.3)	7.5 (2.2-22.2)	7.2 (4.1-12.1)	4.9 (1.4-15.4)
Make Friends	5.9 (3.2-10.6)	1.6 (0.2-11.4)	5.8 (3.3-10.0)	5.1 (1.1-19.8)	7.5 (4.6-11.8)	13.2 (6.7-24.5)	19.0 (13.8-25.6)	26.3 (15.4-41.0)	5.5 (2.9-10.1)	9.7 (3.4-24.8)	4.3 (2.3-8.1)	1.3 (0.3-5.1)
Work closely	14.5 (9.9-20.9)	12.1 (5.7-23.8)	16.1 (11.2-22.6)	8.3 (2.9-21.8)	14.0 (9.7-19.9)	19.9 (11.6-31.8)	32.3 (25.4-39.9)	24.4 (14.6-37.9)	16.2 (11.1-22.9)	17.8 (9.6-30.8)	11.8 (7.5-18.2)	1.3 (0.2-9.1)
Marry into family	26.7 (20.5-33.9)	27.6 (15.6-44.1)	28.9 (22.6-36.1)	7.4 (2.5-20.4)	34.6 (27.7-42.2)	33.8 (23.3-46.1)	47.9 (40.4-55.5)	44.4 (30.8-58.9)	16.6 (11.6-23.1)	26.9 (16.6-40.6)	16.8 (11.7-23.4)	14.4 (7.7-25.2)

H=High; M=Medium; L=Low

Total social distance score by K6 score

Using national data, total social distance scores were not significantly different other than for the depression with suicidal thoughts vignettes for which scores in the low K6 group were significantly higher and the chronic schizophrenia vignette for scores in the low K6 group were significantly lower. Using NSW data, scores for those in the low K6 group were significantly higher in the PTSD group.

NSW

K6 score	Social distance - M (SD)	
	L	M/H
Vignette		
Depression	9.04 (3.12)	8.60 (2.77)
Depression with suicidal thoughts	8.94 (2.78)	8.18 (2.69)
Early schizophrenia	9.69 (3.06)	9.98 (3.57)
Chronic schizophrenia	11.01 (3.14)	11.15 (3.68)
Social phobia	8.55 (2.77)	8.36 (3.11)
PTSD	8.65 (2.74)	7.64 (2.47)

H=High; M=Medium; L=Low

2.1.2.5 Change over time

Changes in personal stigma and desire for social distance in NSW are given in Figures 1 and 2. As there were no differences between NSW and the national population, national data were used to explore differences in change in stigmatising attitudes over time. As mentioned in Section 2.1.1.4, because of the large sample sizes, even very small differences between surveys can be statistically significant. We therefore also examined the effect sizes of the differences between surveys. The interpretation is focussed on those effect sizes which equal or exceed Cohen's definition of a 'small' (d or $d \geq 0.2$) effect size [39].

Figure 1 Change in personal stigma over time in NSW

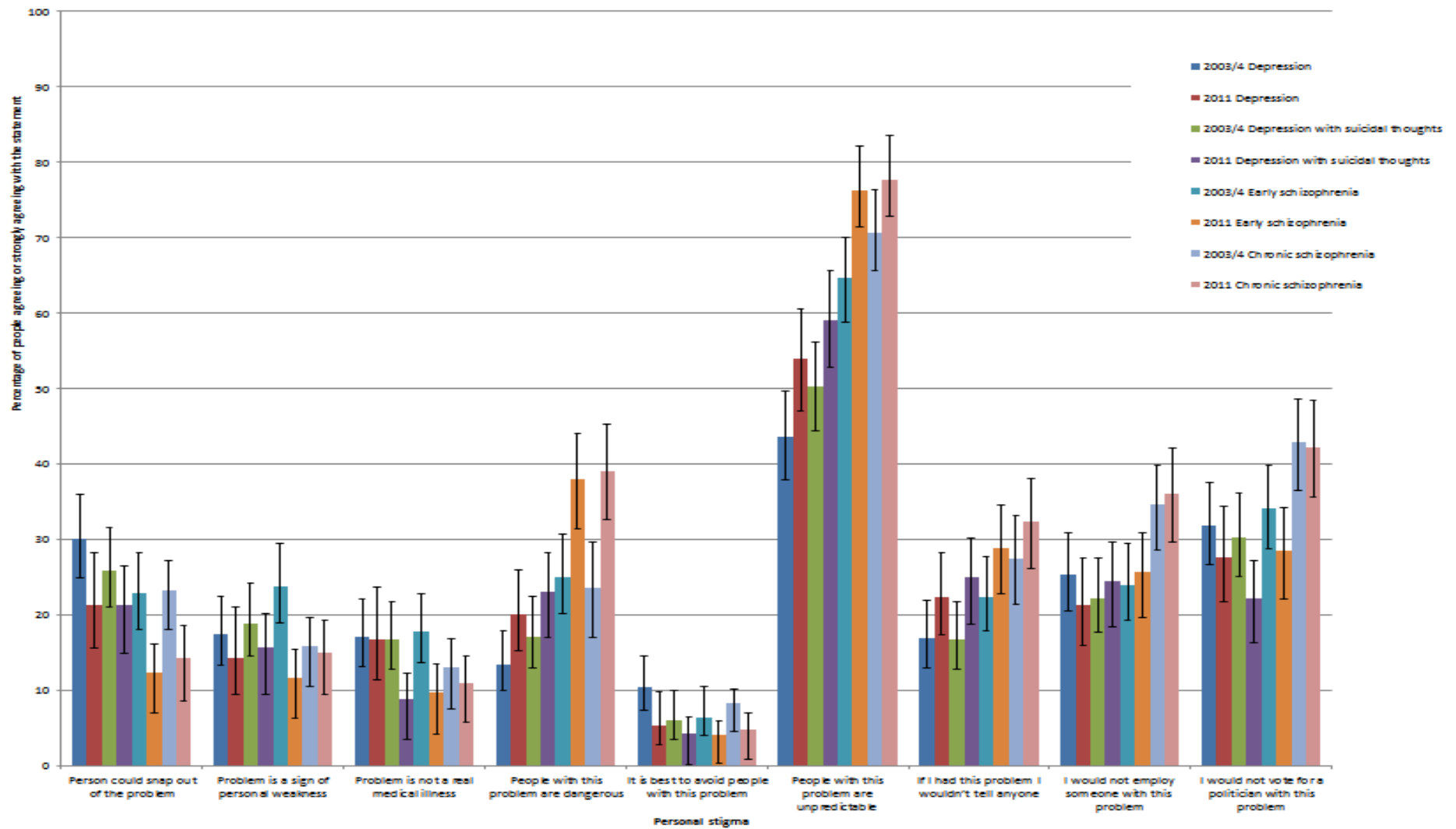
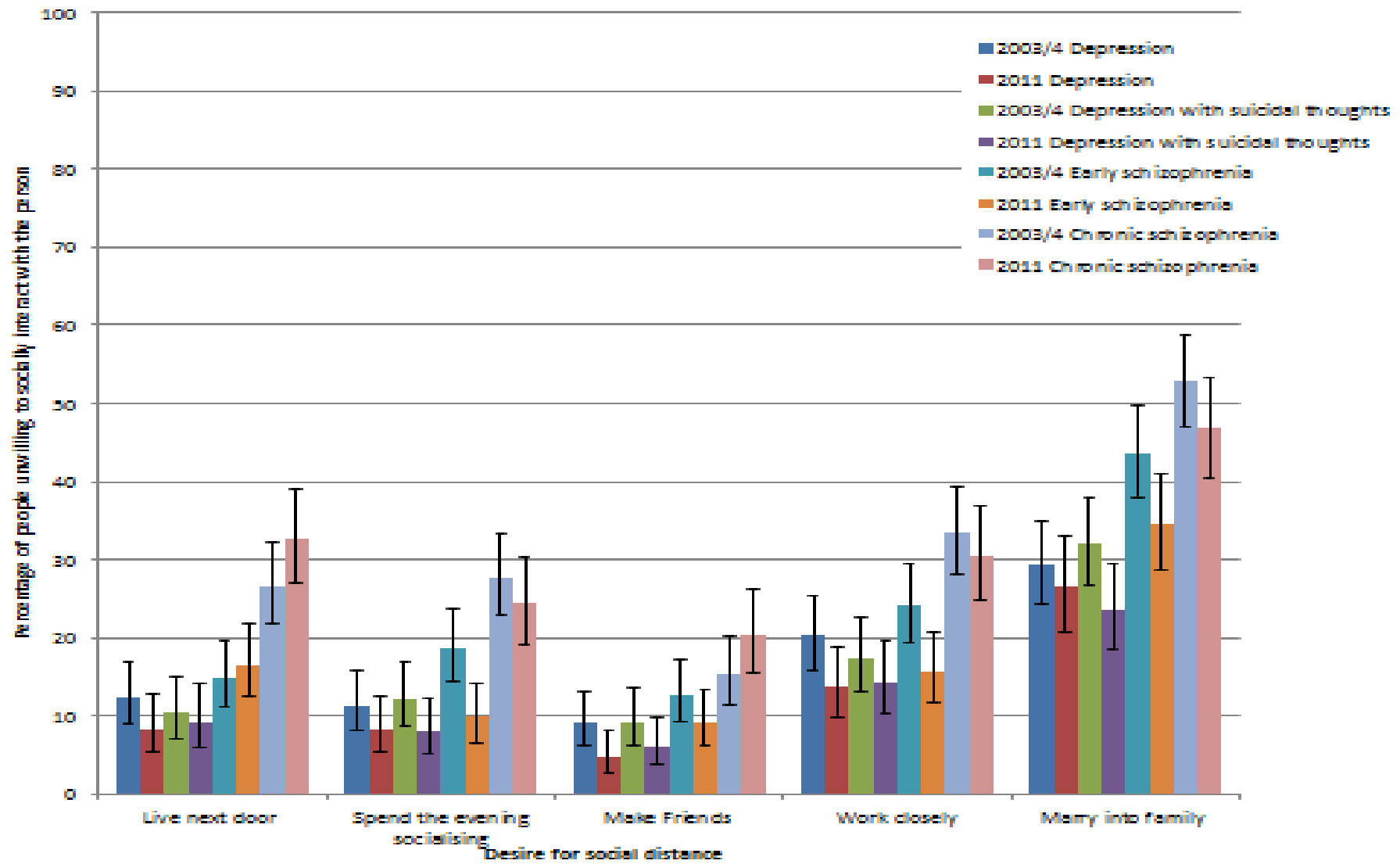


Figure 2 Change in desire for social distance over time in NSW



Percentage of respondents who think the person described in the vignette would be discriminated against and adjusted ORs (99% CI) examining changes between survey years

	Depression			Depression with suicidal thoughts			Early schizophrenia			Chronic schizophrenia		
	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)
Yes	53.5	58.3	1.19 (0.97-1.47)	61.2	60.1	1.02 (.82-1.26)	75.9	74.0	0.91 (0.71-1.17)	83.2	84.1	1.12 (0.84-1.51)

Note: ORs adjusted for age, gender, level of education and country of birth

Percentage of respondents who ‘agree’ or ‘strongly agree’ with statements about personal and perceived attitudes to mental disorders and adjusted ORs (99% CI) examining changes between survey years

Statement	Depression			Depression with suicidal thoughts			Early schizophrenia			Chronic schizophrenia		
	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)
Personal attitudes												
Person could snap out of the problem	25.2	19.5	0.71 (0.55-0.93)	23.3	19.0	0.72 (0.55-0.95)	18.2	11.8	0.75 (0.56-1.00)	18.1	11.0	0.59 (0.43-0.81)*
Problem is a sign of personal weakness	13.7	12.8	1.03 (0.75-1.42)	17.3	14.5	0.88 (0.65-1.19)	19.2	10.9 ¹	0.60 (0.44-0.81)*	14.3	11.6	0.93 (0.68-1.29)
Problem is not a real medical illness	14.8	13.6	0.93 (0.67-1.27)	16.0	10.3	0.59 (0.43-0.82)*	14.6	8.9	0.58 (0.41-0.84)*	13.9	10.2	0.83 (0.59-1.15)
People with this problem are dangerous	12.2	22.0 ¹	2.18 (1.64-2.88)**	18.9	25.4	1.68 (1.31-2.16)**	25.3	35.9 ¹	1.84 (1.47-2.29)**	22.4	34.3 ¹	1.91 (1.52-2.39)**
Avoid people with this problem	7.0	5.2	0.87 (0.56-1.35)	4.8	5.7	1.43 (0.88-2.34)	4.8	4.0	0.92 (0.54-1.57)	5.3	4.4	1.05 (0.84-1.74)
People with this problem are unpredictable	43.5	54.8 ¹	1.56 (1.27-1.90)**	51.5	57.4	1.34 (1.10-1.65)*	67.4	73.5	1.41 (1.13-1.76)*	67.1	76.3	1.61 (1.28-2.02)**
If I had this problem I wouldn't tell anyone	16.9	23.6	1.47 (1.15-1.89)*	20.7	24.2	1.20 (0.93-1.53)	26.9	30.9	1.16 (0.92-1.45)	30.3	35.4	1.28 (1.04-1.60)
I would not employ someone with this problem	22.5	23.7	0.98 (0.77-1.26)	23.3	23.9	1.06 (0.83-1.35)	24.9	28.2	1.13 (0.89-1.43)	32.7	36.2	1.23 (0.99-1.53)
I would not vote for a politician with this problem	30.3	27.8	0.77 (0.61-0.98)	32.8	25.0	0.60 (0.48-0.77)**	35.8	29.7	0.71 (0.57-0.88)*	45.5	40.4	0.80 (0.65-0.99)

¹Change over 7 years involves a “small” effect size or greater (Cohen’s $h \geq 0.2$)

* $p < 0.01$, ** $p < 0.001$

Note: ORs adjusted for age, gender, level of education and country of birth

Percentage of respondents unwilling to socially interact with each person described in the vignette and adjusted ORs (99% CI) examining changes between survey years

Statement	Depression			Depression with suicidal thoughts			Early schizophrenia			Chronic schizophrenia		
	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)	2003/4	2011	Adjusted OR (99% CI)
Live next door	11.8	8.9	0.69 (0.49-0.96)	11.4	11.7	1.10 (0.79-1.52)	15.4	15.2	0.96 (0.73-1.28)	24.9	30.1	1.24 (1.00-1.56)
Evening socialising	11.4	8.1	0.63 (0.45-0.90)	12.5	9.3	0.74 (0.53-1.03)	15.2	12.4	0.76 (0.57-1.03)	25.8	24.3	0.98 (0.78-1.24)
Make Friends	8.7	5.8	0.64 (0.43-0.94)	9.7	5.7	0.57 (0.39-0.84)	12.0	10.8	0.88 (0.64-1.21)	19.8	19.7	0.99 (0.78-1.28)
Work closely	21.3	15.3	0.67 (0.51-0.88)*	20.3	15.9	0.73 (0.56-0.95)	23.7	18.1	0.69 (0.54-0.89)*	33.3	29.9	0.85 (0.68-1.05)
Marry into family	29.3	28.2	0.92 (0.73-1.17)	34.6	22.9 ¹	0.54 (0.43-0.68)**	39.5	32.9	0.72 (0.58-0.90)*	52.7	45.2	0.74 (0.60-0.91)*

¹Change over 7 years involves a “small” effect size or greater (Cohen’s $h \geq 0.2$)

* $p < 0.01$, ** $p < 0.001$

Note: ORs adjusted for age, gender, level of education and country of birth

Respondent’s unwillingness to socially interact with the person described in the vignette and adjusted ORs (99% CI) examining changes between survey years

Vignette	2003/4 <i>M</i> (SD)	2011 <i>M</i> (SD)	Adjusted OR (99% CI)
Depression	9.43 (2.97)	9.02 (3.04)	-0.36 (-0.65- -0.70)
Depression with suicide	9.43 (3.05)	8.95 (2.95)	-0.48 (-0.78- -0.17)*
Early schizophrenia	10.0 (3.16)	9.73 (3.23)	-0.19 (-0.52-0.14)
Chronic schizophrenia	10.95 (3.19)	11.07 (3.33)	0.12 (-0.22-0.46)

¹Change over 7 years involves a “small” effect size or greater (Cohen’s $d \geq 0.2$)

* $p < 0.01$, ** $p < 0.001$

Note: ORs adjusted for age, gender, level of education and country of birth

2.1.3 General community surveys summary of results

For the 1995 survey, perceived likelihood of discrimination:

- in NSW was not significantly different to the Australian population or to Victoria or Queensland.
- did not differ according to experience of mental disorders or age (those aged 18 to 64 years vs those aged 65 years and over) in the national population or in any state.

For the 2003/4 survey, perceived likelihood of discrimination:

- in NSW was not significantly different to the Australian population or to Victoria or Queensland.
- was not significantly different in those with experience of mental disorders, other than for the early schizophrenia vignette. In this case, the percentage of people believing that the person would be discriminated against was more common in those with experience of mental disorders. There were no differences for NSW, Victoria or Queensland.
- did not differ according to age in the national population or in any state.

For the 2003/4 survey, personal stigma:

- There were no significant differences between states.
- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that people with the problem should be avoided and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.
 - For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.
 - For the early schizophrenia vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.
 - For the chronic schizophrenia vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness, that the problem is not a real medical illness and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.
- was higher in those age 65 years and over in some beliefs:
 - For the depression vignette those aged 65 and over were more likely to say they would not vote for a politician with the problem.
 - For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that the problem is not a real medical illness, that if they had

the problem they would not tell anyone and that they would not vote for a politician with the problem.

- For the early schizophrenia vignette, those aged 65 and over were more likely to believe that the person could snap out of the problem, and that they would not vote for a politician with the problem.
- For the early schizophrenia vignette, those aged 65 and over were more likely to believe that the problem is a sign of personal weakness, that the problem is not a real medical illness, that people with the problem are unpredictable and that they would not employ someone with the problem.

For the 2003/4 survey, desire for social distance:

- There were no significant differences between states.
- was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person or have them marry into the family.
 - For the depression with suicidal thoughts vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person, spend the evening socialising with them, make friends or have them marry into the family.
 - For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person, spend the evening socialising with them or have them marry into the family.
 - For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have any of the social contact described.
- was higher in those age 65 years and over in some beliefs:
 - For the depression vignette, those aged 65 years and over were less willing to spend the evening socialising and have the person marry into the family.
 - For the early and chronic schizophrenia vignettes, those aged 65 years and over were less willing to have the person marry into the family.

For the 2011 survey, perceived likelihood of discrimination:

- in NSW was not significantly different to the Australian population or to Victoria or Queensland.
- did not differ according to experience of mental disorders or age (those aged 18 to 64 years vs those aged 65 years and over), exposure to mental disorders or K6 score in the national population or in any state.

For the 2011 survey, personal stigma:

- There were no significant differences between states.
- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others:

- For the depression vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.
- For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.
- For the early schizophrenia vignette, beliefs that that they would not employ someone with the problem were more common in those without experience of mental disorders in themselves or others.
- For the chronic schizophrenia vignette, beliefs that the problem is a sign of personal weakness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.
- For the social phobia vignette, beliefs that the problem is a sign of personal weakness, that the problem is not a real medical illness and that they would not employ someone with the problem were more common in those without experience of mental disorders in themselves or others.
- For the PTSD vignette, the belief that they would avoid the person with the problem was more common in those without experience of mental disorders in themselves or others.
- was higher in those age 65 years and over in some beliefs:
 - For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that they would not tell anyone.
 - For the chronic schizophrenia vignette, those aged 65 and over were more likely to believe that they would not employ someone with the problem and that they would not vote for a politician with the problem.
 - For the social phobia vignette, those aged 65 and over were more likely to believe that they would not vote for a politician with the problem.
- Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

For the 2011 survey, desire for social distance:

- There were no significant differences between states.
- was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person or have them marry into the family.
 - For the depression with suicidal thoughts vignette, those without experience of mental disorders in themselves or others were less willing to spend the evening socialising with the person, work closely with them or have them marry into the family.

- For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person.
- For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have any of the social contact described.
- For the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to spend the evening socialising with the person or have them marry into the family.
- For the PTSD vignette, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family.
- For all vignettes, total social distance scores were higher in those without experience of mental disorders in themselves or others. This pattern was seen in all states.
- was higher in those age 65 years and over in some cases:
 - for the chronic schizophrenia and social phobia vignettes, those aged 65 years and over were less willing to have the person marry into the family.
 - total social distance scores were higher in those aged 65 years and over other than for PTSD.
- Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.
- Total social distance scores did not generally differ according to K6 score.

Analysis of changes between 2003/4 and 2011 showed:

- Some reduction in the desire for social distance from those with mental disorders.
- Some increases in beliefs about dangerousness and unpredictability.

2.2 Youth surveys

2.2.1 Methods

2.2.1.1 *The 2006 survey*

The 2006 survey involved a national CATI of young Australians aged 12–25 years by the survey company The Social Research Centre. The sample was contacted by random digit dialling covering the whole country during May to August 2006. The response rate was 61.5%, defined as completed interviews (3746) out of sample members who could be contacted and were confirmed as in scope (6087).

The interview was based on a vignette of a young person with a mental disorder [40]. On a random basis, respondents were read one of four vignettes: depression, depression with alcohol misuse, social phobia and psychosis/early schizophrenia). Each vignette had two versions. The respondents aged 15–17 years were read a version of the vignette portraying a person aged 15 years, whereas those aged 18–25 years were read one portraying a person aged 21 years. The details of the vignettes were altered slightly to be age appropriate (e.g. reference to functioning at school vs. in a course). Respondents were shown a vignette of the same gender as their own. After being presented with the vignette, respondents were asked what, if anything, they thought was wrong with the person described in the vignette and a series of other questions including their exposure to mental disorders (in themselves or others) and K6 [35].

Personal stigma

Stigmatising attitudes were assessed with two sets of statements, one assessing the respondent's personal attitudes towards the person described in the vignette (personal stigma) and the other assessing the respondent's beliefs about other people's attitudes towards the person in the vignette (perceived stigma). The items were adapted to be suitable for young people based on a scale for adults [11, 41]. The personal stigma items were: (1) People with a problem like (John/Jenny)'s could snap out of it if they wanted; (2) A problem like (John/Jenny)'s is a sign of personal weakness; (3) (John/Jenny)'s problem is not a real medical illness; (4) People with a problem like (John/Jenny)'s are dangerous; (5) It is best to avoid people with a problem like (John/Jenny)'s so that you don't develop this problem; (6) People with a problem like (John/Jenny)'s are unpredictable; and (7) If I had a problem like (John/Jenny)'s I would not tell anyone.

Desire for social distance

Self-reported willingness to have contact with the person described in the vignette was measured using a social distance scale suitable for young people [40] which was an adaptation of a scale developed for adults [36]. The items were rated the person's willingness to (1) go out with (John/Jenny) on the weekend; (2) to invite (John/Jenny) around to your house; (3) to go to (John/Jenny)'s house; (4) working closely with (John/Jenny) on a project; (5) to develop a close friendship with (John/Jenny). Each item was rated on a 4-point scale ranging from definitely willing to definitely unwilling. For these analyses the 'definitely unwilling' and 'probably unwilling' categories were combined.

2.2.1.2 *The 2011 survey*

The 2011 survey involved computer-assisted telephone interviews (CATI) with 3021 young people aged between 15 and 25. As with the general community survey, the survey was carried out by the

survey company Social Research Centre and a 'dual frame' approach was used. The response rate was 47.9 %, defined as completed interviews (3021) out of sample members who could be contacted and were confirmed as in scope (6 306). Interviewers ascertained whether there were residents in the household within the age range and, if there were multiple, selected one for interview using the nearest-birthday method. Oral consent was obtained from all respondents before commencing the interview. Respondents aged below 18 could only commence their interviews after their parents provided oral consent. The survey interview was based on that used in the 2006 survey and also included two additional vignettes: depression with suicidal thoughts and PTSD.

2.2.1.3 Statistical analysis

The data were analysed using percent frequencies and 95% confidence intervals, using survey weights to give greater population representativeness. All analyses were performed using Intercooled Stata 13 (StataCorp LP, Texas, USA).

For changes over time, for the stigma and social distance items, binary logistic regression was used to explore whether the changes between survey years were significant at the $p < .01$ level. These analyses were adjusted for the sociodemographic variables of age, gender, level of education and country of birth in order to investigate whether population changes between the surveys may have impacted on the results. For the total social distance scores, linear regression was used to explore whether the changes between survey years were significant at the $p < .01$ level after adjusting for the sociodemographic variables. Because of the large sample sizes, even very small differences between surveys can be statistically significant. We therefore also examined the effect sizes of the differences between surveys. The interpretation is focussed on those effect sizes which equal or exceed Cohen's definition of a 'small' (f or $d \geq 0.2$) effect size [39].

2.2.2 Results

2.2.2.1 Socio-demographic characteristics of respondents in both surveys (national population)

	2006		2011	
	n	% (95% CI)	n	% (95% CI)
Total respondents				
Sex				
Male	1793	51.2 (49.4-53.1)	1518	49.7(47.8-51.6)
Female	1953	48.8 (46.9-50.6)	1503	50.3(48.4-52.2)
Experience of mental disorders in self or others				
Yes	1805	49.0 (47.1-50.8)	1641	56.0 (54.1-57.9)
No	1836	51.0 (49.2-52.9)	1311	44.0 (42.1-45.9)
K6 score				
Low	-	-	2521	82.6 (81.1-84.1)
Moderate/high	-	-	449	15.4 (14.0-16.9)
State of residence				
NSW	1198	32.9(31.2-34.6)	963	32.1(30.3-33.9)
VIC	886	24.8(23.2-26.4)	790	25.3(23.7-27.0)
QLD	721	20.0(18.6-21.6)	592	21.0(19.5-22.7)
SA	305	7.3 (6.5-8.3)	232	7.1(6.2-8.1)
WA	412	10.2(9.2-11.3)	301	9.7(8.6-10.9)
TAS	102	2.0(1.6-2.5)	60	1.9(1.5-2.5)
NT	35	1.1(0.8-1.6)	31	1.1(0.8-1.7)
ACT	87	1.6(1.3-2.0)	52	1.7(1.3-2.3)

2.2.2.2 Socio-demographic characteristics of respondents in both surveys (NSW population)

	2006		2011	
	n	% (95% CI)	n	% (95% CI)
Total respondents				
Sex				
Male	1793	51.2 (49.4-53.1)	1518	49.7(47.8-51.6)
Female	1953	48.8 (46.9-50.6)	1503	50.3(48.4-52.2)
Experience of mental disorders in self or others				
Yes	567	47.9 (44.6-51.2)	517	55.3 (51.9-58.7)
No	598	52.1 (48.8-55.4)	421	44.7 (41.3-48.1)
K6 score				
Low	-	-	811	82.6 (79.7-85.1)
Moderate/high	-	-	134	15.3 (12.9-18.0)

2.2.2.3 2006 Youth Survey

Personal stigma

There were no differences between states on any of the personal stigma items. See tables below for NSW data and Appendix B for national data on the percentage of people agreeing or strongly agreeing with the statements.

NSW

Personal stigma	Depression	Psychosis/early schizophrenia	Social Phobia	Depression with alcohol misuse
Person could snap out of the problem	27.0 (21.4-33.4)	27.2 (21.6-33.6)	20.9 (16.3-26.4)	25.8 (20.5-31.9)
Problem is a sign of personal weakness	18.2 (13.6-23.8)	20.4 (15.8-26.1)	22.6 (17.9-28.2)	22.9 (17.9-28.8)
Problem is not a real medical illness	13.9 (10.1-18.9)	12.5 (8.4-18.3)	19.0 (14.6-24.3)	11.5 (8.2-16.0)
People with this problem are dangerous	15.4 (11.1-21.0)	22.8 (17.6-29.0)	6.7 (4.3-10.4)	26.6 (21.3-32.7)
It is best to avoid people with this problem	3.8 (1.8-7.8)	2.4 (1.2-4.7)	1.2 (0.5-3.0)	5.6 (3.4-9.0)
People with this problem are unpredictable	56.4 (49.9-62.7)	75.0 (69.1-80.0)	46.1 (39.5-52.9)	66.6 (60.3-72.4)
If I had this problem I wouldn't tell anyone	12.9 (9.2-17.8)	15.2 (10.8-20.9)	16.4 (12.0-22.1)	7.6 (4.8-11.8)

Desire for social distance

There were no differences between states on any of the statements indicating the desire for social distance. See tables below for NSW data and Appendix B for national data on the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

NSW

Social distance	Depression	Psychosis/early schizophrenia	Social Phobia	Depression with alcohol misuse
Go out on the weekend	4.9 (2.7-8.6)	11.6 (8.4-15.7)	7.1 (4.4-11.4)	12.2 (8.5-17.2)
Invite to their house	17.2 (12.5-23.4)	19.5 (15.1-24.7)	9.8 (6.8-14.0)	18.5 (14.1-24.0)
Go to the person's house	8.9 (5.4-14.5)	16.0 (12.1-21.0)	7.5 (4.9-11.4)	12.1 (8.5-17.0)
Work closely on a project	9.4 (6.2-13.9)	13.5 (9.9-18.3)	8.3 (5.5-12.3)	13.9 (10.1-18.9)
Develop a close friendship	9.9 (6.1-15.8)	10.9 (7.7-15.2)	7.2 (4.6-11.0)	8.7 (5.8-12.8)

Total social distance scores

Total social distance scores were similar for the national population and for all states.

NSW

Vignette	M (SD)
Depression	5.89 (5.04)
Psychosis/early schizophrenia	7.55 (4.95)
Social Phobia	6.57 (4.89)
Depression with alcohol misuse	7.20 (4.97)

Personal stigma in those with experience of mental disorders in self or others

Using NSW data, for the depression vignette, beliefs that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others. For

the depression with alcohol misuse vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others. There were no differences for the other vignettes.

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								
Person could snap out of the problem	19.4 (13.2-27.6)	36.7 (27.3-47.2)	22.2 (13.5-34.4)	29.7 (22.8-37.6)	16.9 (11.2-24.8)	24.8 (17.9-33.3)	18.9 (12.6-27.3)	30.1 (22.1-39.4)
Problem is a sign of personal weakness	10.7 (6.2-18.0)	25.2 (17.6-34.8)	13.2 (7.2-22.9)	24.3 (18.2-31.8)	14.8 (9.3-22.9)	28.5 (21.2-37.1)	14.5 (9.1-22.5)	32.6 (24.3-42.1)
Problem is not a real medical illness	7.9 (4.5-13.3)	21.5 (14.3-30.9)	11.3 (4.8-24.5)	12.7 (8.2-19.1)	16.2 (10.6-23.9)	20.9 (14.5-29.1)	9.4 (5.3-16.1)	13.5 (8.6-20.6)
People with this problem are dangerous	16.1 (10.5-23.8)	12.1 (6.5-21.4)	26.9 (17.7-38.6)	19.7 (14.1-26.9)	5.7 (2.7-11.6)	6.3 (3.4-11.3)	21.9 (15.4-30.1)	32.2 (23.9-41.8)
It is best to avoid people with this problem	0.4 (0.1-2.9)	8.2 (3.8-17.0)	3.5 (1.4-8.8)	1.7 (0.6-4.5)	1.4 (0.3-5.5)	1.1 (0.4-3.5)	1.9 (0.7-5.2)	9.3 (5.2-16.0)
People with this problem are unpredictable	55.1 (46.2-63.8)	55.9 (45.9-65.5)	80.6 (71.1-87.5)	71.0 (63.2-77.8)	44.1 (34.6-54.1)	48.4 (38.9-58.0)	64.5 (55.6-72.5)	68.4 (58.9-76.6)
If I had this problem I wouldn't tell anyone	13.1 (8.0-20.6)	13.1 (8.0-20.7)	19.0 (11.0-30.7)	12.9 (8.5-19.2)	21.8 (14.2-32.0)	12.3 (7.6-19.2)	5.3 (2.7-10.0)	9.0 (4.7-16.8)

Desire for social distance in those with experience of mental disorders in self or others

Using NSW data, for the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house. There were no other differences.

NSW

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Social distance								
Go out on the weekend	2.8 (1.1-7.1)	6.9 (3.1-14.4)	10.6 (6.1-17.8)	12.4 (8.4-18.0)	4.1 (1.8-8.9)	9.6 (5.1-17.4)	7.3 (3.9-13.1)	18.2 (11.7-27.1)
Invite to their house	19.7 (13.1-28.6)	15.7 (9.1-25.8)	15.7 (9.5-24.9)	22.1 (16.5-29.0)	10.7 (6.4-17.5)	9.0 (5.1-15.2)	14.4 (9.1-22.2)	22.9 (16.0-31.6)
Go to the person's house	5.3 (1.9-14.0)	14.2 (8.0-23.8)	12.6 (7.5-20.4)	18.5 (13.2-25.3)	5.4 (2.6-10.7)	8.7 (4.8-15.2)	3.3 (1.4-7.4)	22.4 (15.3-31.4)
Work closely on a project	6.4 (3.6-11.3)	13.7 (7.9-22.9)	10.3 (5.9-17.5)	15.8 (10.7-22.5)	3.2 (1.2-8.1)	12.1 (7.5-19.0)	9.5 (5.5-16.0)	19.5 (13.0-28.1)
Develop a close friendship	5.6 (2.1-14.1)	13.3 (7.1-23.7)	7.9 (3.9-15.2)	13.0 (8.6-19.1)	7.2 (3.6-13.9)	6.3 (3.3-11.7)	5.6 (2.8-10.8)	12.6 (7.6-20.1)

Total social distance scores in those with experience of mental disorders in self or others

Using national data, for all vignettes, total social distance scores were significantly higher in those with no experience of mental disorders in themselves or others. This pattern was also seen in the NSW data other than for the psychosis/early schizophrenia vignette.

NSW

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Vignette		
Depression	5.34 (4.97)	6.49 (5.03)
Psychosis/early schizophrenia	6.80 (5.00)	8.00 (4.91)
Social Phobia	5.85 (5.02)	7.00 (4.76)
Depression with alcohol misuse	6.33 (4.74)	8.22 (5.10)

2.2.2.4 2011 Youth Survey

Personal stigma

There were no differences between states on any of the personal stigma items. See tables below for NSW data and Appendix B for national data on the percentage of people agreeing or strongly agreeing with the statements.

NSW

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Person could snap out of the problem	23.2(16.9-31.0)	20.3(14.4-27.9)	17.9(12.0-25.8)	25.8(18.7-34.4)	24.6(18.0-32.6)	23.2(16.7-31.2)
Problem is a sign of personal weakness	15.7(10.8-22.3)	16.2(11.0-23.4)	20.2(14.0-28.4)	24.7(18.0-32.8)	19.3(13.7-26.5)	11.5(7.1-17.9)
Problem is not a real medical illness	12.2(7.6-18.9)	11.3(7.1-17.6)	10.2(5.9-17.0)	20.8(14.3-29.1)	15.4(10.3-22.3)	11.5(7.1-18.1)
People with this problem are dangerous	8.9(5.1-15.1)	16.9(11.9-23.6)	23.6(16.9-31.8)	8.3(4.4-15.0)	13.5(9.0-19.7)	8.8(5.1-14.8)
It is best to avoid people with this problem	2.9(1.3- 6.4)	4.0(1.8-8.9)	3.4(1.3-8.7)	5.4(2.3-11.9)	4.9(2.3-10.3)	3.1(1.1-8.4)
People with this problem are unpredictable	56.8(48.7-64.6)	62.0(53.6-69.7)	69.4(61.1-76.7)	42.2(33.9-51.0)	65.9(57.6-73.3)	55.7(47.0-64.0)
If I had this problem I wouldn't tell anyone	15.4(10.3-22.4)	11.8(7.2-18.9)	16.9(11.2-24.7)	21.2(14.7-29.4)	17.3(11.5-25.1)	9.3(5.3-16.1)

Desire for social distance

There were no differences between states on any of the statements indicating the desire for social distance. See tables below for NSW data and Appendix B for national data on the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Go out on the weekend	7.8(4.6-12.9)	8.6(4.9-14.8)	11.4(6.8-18.5)	8.5(4.5-15.5)	8.6(5.0-14.4)	6.7(3.6-12.4)
Invite to their house	19.1(13.6-26.1)	15.1(10.1-22.1)	25.2(18.4-33.4)	12.9(7.9-20.5)	17.6(12.4-24.3)	11.3(6.8-18.2)
Go to the person's house	7.2(4.1-12.2)	7.7(4.4-13.1)	16.8(11.2-24.5)	8.1(4.1-15.2)	12.8(8.3-19.4)	4.1(1.9-8.9)
Work closely on a project	13.0(8.6-19.1)	10.1(6.2-16.2)	13.8(8.7-21.1)	7.8(3.9-14.8)	13.9(9.1-20.7)	8.8(5.0-15.0)
Develop a close friendship	5.7(3.0-10.4)	6.4(3.5-11.5)	14.4(9.2-21.9)	6.1(2.8-12.8)	6.9(3.9-11.8)	8.4(4.8-14.3)

Total social distance scores

Total social distance scores were similar for the national population and for all states.

NSW

Vignette	M (SD)
Depression	8.11 (2.89)
Depression with suicidal thoughts	7.96 (2.71)
Psychosis/early schizophrenia	8.70 (3.13)
Social phobia	8.12 (2.81)
Depression with alcohol misuse	8.51 (2.98)
PTSD	7.74 (2.59)

Personal stigma in those with experience of mental disorders in self or others

Using NSW data, for the depression with suicidal thoughts vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others. For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem were more common in those without experience of mental disorders in themselves or others. There were no differences for the other vignettes.

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Person could snap out of the problem	16.9(10.1-26.8)	35.4(23.3-49.6)	19.5(12.4-29.2)	21.7(12.3-35.5)	12.1(5.9-23.3)	21.6(12.8-34.1)	18.0(9.7-31.0)	30.7(20.6-43.0)	16.1(10.0-24.9)	43.3(29.2-58.6)	18.0(9.9-30.6)	27.2(17.9-38.9)
Problem is a sign of personal weakness	11.1(6.0-19.6)	25.7(16.0-38.6)	6.6(3.1-13.4)	33.0(21.2-47.4)	15.8(8.4-27.7)	23.3(14.1-36.0)	29.0(18.1-43.1)	23.1(14.9-34.0)	14.0(8.2-22.7)	32.4(20.5-47.2)	9.1(3.9-19.5)	13.2(7.1-23.2)
Problem is not a real medical illness	7.6(3.4-15.9)	21.8(12.1-36.0)	7.3(3.3-15.4)	18.3(10.0-31.0)	6.2(2.3-15.8)	13.1(6.5-24.4)	17.5(9.1-31.0)	23.7(14.6-35.9)	10.5(5.8-18.3)	27.0(15.8-42.4)	5.6(2.0-14.4)	16.7(9.5-27.8)
People with this problem are dangerous	10.2(5.3-18.6)	7.6(2.5-20.6)	13.6(8.2-21.5)	22.8(13.5-35.9)	21.6(12.1-35.4)	24.9(16.0-36.6)	8.6(3.3-20.7)	6.1(2.4-14.6)	14.4(8.8-22.8)	12.6(6.0-24.5)	11.3(5.3-22.6)	6.0(2.4-14.2)
It is best to avoid people with this problem	1.0(0.1-6.9)	6.6(2.6-15.5)	2.3(0.5-9.6)	6.9(2.5-17.7)	2.9(0.7-11.4)	4.0(1.1-13.8)	5.2(1.5-16.6)	5.9(1.9-17.0)	3.5(1.1-10.2)	7.2(2.1-21.8)	0 (0-0)	6.0(2.2-15.7)
People with this problem are unpredictable	60.9(50.4-70.5)	51.9(38.4-65.1)	63.6(52.8-73.2)	59.2(45.3-71.8)	70.3(57.3-80.7)	69.0(57.0-78.8)	35.2(24.0-48.4)	46.8(35.1-58.8)	68.6(58.1-77.4)	59.0(44.1-72.4)	54.5(41.5-66.9)	56.5(44.5-67.8)
If I had this problem I wouldn't tell anyone	18.0(11.1-27.9)	12.3(6.0-23.8)	13.5(7.4-23.5)	8.9(3.5-20.9)	16.2(8.2-29.5)	16.6(9.2-28.0)	23.5(13.7-37.4)	18.6(10.8-30.2)	21.0(13.2-31.8)	9.6(4.1-21.0)	12.1(5.5-24.6)	7.6(3.2-17.0)

Desire for social distance in those with experience of mental disorders in self or others

Using NSW data, for the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to invite the person to their house. For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go out on the weekend or work closely on a project with the person. There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Go out on the weekend	6.4(3.0-13.2)	11.3(5.4-22.2)	10.8(5.6-19.8)	4.8(1.5-14.4)	5.5(2.0-14.5)	16.3(8.8-28.1)	5.9(2.0-16.6)	10.0(4.3-21.4)	3.4(1.4-8.2)	20.4(10.7-35.3)	93.7(83.4-97.7)	6.7(2.7-15.7)
Invite to their house	20.2(13.0-29.9)	17.6(9.8-29.6)	13.7(7.9-22.5)	17.7(9.3-31.1)	14.0(7.3-25.0)	32.9(22.5-45.4)	3.7(1.3-10.2)	19.5(11.3-31.7)	14.8(9.3-22.7)	23.6(13.2-38.4)	11.1(4.9-23.1)	11.5(5.7-21.9)
Go to the person's house	4.7(1.9-11.2)	12.3(6.0-23.7)	6.8(3.1-14.2)	9.2(4.0-19.7)	14.3(7.0-26.8)	16.5(9.2-27.7)	4.9(1.7-12.8)	10.9(4.7-23.2)	7.7(3.9-14.6)	23.6(12.9-39.1)	6.7(2.5-16.7)	2.2(0.5-8.5)
Work closely on a project	11.1(6.0-19.4)	17.8(10.0-29.6)	10.4(5.7-18.4)	9.6(3.9-21.8)	14.4(7.1-27.1)	13.4(6.9-24.4)	3.6(1.3-9.8)	11.3(5.0-23.4)	7.1(3.7-13.2)	26.4(14.8-42.5)	10.6(4.8-21.9)	7.0(2.8-16.2)
Develop a close friendship	4.4(1.7-10.6)	7.2(2.7-17.9)	6.5(3.0-13.4)	6.4(2.3-16.4)	14.0(6.7-27.0)	15.0(8.2-26.0)	1.6(0.4-6.8)	9.8(4.2-21.3)	3.7(1.5-9.1)	12.7(5.9-25.4)	9.9(4.3-21.3)	6.8(2.9-14.9)

Total social distance scores in those with experience of mental disorders in self or others

Using national data, for the depression, depression with alcohol misuse, social phobia and PTSD vignettes, total social distance scores were significantly higher in those with no experience of mental disorders in themselves or others. Using NSW data, the differences were significant for the depression with alcohol misuse and PTSD vignettes.

NSW

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Depression	7.72(2.72)	8.77(3.09)
Depression with suicidal thoughts	7.91(2.77)	8.05(2.65)
Psychosis/early schizophrenia	8.29(2.89)	8.91(3.30)
Social phobia	7.55(2.76)	8.55(2.79)
Depression with alcohol misuse	8.00(2.77)	9.68(2.93)
PTSD	7.72(2.49)	7.71(2.64)

Personal stigma by K6 score

Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia							
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Person could snap out of the problem	25.5 (18.5-34)	5.6 (0.6-36.1)	19.6 (13.3-27.8)	23.2 (8.6-49.4)	17.1 (10.8-26.1)	21.4 (7.9-46.6)	26.9 (19.1-36.5)	15.4 (4.8-39.7)	24.1 (17-32.9)	24.6 (10.3-48)	23.1 (15.9-32.3)	16.9 (6.6-36.9)
Problem is a sign of personal weakness	15 (10-21.9)	25.6 (8.3-56.6)	15.3 (9.7-23.3)	10 (2.7-30.4)	18.6 (11.9-27.8)	23.7 (9.3-48.5)	21.4 (14.7-30.1)	28.8 (11.6-55.3)	20.1 (13.8-28.2)	16.6 (6.3-37.2)	14.4 (8.9-22.5)	3.4 (0.4-22.7)
Problem is not a real medical illness	10.8 (6.3-17.9)	20.5 (5.5-53.5)	11.8 (7.2-18.9)	6.6 (0.8-38.9)	10.7 (5.9-18.6)	8.5 (1.8-32)	18.6 (12-27.7)	22.7 (8.4-48.5)	15.3 (9.8-23.2)	13 (4.4-32.7)	10.9 (6.2-18.5)	10.6 (3.1-30.7)
People with this problem are dangerous	9.3 (5.2-16)	0 (0-0)	18.6 (12.9-26.1)	6.8 (0.8-39.8)	23.2 (15.9-32.4)	21.5 (7.8-47.1)	8.9 (4.6-16.7)	0 (0-0)	12.7 (8.2-19.2)	17.4 (6-41)	7.6 (3.9-14.3)	13.5 (4.8-32.9)
It is best to avoid people with this problem	2.1 (0.8-5.7)	10.8 (2.3-38.9)	3.3 (1.2-8.9)	0 (0-0)	2.8 (0.8-9.3)	4.2 (0.5-28.6)	3.8 (1.3-10.3)	0 (0-0)	5.0 (2.1-11.7)	4.7 (1-18.8)	3.2 (1-9.9)	3.4 (0.4-22.7)
People with this problem are unpredictable	55.2 (46.5-63.6)	63.8 (35.5-84.9)	59.2 (50.1-67.8)	76.4 (50.3-91.2)	70.7 (61.8-78.3)	62.9 (36.5-83.4)	44 (34.9-53.5)	17 (5.5-41.9)	61.5 (52.3-69.9)	88.6 (65.7-96.9)	57.4 (47.4-66.7)	49.3 (30.9-68)
If I had this problem I wouldn't tell anyone	16.2 (10.7-23.9)	10.8 (2.3-38.8)	8.9 (4.9-15.7)	28.7 (11.2-56.4)	18.3 (11.9-27.1)	10.1 (2-38.6)	16.1 (10.1-24.6)	46.5 (22.4-72.3)	15.6 (9.8-24)	25.7 (10.6-50.3)	6.7 (2.9-14.6)	19.1 (8.2-38.4)

H=High; M=Medium; L=Low

Desire for social distance by K6 score

Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Go out on the weekend	7.5 (4.2-12.8)	5.8 (0.6-37)	8.9 (4.7-16)	8.3 (1.8-31.7)	10.3 (5.6-18.3)	16.3 (5-41.8)	7.5 (3.7-14.8)	17.4 (3.9-52)	10.5 (6.2-17.4)	0 (0-0)	9.1 (4.8-16.5)	0 (0-0)
Invite to their house			16.7			28.7						
	18.6 (12.8-26.2)	20.6 (6.8-48.1)	(10.9-24.7)	4.3 (0.5-28.8)	25.1 (17.8-34.2)	(11.4-55.6)	14.1 (8.5-22.6)	8.7 (1-47.4)	19.3 (13.4-27)	10.0 (2.8-29.8)	13.5 (7.8-22.3)	5.6 (1.3-21.8)
Go to the person's house	6.8 (3.7-12.2)	7.7 (4.2-13.8)	7.7 (4.2-13.8)	8.3 (1.8-31.7)	16.0 (10-24.6)	20.5 (7.2-45.9)	7.6 (3.5-15.7)	13.4 (2.7-46)	14.5 (9.1-22.2)	5.6 (1.2-22.2)	2.6 (0.9-7.1)	9.6 (2.7-28.6)
Work closely on a project									16.5			
	13.4 (8.7-20.1)	4.0 (0.4-28.6)	10.7 (6.3-17.7)	8.2 (1.7-31.5)	15.0 (9.2-23.6)	8.5 (2.3-26.6)	8.0 (3.8-15.8)	8.7 (1-47.4)	(10.7-24.5)	2.3 (0.3-17)	9.6 (5.2-17.2)	7.1 (1.6-26.8)
Develop a close friendship	5.6 (2.9-10.7)	0 (0-0)	6.9 (3.7-12.5)	5.0 (0.6-32.3)	16.2 (10.2-24.8)	5.4 (1.1-22.5)	5.7 (2.3-13.2)	10.7 (1.8-44.6)	7.9 (4.4-13.7)	2.3 (0.3-17)	9.2 (5-16.3)	6.8 (1.5-26.2)

H=High; M=Medium; L=Low

Total social distance score by K6 score

Using national data, total social distance scores were significantly lower in those with medium or high K6 scores when compared to those with low scores only for the social phobia vignette. For NSW the difference was only significant for the depression with alcohol misuse vignette.

NSW

K6 score	Social distance - M (SD)	
	L	M/H
Depression	8.17 (2.88)	7.24 (2.63)
Depression with suicidal thoughts	8.02 (2.74)	7.76 (2.61)
Psychosis/early schizophrenia	8.70 (3.10)	8.75 (3.48)
Social phobia	8.31 (2.74)	7.28 (3.23)
Depression with alcohol misuse	8.74 (3.03)	7.27 (2.46)
PTSD	7.82 (2.65)	7.56 (2.50)

H=High; M=Medium; L=Low

2.2.2.5 Change over time

Changes in personal stigma and desire for social distance in NSW are given in Figures 3 and 4. When differences between surveys were analysed, the only change that reached a Cohen's effect size >0.2 was an increase in those avoiding the person describe in the social phobia vignette.

Figure 3 Change in personal stigma over time in NSW (youth survey)

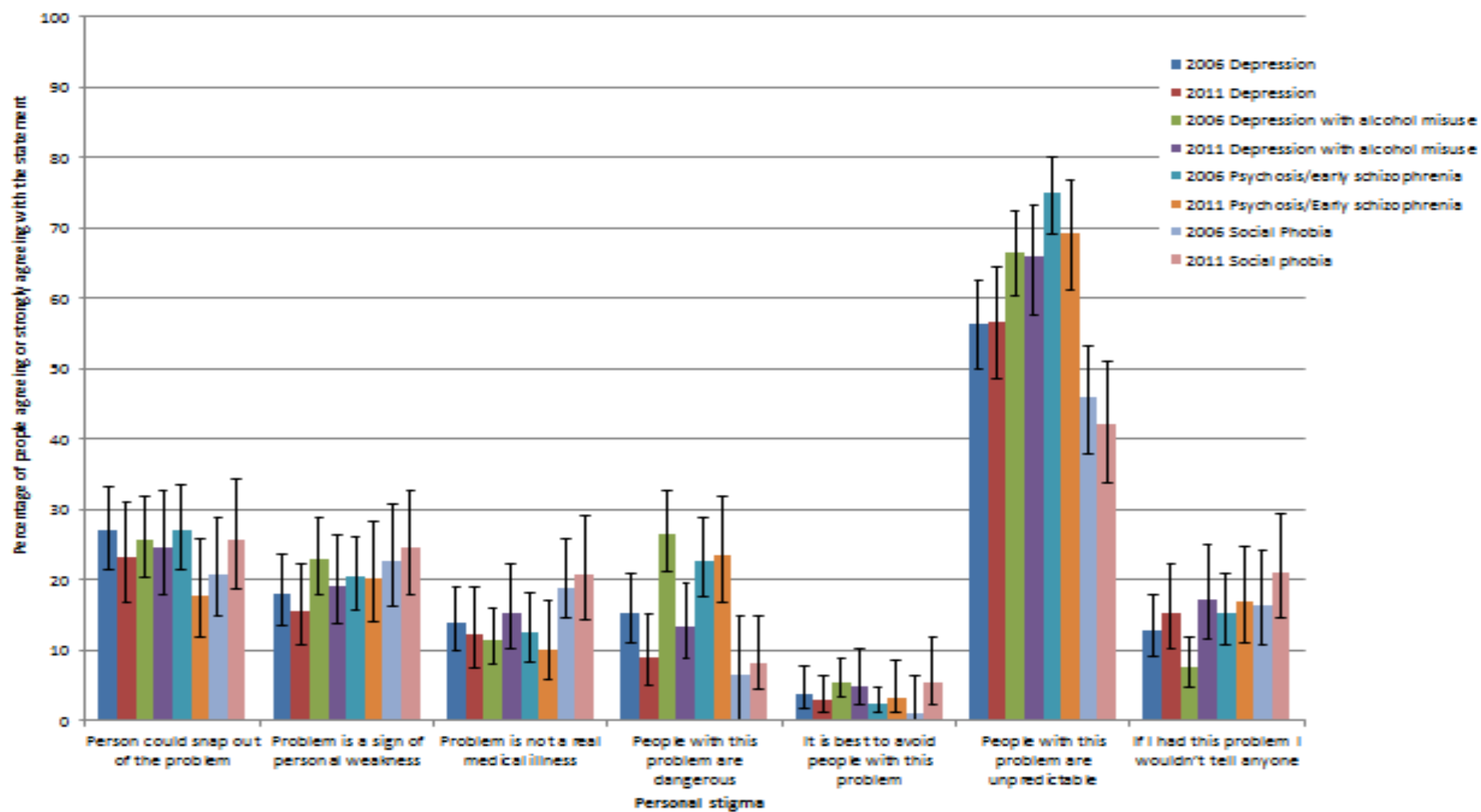
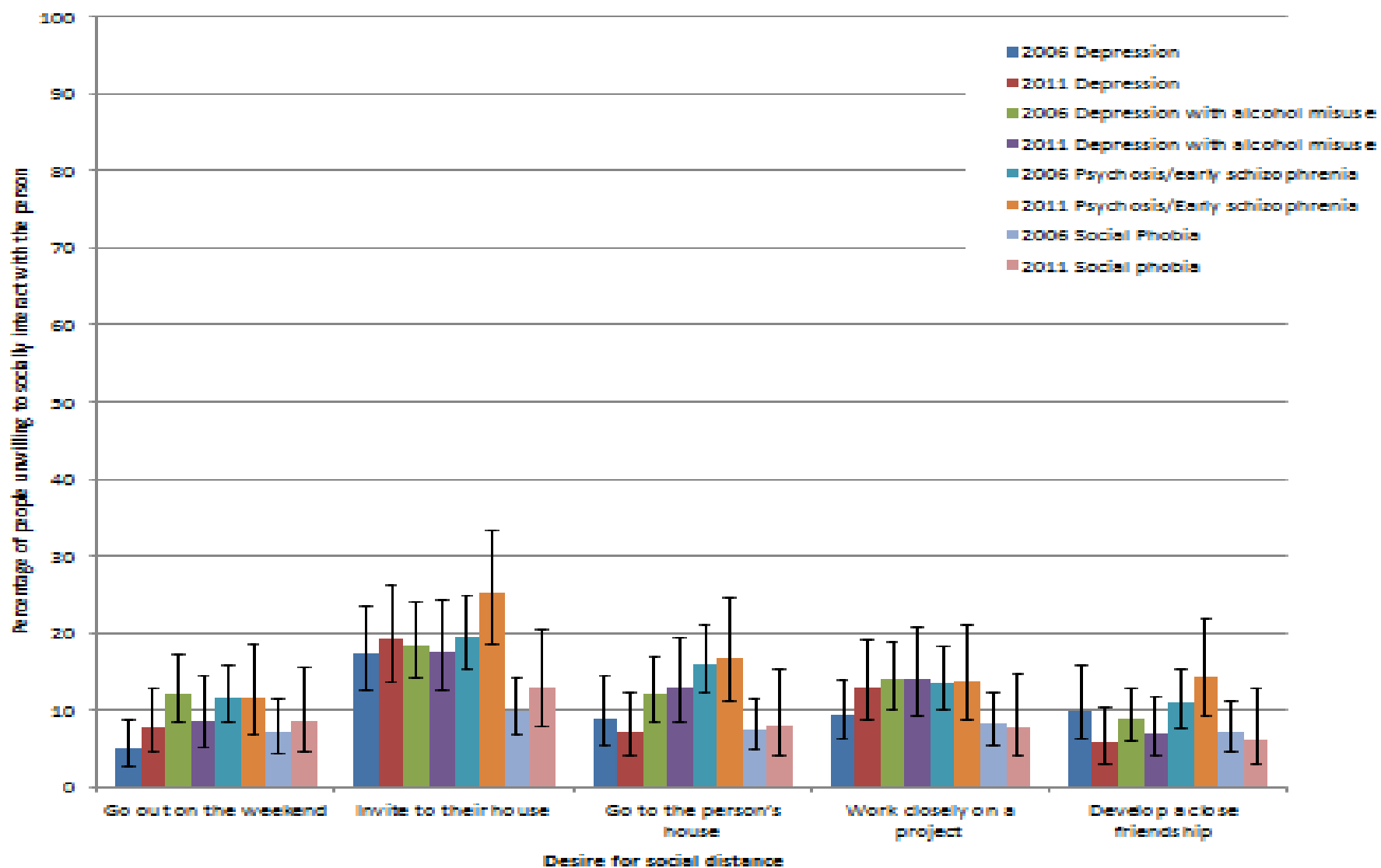


Figure 4 Change in desire for social distance over time in NSW (youth survey)



Percentage of respondents who 'agree' or 'strongly agree' with statements about personal attitudes to people with mental disorders

Statement	Psychosis		Depression with substance abuse		Depression		Social phobia	
	2006	2011	2006	2011	2006	2011	2006	2011
Person could snap out of the problem	19.8	20.7	22.5	22.7	21.6	22.7	17.6	22.1
Problem is a sign of personal weakness	15.6	20.6	19.3	19.3	13.0	17.5	22.1	21.1
Problem is not a real medical illness	9.5	10.6	10.5	11.6	10.4	8.6	16.2	15.2
People with this problem are dangerous	28.3	32.9	21.5	21.8	13.9	11.5	7.7	8.3
Avoid people with this problem	3.3	3.9	3.4	4.5	2.2	2.8	1.1	4.1 ¹
People with this problem are unpredictable	77.1	72.3	67.8	64.5	60.0	53.7	40.5	40.4
If I had this problem I wouldn't tell anyone	14.1	18.7	10.6	16.7	13.8	15.3	15.6	18.4

¹Change over 5 years involves a "small" effect size or greater (Cohen's $h \geq 0.2$)

Percentage of respondents unwilling to socially interact with each person described in the vignette in the following social situations

Desire for social distance	Psychosis		Depression with substance abuse		Depression		Social phobia	
	2006	2011	2006	2011	2006	2011	2006	2011
To go out with Jenny/John on the weekend	10.0	10.8	9.2	11.3	5.2	6.5	5.5	7.9
To work on a project with Jenny/John	16.6	21.1	18.2	19.4	17.2	15.6	9.7	9.0
Invite John/Jenny around to your house	10.9	15.5	8.6	11.4	6.2	4.6	5.0	7.8
Go to John/Jenny's house	9.8	12.6	10.4	12.9	7.6	8.2	5.4	7.8
Develop a close friendship with John/Jenny	8.7	11.3	8.8	9.8	6.5	5.4	7.0	4.8

¹Change over 5 years involves a "small" effect size or greater (Cohen's $h \geq 0.2$)

Respondent's desire for social distance from the person described in the vignette

Vignette	2006 <i>M</i> (SD)	2011 <i>M</i> (SD)
Psychosis	8.50 (2.85)	8.86 (2.83)
Depression with substance abuse	8.31 (2.87)	8.52 (2.90)
Depression	7.77 (2.6)	7.75 (2.65)
Social phobia	7.77 (2.57)	7.91 (2.62)

2.2.3 Youth surveys summary of results

For the 2006 youth survey, personal stigma:

- There were no significant differences between states.
- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others.
 - For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that people with this problem are dangerous were more common in those without experience of mental disorders in themselves or others.

For the 2006 youth survey, social distance:

- There were no significant differences between states.

- Desire for social distance was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house, work closely on a project or develop a close friendship with the person.
 - For the psychosis/early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to work closely on a project.
 - For the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house.
 - For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go out on the weekend, go to the person's house, work closely on a project or develop a close friendship with the person.
 - total social distance scores were generally higher in those without experience of mental disorders in themselves or others.

For the 2011 youth survey, personal stigma:

- There were no significant differences between states.
- Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others:
 - For the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that the problem is not a real medical illness and that they would avoid the person with the problem were more common in those without experience of mental disorders in themselves or others.
 - For the depression with suicidal thoughts vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.
 - For the early schizophrenia vignette, belief that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others.
 - For the social phobia vignette, beliefs that the person could snap out of the problem were more common in those without experience of mental disorders in themselves or others.
 - For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.
- Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

For the 2011 youth survey, social distance:

- There were no significant differences between states on any of the statements indicating the desire for social distance.
- Desire for social distance was more common in those without experience of mental disorders in themselves or others:

- For the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to invite the person to their house.
- For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house or work closely on a project with the person.
- For all vignettes, total social distance scores were higher in those without experience of mental disorders in themselves or others. This pattern was seen in all states.
- Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.
- Total social distance scores did not generally differ according to K6 score.

When differences between surveys were analysed, the only change that reached a Cohen's effect size >0.2 was an increase in those avoiding the person describe in the social phobia vignette.

3 National survey of experiences of discrimination and positive treatment in people with mental health problems

In 2014, a telephone survey was carried out by the survey company The Social Research Centre. People were asked if they had experienced a mental health problem in the last year. They were also asked about their levels of psychological distress, using the K6. If they scored highly on the K6 or responded 'yes' to the question about mental health problems they were then asked questions about whether people had avoided them, discriminated against them or behaved more positive towards them because of their mental health problems.

For the purposes of the survey, we were interested in the following mental health problems: depression/major depression, attempted suicide or self-harm, anxiety/anxiety disorder, post-traumatic stress disorder/PTSD, agoraphobia, panic disorder, obsessive-compulsive disorder/OCD, social phobia, generalised anxiety disorder/GAD, eating disorder/ anorexia/bulimia, schizophrenia/paranoid schizophrenia, schizoaffective disorder, psychosis/early schizophrenia/psychotic, bipolar/bipolar disorder/manic-depressive disorder, mental illness, personality disorder/borderline personality disorder, attention deficit-hyperactivity disorder/ADHD, Autism/Asperger's and nervous breakdown.

Of 5220 Australians aged 18+ who participated in the survey, 1381 reported having had a mental health problem in the last 12 months or scored highly on the K6 [34]. Only these people were asked questions about whether people had avoided them, discriminated against them or behaved more positively towards them because of their mental health problems.

3.1.1 Sociodemographic characteristics of participants

	National population		NSW population	
	N	% (95% CI)	N	% (95% CI)
<i>Gender</i>				
Male	502	43.5 (40.3-46.7)	139	40.8 (34.9-46.9)
Female	877	56.4 (53.2-59.6)	260	59.2 (53.1-65.1)
<i>Age groups</i>				
18-29	285	29.2 (26.2-32.4)	76	26.9 (21.6-32.9)
30-59	810	58 (54.8-61.1)	241	59.7 (53.8-65.4)
60+	283	12.8 (11.2-14.6)	81	13.4 (10.5-17.0)
<i>Marital status</i>				
Never married	386	34.8 (31.7-38)	107	33.2 (27.6-39.4)
Married	698	49.2 (46-52.3)	198	48.8 (43.0-54.7)
Separated	296	16.0 (14.1-18.2)	94	17.9 (14.2-22.4)
Refused	1	0 (0-0.3)	-	
<i>Aboriginal and Torres Strait Islander status (ATSI)</i>				
ATSI	60	4.7 (3.5-6.3)	14	4.0 (2.3-6.9)
Not ATSI	1320	95.3 (93.7-96.5)	384	96.0 (93.1-97.7)
<i>Language spoken at home</i>				
English	1202	86.2 (83.9-88.3)	341	83.1 (77.9-87.3)

Other	176	13.8 (11.7-16.1)	57	16.9 (12.7-22.1)
<i>Country of birth</i>				
Australia	1084	81.3 (78.8-83.5)	313	80.2 (75.1-84.5)
Other	295	18.7 (16.5-21.2)	86	19.8 (15.5-24.9)
<i>Level of education</i>				
Below bachelor	910	79.0 (76.8-81.0)	256	78.2 (73.9-81.9)
Bachelor or above	441	19.9 (17.9-22.0)	143	21.8 (18.1-26.1)
Other	26	1.1 (0.7-1.7)		
<i>State</i>				
NSW	399	30.5 (27.6-33.5)	-	-
VIC	372	26.3 (23.7-29.2)	-	-
QLD	275	20.7 (18.3-23.4)	-	-
SA	113	7.9 (6.4-9.8)	-	-
WA	123	8.5 (7.0-10.4)	-	-
TAS	33	2.2 (1.5-3.4)	-	-
NT	8	0.8 (0.3-1.8)	-	-
ACT	32	2.0 (1.3-3.0)	-	-
Unknown	26	1.1 (0.7-1.6)	-	-

3.1.2 Experiences of positive treatment, avoidance or discrimination

Experiences of positive treatment, avoidance or discrimination in NSW were not significantly different to the Australian population or to Victoria or Queensland. See tables below for NSW data and Appendix C for national data.

For personal experiences, in all domains other than looking for work, treatment by nurses, mental health nurses, dentists, paediatricians, surgeons, and community nurses, landlords, Centrelink (government welfare agency) workers, other government officials, real estate agents and insurance-related situations, respondents reported a greater frequency of positive treatment experiences than avoidance or discrimination. In the domains of friends and spouse or partner, respondents reported a greater frequency of personal experiences of avoidance than discrimination.

When asked about their treatment of other people with mental health problems, respondents reported that their positive treatment of other people with mental health problems was more frequent than avoidance which was more frequent than discriminatory treatment.

3.1.2.1 Experiences of positive treatment, avoidance or discrimination

	Experiences reported by people with mental health problems % (95% CI) in NSW
<i>Friends</i>	<i>(n=399)</i>
Avoided	21.5 (17.0-26.8)
Discriminated	12.4 (8.9-17.0)
Treated more positively	49.9 (44.1-55.8)
<i>Spouse or partner</i>	<i>(n=244)</i>
Avoided	21.5 (16.1-28.2)
Discriminated	13.2 (8.9-19.1)
Treated more positively	58.2 (50.7-65.2)
<i>Other family members</i>	<i>(n=399)</i>
Avoided	15.4 (11.6-20.3)
Discriminated	10.4 (7.4-14.5)
Treated more positively	46.8 (41-52.8)
<i>People in the workplace</i>	<i>(n=286)</i>
Avoided	11.4 (7.4-17.1)
Discriminated	12.5 (8.6-17.9)
Treated more positively	24.4 (18.9-30.8)
<i>Looking for work</i>	<i>(n=101)</i>
Discriminated	10.6 (4.7-22.1)
Treated more positively	3.1 (0.9-10.8)
<i>Education</i>	<i>(n=96)</i>
Avoided	3.8 (1.5-9.2)
Discriminated	8.9 (4.3-17.5)
Treated more positively	37.1 (26.4-49.3)
<i>Health professional</i>	<i>(n=399)</i>
Discriminated	10.8 (7.5-15.3)
<i>Type of professional</i>	
-GP	7.7 (5.0-11.8)
-Nurse	0.4 (0.1-1.6)
-Mental health nurse	0
-Dentist	0.2 (0-1.4)
-Counsellor	0.5 (0.1-3.8)
-Psychologist	0.7 (0.1-3.4)
-Psychiatrist	1.3 (0.4-3.8)
-Social worker	0
-Paediatrician	0.2 (0-1.2)
-Surgeon	0.9 (0.1-6.0)
-Community nurse	0

-Emergency department	0
-Other	0.6 (0.2-2.0)
<i>Treated more positively</i>	44.9 (39.2-50.8)
<i>Type of professional</i>	
-GP	36.5 (31.1-42.3)
-Nurse	0.6 (0.2-1.7)
-Mental health nurse	0.3 (0-2.0)
-Dentist	0.2 (0-1.3)
-Counsellor	4.1 (2.3-7.0)
-Psychologist	7.7 (5-11.6)
-Psychiatrist	6.3 (3.9-9.9)
-Social worker	1.2 (0.2-5.3)
-Paediatrician	
-Surgeon	0.4 (0.1-1.7)
-Community nurse	0.2 (0-1.6)
-Emergency department	3.5 (2-6.1)
-Other	0
<i>People in the community or neighbourhood</i>	<i>(n=399)</i>
Avoided	4.5 (2.5-7.0)
Discriminated	5.4 (3.2-9.1)
Treated more positively	13.6 (9.9-18.3)
<i>Other people</i>	<i>(n=399)</i>
Discrimination	6.7 (3.9-11.2)
<i>Person</i>	
-Landlord	0
-Real estate agent	0
-Police officer	1.7 (0.7-4.1)
-Centrelink worker	2 (0.6-6.6)
-Other government official	0.3 (0-1.9)
-Other	2.4 (1.1-4.9)
Treated more positively	7.9 (5.4-11.5)
<i>Person</i>	
-Landlord	0.3 (0-1.9)
-Real estate agent	0
-Police officer	1.1 (0.4-3)
-Centrelink worker	0.1 (0-1.1)
-Other government official	0.4 (0.1-1.9)
-Other	6.0 (3.8-9.3)
<i>Other situations</i>	<i>(n=399)</i>
Discrimination	6.4 (4.1-9.9)
<i>Type of situation</i>	
-Legal	0.9 (0.3-2.7)
-Banking	0.4 (0.1-1.4)

-Insurance	3.4 (1.7-6.6)
-Other	2.2 (1.1-4.5)
Treated more positively	3.0 (1.3-7.1)
<i>Type of situation</i>	
-Legal	0.9 (0.1-6)
-Banking	0.4 (0.1-1.2)
-Insurance	0.3 (0.1-1)
-Other	1.8 (0.6-5.3)

*Sample sizes are different as questions were only asked of people who had the type of contact relevant to question

3.1.3 Respondent treatment of other people with mental health problems

Reports of respondent treatment in NSW were not significantly different to those in the Australian population or to Victoria or Queensland.

	Respondent treatment of other people with mental health problems % (95% CI)
Yes, avoided	20.7 (17.5-24.5)
Yes, discriminated	5.6 (3.8-8.3)
Yes, treated more positively	75.6 (71.9-79.0)

3.1.4 Links between discrimination and days out of role

See table below for the results of linear regression analyses assessing the links between avoidance, discrimination and positive treatment and days out of role. Using national data, the following experiences were associated with more days out of role:

- avoidance by friends, family members, people in the workplace and people in the community.
- discrimination in all domains.
- positive experiences in the domains of family, workplace, looking for work, health professional, other people in the community or neighbourhood and other people.

	Days out of role (OR (95% CI))
<i>Friends</i>	
Avoided	4.28 (2.63-5.93)***
Discriminated	4.02 (2.20-5.84)***
Treated more positively	-
<i>Spouse or partner (n=854)</i>	
Avoided	-
Discriminated	2.93 (0.39-5.47)*
Treated more positively	-
<i>Family members</i>	
Avoided	3.43 (1.57-5.29)***
Discriminated	4.35 (2.36-6.33)***

Treated more positively	1.35 (0.21-2.51)*
<i>People in the workplace (n=992)</i>	
Avoided	2.94 (0.40-5.48)*
Discriminated	4.51 (2.02-7.00)***
Treated more positively	1.92 (0.20-3.60)*
<i>Looking for work (n=410)</i>	
Discriminated	6.63 (2.90-10.37)***
Treated more positively	8.53 (2.67-14.39)**
<i>Education (n=317)</i>	
Avoided	-
Discriminated	5.43 (0.01-10.85)*
Treated more positively	-
<i>Health professional</i>	
Discriminated	4.25 (2.13-6.37)***
Treated more positively	2.41 (1.23-3.60)***
<i>People in the community or neighbourhood</i>	
Avoided	6.97 (3.50-10.43)***
Discriminated	5.46 (1.85-9.07)**
Treated more positively	4.22 (2.28-6.18)***
<i>Other people</i>	
Discrimination	5.48 (3.19-7.78)***
Treated more positively	2.47 (0.12-4.81)*
<i>Other situations</i>	
Discrimination	3.73 (0.65-.81)*
Treated more positively	-

*p<0.05, **p<0.01, ***p<0.001

All analyses controlled for age, gender and K6 score and the presence of physical health problems

4 Discussion

The aim of the project was to compare stigmatising attitudes towards people with mental disorders and experiences of discrimination in NSW to attitudes and experiences in the national population and other states. We also aimed to examine differences in stigmatising attitudes according to exposure to mental disorders in self or others, age and level of psychological distress. Data from national surveys of mental health literacy and stigma conducted in the general population in 1995, 2003/4 and 2011, and youth surveys conducted in 2006 and 2011 were used. In the general population survey, we also analysed changes between 2003/4 and 2011 in personal stigma and desire for social distance. This was also done for the youth surveys.

In 2011, a national survey of discrimination and positive treatment was conducted. People who scored above a cut-off on a psychological distress scale or who reported having a mental health problem were asked a series of questions about their experiences. Data were also used to assess the links between these experiences and days out of role.

The results showed that, for all analyses, stigmatising attitudes in NSW were not significantly different to the Australian population or to the population of Victoria or Queensland.

4.1 Perceived likelihood of discrimination

Perceived likelihood of discrimination did not differ according to experience of mental disorders, age (those aged 18 to 64 years vs those aged 65 years and over) or K6 scores in the national population or in any state. It also did not significantly differ according to experience of mental disorders, other than for the early schizophrenia vignette. In this case, the percentage of people believing that the person would be discriminated against was more common in those with experience of mental disorders. When differences in age and gender distributions were taken into account, perceived likelihood of discrimination has not changed significantly since 1995 [2].

4.2 Predictors of stigmatising attitudes

Belief in weakness rather than illness was more common in those without experience of mental disorders in themselves or others. This is in line with other studies, including, for example a recent study conducted in students and community members showing that greater contact with and knowledge of the illness lowered personal stigma for both anxiety and depression [42]. Similar findings have also been seen in adolescents [40, 43]. In this study, desire for social distance was also more common in those without experience of mental disorders in themselves or others. Other studies have shown similar findings [14, 44].

In this study, age 65 years and older was associated with higher levels of some stigmatising attitudes, most notably in regard to a belief in weakness rather than sickness and not voting for a politician with the problem. However, the differences were less marked in 2011 than 2003/4. Desire for social distance was also higher for some questionnaire items, although overall desire for social distance was not significantly higher in 2011. Some other studies have concluded that stigmatising attitudes tend to be higher in older adults [14], while in other cases, no consistent relationship was seen [45-47].

When stigmatizing attitudes were compared according to whether the person described in the vignette was male or female, some significant differences emerged, with men generally more likely to be seen as dangerous. Desire for social distance was also generally significantly higher for men, possibly due to perceptions of dangerousness. This is consistent with other reported studies [48, 49].

4.3 Changes in stigmatising attitudes over time

Analysis showed that perceptions of dangerousness and unpredictability in those with depression, depression with suicidal thoughts, early schizophrenia and chronic schizophrenia have increased in the general population since 2003/4. The desire for social distance from someone with depression with suicidal thoughts has decreased and a similar trend was seen for depression. Increases in personal beliefs about dangerousness were particularly notable, with changes reaching Cohen's

small effect size for all vignettes other than depression with suicidal thoughts. Changes in the youth survey were not seen, likely due to the shorter time period between survey and the small sample size.

There have been relatively few other studies examining recent changes over time in stigmatising attitudes. Using data from the US General Social Survey, Schnittker [50] and Pescosolido and colleagues [51] examined changes between 1996 and 2006 in perceived dangerousness and desire for social distance from people with major depression, schizophrenia and alcohol misuse. The only significant change seen was an increase in unwillingness to have someone with schizophrenia as a next-door neighbour. However, using data from the same surveys, Silton et al. [52] concluded that overall desire for social distance from someone with depression decreased between 1996 and 2006, while there was a small increase for schizophrenia. As there have been no US national mental health literacy or stigma-reduction campaigns of the type seen in Australia, it is possible that decreasing desire for social distance from those with depression is part of a general trend. However, it is also possible that Australian national campaigns to improve mental health literacy and reduce stigma have shown some beneficial effects.

Analysis of change over time also shows that the numbers of people disclosing experiences of depression and early schizophrenia, and of having received professional help for depression, have increased since 1995 [28]. Thus there is a higher likelihood of a person becoming aware that they know someone with a diagnosis of depression. This personal contact may also be associated with a reduction in social distance [14].

The increases in beliefs about dangerousness and unpredictability shown in the current study are of great concern and suggest that social distance and perceptions of dangerousness are not directly related [36, 52, 53]. It is possible that increased awareness of depression as a mental illness may have led to the generalisation of beliefs about schizophrenia and dangerousness. It is also likely that media reports associating violence with schizophrenia contribute to perceptions of dangerousness and are also a significant factor [54, 55]. There is a need for further investigation about these aspects of stigma and for public education to help reduce them.

4.4 Experiences of discrimination

The results of the national survey of experiences of avoidance, discrimination and positive treatment showed that, in most domains, respondents reported a greater frequency of positive treatment experiences than avoidance or discrimination. The highest rates of all types of experiences were found in the domains of friends, spouse or partner and other family members, a finding that is likely to be explained by the greater number of opportunities for contact between the person with mental health problems and friends and family. These findings are in line with the results of the Canadian survey that asked respondents who had been treated for a mental illness in the past year about unfair treatment [56]. The results showed that this was most common in relation to intimate personal relationships, such as family (32%) or romantic relationships (30%).

Thus, the social environments of friends, families, workplaces and educational institutions in particular, are sources of both discrimination and support, depending on the circumstances of the individual. Further work is needed to explore the factors predicting both discrimination and positive treatment in order to best promote the latter.

The study also showed that friends and family were more likely to avoid the person than to discriminate, a finding in line with those from studies of service users conducted in other countries [29, 30, 32]. The domains for which discrimination were not outweighed by positive treatment included looking for work. This finding suggests the need to better support people with mental health problems who are looking for work, whether this is in supporting them to overcome anticipated discrimination or in other ways that support vocational rehabilitation, including education of employers to support stigma reduction [57].

When experiences of discrimination were compared with the results of the questions asking respondents how they treated other people with mental health problems, discrimination and avoidance were notably less common and positive treatment notably more common. While social desirability may have influenced responses to these questions, it is also possible that people act in ways that are discriminatory without necessarily realising or intending to, perhaps due to underlying assumptions about the capacities of people with mental health problems. Anti-stigma campaigns that directly focus on such behaviours may be important in overcoming discrimination [58].

We analysed the links between avoidance, discrimination and positive experiences. The results showed that the following experiences were associated with a greater likelihood of days out of role:

- avoidance by friends, family members, people in the workplace and people in the community.
- discrimination in all domains.
- more positive treatment in the domains of family, workplace, looking for work, health professional, other people in the community or neighbourhood and other people.

However, the cross-sectional nature of the study limits our ability to assess causal relationships between factors that might predict whether the person experiences discrimination or positive treatment e.g. illness severity, type of illness and type of treatment received. Follow-up studies would be valuable in exploring these issues as well as the long-term implications of discrimination on wellbeing and social participation and the associated costs.

It is hoped that the results of the current study can provide much-needed input into the design of anti-discrimination interventions, for example, public education about human rights and the impact of discrimination and, importantly, positive treatment on mental wellbeing; action from health services to help overcome anticipated discrimination as a barrier to help-seeking; and the incorporation into treatments such as Cognitive Behavioural Therapy techniques to address discrimination as well as symptoms. It may also empower people with mental health problems to further advocate for change in the area of discrimination by providing further evidence of the validity of their experiences.

5 Conclusions

As levels of stigma and discrimination in NSW did not differ from those in the national population and other states, stigma reduction in NSW is unlikely to require an approach that is particularly different to that taken at a national level. The findings support the need for a national campaign to reduce stigma and discrimination, as recommended in the National Mental Health Commission's recent review of programs and services [4]. Analyses of change over time have shown that

campaigns to improve mental health literacy and reduce stigmatising attitudes may have had beneficial effects in reducing the desire for social distance from those with depression, although this may also be part of a general trend. However, increase in beliefs about the dangerousness and unpredictability of those with these disorders, particularly men, is of concern and points to the need for public education to focus on these aspects of stigma.

It is hoped that the results of the current study can provide much-needed input into the design of anti-discrimination interventions, for example, public education about human rights and the impact of discrimination and, importantly, positive treatment on mental wellbeing; action from health services to help overcome anticipated discrimination as a barrier to help-seeking; and the incorporation into treatments such as Cognitive Behavioural Therapy techniques to address discrimination as well as symptoms. It may also empower people with mental health problems to further advocate for change in the area of discrimination by providing further evidence of the validity of their experiences.

The results provided here can be used as a baseline against which to measure the impact of future national and state-based efforts. This is particularly true in the case of the results of the 2014 national survey of experiences of discrimination and positive treatment as this is the first time this data has been collected at a population level. Associations between experiences of discrimination and days out of role point to the need for further investigation of the impact of discrimination on participation in family, community, work and education. Further development of a planned program of surveys and enhanced sampling to enable contributory factors to be better analysed (e.g. educational attainment, rurality) would support national benchmarking activities in relation to stigma and discrimination.

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Appendix A

5.1.1 1995 General Community Survey

5.1.1.1 Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not significantly different to the Australian population. See tables below for the percentages of people agreeing that the person in the vignette is likely to be discriminated against.

National

Perceived likelihood of discrimination	Depression	Schizophrenia
Yes	47.6 (43.9-51.3)	69.9 (66.2-73.3)

NSW

Perceived likelihood of discrimination	Depression	Schizophrenia
Yes	51.1 (43.6-58.4)	68.2 (60.7-74.9)

5.1.1.2 Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Perceived likelihood of discrimination was not significantly different in those with experience of mental disorders. This applied to the national population and to NSW.

National

Mental disorders experience	Depression		Schizophrenia	
	Yes	No	Yes	No
Perceived likelihood of discrimination				
Yes	52.4 (47.1-57.5)	44.2 (38.8-49.8)	74.0 (67.7-79.4)	68.8 (64.2-73.1)

NSW

Mental disorders experience	Depression		Schizophrenia	
	Yes	No	Yes	No
Perceived likelihood of discrimination				
Yes	61.5 (50.6-71.4)	42.6 (32.5-53.4)	70.4 (56.2-81.4)	67.5 (58.1-75.6)

5.1.1.3 Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not significantly different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.

National

Age group	Depression		Schizophrenia	
	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination				
Yes	48.6 (44.6-52.6)	37.8 (27.7-49.1)	70.5 (66.6-74.1)	64.4 (53.1-74.4)

NSW

	Depression		Schizophrenia	
Age group	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination				
Yes	52.3 (44.5-59.9)	36.5 (15.0-65.1)	69.6 (61.5-76.6)	55.5 (32.8- 76.1)

5.1.2 2003/4 General Community Survey

5.1.2.1 Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not significantly different to the Australian population. See tables below for the percentages of people agreeing that the person in the vignette is likely to be discriminated against.

National

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Yes	54.5 (51.1-57.8)	62.1 (58.7-65.3)	76.9 (73.9-79.6)	84.0 (81.4-86.3)

NSW

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Yes	50.9 (45.0-56.8)	60.7 (54.8-66.3)	74.0 (68.4-78.9)	78.6 (73.3-83.0)

5.1.2.2 Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Using national data, perceived likelihood of discrimination was not significantly different in those with experience of mental disorders, other than for the early schizophrenia vignette. In this case, the percentage of people believing that the person would be discriminated against was more common in those with experience of mental disorders. There were no differences for NSW.

National

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination								
Yes	56.6 (52.5-60.6)	50.1 (43.8-56.5)	64.1 (60.1-68.0)	58.4 (52.2-64.4)	80.7 (76.7-84.1)	72.1 (67.3-76.4)	85.7 (81.6-89.0)	82.9 (79.3-86.0)

NSW

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination								
Yes	54.0 (46.3-61.5)	47.0 (37.6-56.6)	65.0 (57.4-71.8)	56.0 (46.3-65.3)	79.1 (71.0-85.3)	68.3 (59.9-75.5)	79.0 (70.3-85.7)	78.3 (71.1-84.0)

5.1.2.3 Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not significantly different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.

National

Age group	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination								
Yes	54.2 (50.6- 57.8)	56.8 (47.1-66.0)	62.0 (58.5- 65.5)	62.5 (52.4-71.7)	76.1 (72.9- 79.1)	84.1 (75.7- 89.9)	84.1 (81.3- 86.6)	83.1 (75.3- 88.8)

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination								
Yes	50.5 (44.3-56.8)	54.5 (36.8- 71.2)	59.9 (53.6- 65.8)	68.8 (49.8-83.0)	72.8 (66.9- 78.1)	86.8 (67.6- 95.4)	78.9 (73.2-83.7)	76.0 (59.1-87.4)

5.1.2.4 Personal stigma

There were no significant differences between states on any of the personal stigma items. See tables below for the percentage of people agreeing or strongly agreeing with the statements.

National

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Person could snap out of the problem	23.8 (21.0-26.9)	21.0 (18.4-24.0)	17.7 (15.2-20.5)	17.1 (14.7-19.9)
Problem is a sign of personal weakness	12.7 (10.5-15.1)	15.6 (13.3-18.3)	18.4 (15.8-21.2)	12.8 (10.7-15.2)
Problem is not a real medical illness	13.4 (11.2-15.9)	14.3 (12.2-16.9)	13.4 (11.2-15.9)	12.3 (10.2-14.7)
People with this problem are dangerous	11.8 (9.8-14.2)	17.9 (15.4-20.8)	24.9 (22.0-27.9)	22.6 (19.9-25.6)
Avoid people with this problem	6.6 (5.1-8.6)	4.2 (2.9-5.9)	4.2 (3.0-5.9)	4.4 (3.2-6.0)
People with this problem are unpredictable	41.8 (38.4-45.1)	49.5 (46.1-52.9)	66.5 (63.2-69.6)	66.4 (63.2-69.6)
If I had this problem I wouldn't tell anyone	16.2 (13.8-18.9)	18.8 (16.3-21.6)	26.3 (23.4-29.4)	29.6 (26.6-32.8)
I would not employ someone with this problem	21.2 (18.5-24.1)	20.6 (17.9-23.5)	23.3 (20.6-26.3)	30.8 (27.7-34.0)
I would not vote for a politician with this problem	27.9 (25.0-31.1)	29.2 (26.1-32.4)	33.9 (30.7-37.1)	43.7 (40.3-47.0)

NSW

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Person could snap out of the problem	30.1 (24.9-35.9)	25.9 (21.0-31.5)	22.8 (18.1-28.2)	23.3 (18.6-28.8)
Problem is a sign of personal weakness	17.4 (13.3-22.5)	18.9 (14.6-24.1)	23.8 (18.9-29.4)	15.8 (11.9-20.7)
Problem is not a real medical illness	17.1 (13.1-22.0)	16.8 (12.8-21.7)	17.7 (13.6-22.8)	13.1 (9.6-17.7)
People with this problem are dangerous	13.4 (9.9-17.8)	17.1 (12.9-22.4)	24.9 (20.1-30.6)	23.5 (18.9-28.9)
Avoid people with this problem	10.4 (7.3-14.6)	6.0 (3.5-9.9)	6.4 (3.9-10.4)	8.2 (5.5-12.1)
People with this problem are unpredictable	43.6 (37.8-49.6)	50.3 (44.4-56.2)	64.6 (58.7-70.1)	70.6 (64.9-75.7)
If I had this problem I wouldn't tell anyone	16.9 (12.9-21.9)	16.7 (12.7-21.7)	22.4 (17.8-27.7)	27.5 (22.5-33.2)
I would not employ someone with this problem	25.3 (20.5-30.9)	22.2 (17.6-27.6)	23.9 (19.2-29.4)	34.6 (29.2-40.4)

I would not vote for a politician with this problem	31.8 (26.6-37.6)	30.3 (25.1-36.1)	34.1 (28.7-39.9)	42.9 (37.1-48.8)
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5.1.2.5 *Desire for social distance*

There were no significant differences between states on any of the statements indicating the desire for social distance. See tables below for the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

National

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Live next door	11.2 (9.2-13.6)	10.3 (8.4-12.7)	14.7 (12.5-17.3)	24.8 (22.0-27.8)
Spend the evening socialising	10.3 (8.3-12.6)	11.7 (9.6-14.1)	14.1 (11.9-16.6)	24.7 (21.9-27.7)
Make Friends	8.4 (6.7-10.6)	8.8 (7.0-11.0)	11.1 (9.2-13.4)	19.0 (16.5-21.9)
Work closely	20.4 (17.8-23.3)	19.0 (16.4-21.8)	22.7 (20.0-25.7)	31.7 (28.7-35.0)
Marry into family	27.1 (24.1-30.2)	32.3 (29.2-35.6)	38.0 (34.8-41.4)	50.8 (47.5-54.2)

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia
Live next door	12.3 (8.8-16.9)	10.4 (7.0-15.0)	14.8 (11.1-19.5)	26.6 (21.7-32.1)
Spend the evening socialising	11.3 (8.0-15.8)	12.2 (8.6-17.0)	18.7 (14.5-23.8)	27.8 (22.8-33.4)
Make Friends	9.2 (6.3-13.1)	9.2 (6.1-13.6)	12.7 (9.3-17.1)	15.3 (11.5-20.1)
Work closely	20.2 (15.8-25.4)	17.3 (13.1-22.6)	24.2 (19.4-29.6)	33.4 (28.0-39.2)
Marry into family	29.3 (24.2-35.0)	32.1 (26.7-38.0)	43.7 (37.9-49.7)	52.9 (47.0-58.7)

5.1.2.6 *Total social distance score*

Total social distance scores were similar for the national population and for all states.

National

Vignette	M (SD)
Depression	9.25 (2.88)
Depression with suicidal thoughts	9.28 (2.97)
Early schizophrenia	9.87 (3.11)
Chronic schizophrenia	10.84 (3.11)

NSW

Vignette	M (SD)
Depression	9.55 (2.76)
Depression with suicidal thoughts	9.30 (2.92)
Early schizophrenia	10.27 (3.17)
Chronic schizophrenia	11.07 (2.84)

5.1.2.7 Personal stigma in those with experience of mental disorders in self or others

Using national data, for the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that people with the problem should be avoided and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the early schizophrenia vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

For the chronic schizophrenia vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness, that the problem is not a real medical illness and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

National

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								
Person could snap out of the problem	17.3 (14.3-20.7)	38.9 (32.8-45.3)	17.6 (14.6-21.0)	28.3 (23.0-34.2)	13.9 (11.0-17.5)	22.0 (18.0-26.6)	12.1 (8.9-16.2)	20.3 (16.9-24.2)
Problem is a sign of personal weakness	7.9 (5.9-10.5)	23.8 (18.8-29.6)	10.9 (8.5-13.9)	24.9 (19.9-30.6)	13.8 (10.9-17.5)	24.2 (20.1-28.9)	6.7 (4.3-10.1)	16.6 (13.6-20.2)
Problem is not a	10.3 (8.0-13.0)	21.0 (16.2-26.7)	10.8 (8.5-13.6)	20.4 (15.9-25.8)	13.3 (10.5-16.7)	13.6 (10.5-17.6)	8.5 (5.9-12.0)	15.1 (12.2-18.5)

real medical illness								
People with this problem are dangerous	10.5 (8.2-13.3)	14.9 (11.0-20.0)	17.4 (14.4-20.9)	19.4 (14.8-25.0)	23.9 (20.1-28.2)	26.0 (21.9-30.7)	22.7 (18.5-27.6)	22.3 (18.9-26.2)
Avoid people with this problem	3.7 (2.4-5.6)	13.1 (9.3-18.3)	3.1 (1.9-5.2)	6.7 (4.1-10.7)	5.0 (3.3-7.6)	3.1 (1.7-5.5)	3.1 (1.7-5.8)	4.7 (3.2-7.0)
People with this problem are unpredictable	41.7 (37.7-45.7)	41.2 (35.1-47.6)	50.0 (45.9-54.1)	48.3 (42.2-54.6)	65.6 (61.1-69.9)	67.8 (62.9-72.3)	64.9 (59.5-69.8)	68.2 (63.9-72.2)
If I had this problem I wouldn't tell anyone	15.7 (12.9-19.0)	17.4 (13.2-22.7)	17.6 (14.7-20.9)	21.6 (16.9-27.1)	24.7 (20.9-28.9)	28.2 (23.8-32.9)	29.2 (24.5-34.3)	30.0 (26.1-34.2)
I would not employ someone with this problem	18.7 (15.8-22.2)	26.7 (21.3-32.9)	16.2 (13.3-19.6)	30.4 (25.0-36.5)	21.0 (17.5-25.1)	26.9 (22.7-31.6)	28.8 (24.2-33.9)	32.1 (28.1-36.3)
I would not vote for a politician with this problem	20.7 (17.6-24.2)	43.0 (36.8-49.4)	23.1 (19.7-26.8)	43.0 (36.9-49.2)	30.5 (26.4-34.9)	39.0 (34.2-44.0)	37.4 (32.3-42.8)	48.0 (43.6-52.4)

Using NSW data, for the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								

Person could snap out of the problem	18.9 (13.5-25.7)	46.7 (37.4-56.3)	18.7 (13.4-25.5)	35.4 (26.8-45.1)	17.2 (11.5-24.8)	28.3 (21.2-36.6)	15.7 (9.6-24.5)	28.0 (21.6-35.5)
Problem is a sign of personal weakness	9.8 (5.9-15.8)	29.3 (21.3-38.7)	12.1 (7.8-18.2)	27.5 (19.7-36.9)	18.4 (12.3-26.5)	29.9 (22.6-38.3)	8.3 (4.1-15.9)	20.8 (15.3-27.7)
Problem is not a real medical illness	14.8 (10.1-21.2)	20.9 (14.2-29.5)	11.5 (7.4-17.5)	22.0 (15.1-31.0)	17.5 (11.9-25.0)	18.3 (12.5-26.0)	9.9 (5.3-17.9)	15.4 (10.7-21.7)
People with this problem are dangerous	10.7 (6.8-16.4)	16.8 (11.0-24.8)	15.2 (10.1-22.1)	20.9 (13.9-30.3)	24.0 (17.3-32.3)	26.4 (19.6-34.6)	22.9 (15.5-32.6)	24.6 (18.7-31.6)
Avoid people with this problem	4.9 (2.4-9.9)	17.8 (11.7-26.2)	5.3 (2.5-11.1)	7.2 (3.6-14.2)	8.7 (4.7-15.5)	4.2 (1.8-9.5)	6.0 (2.6-13.1)	9.2 (5.7-14.6)
People with this problem are unpredictable	40.1 (32.9-47.9)	48.3 (38.9-57.8)	49.9 (42.3-57.5)	52.4 (42.7-61.9)	61.9 (53.2-69.9)	68.0 (59.7-75.4)	69.7 (59.8-78.0)	71.2 (63.9-77.6)
If I had this problem I wouldn't tell anyone	16.0 (10.9-22.9)	17.7 (11.7-26.0)	16.6 (11.6-23.2)	16.8 (10.6-25.5)	24.9 (18.2-33.0)	20.2 (14.2-28.0)	24.7 (17.2-34.2)	29.2 (22.8-36.6)
I would not employ someone with this problem	21.4 (15.7-28.6)	30.2 (22.2-39.7)	16.6 (11.5-23.4)	31.7 (23.4-41.4)	19.3 (13.4-27.0)	29.1 (22.0-37.4)	31.1 (22.7-40.9)	37.2 (30.2-44.7)
I would not vote for a politician with this problem	21.6 (15.9-28.5)	46.2 (36.9-55.8)	25.8 (19.5-33.3)	37.8 (29.0-47.6)	31.4 (24.0-39.9)	37.5 (29.7-46.0)	37.9 (28.7-48.0)	46.1 (38.7-53.6)

5.1.2.8 Desire for social distance in those with experience of mental disorders in self or others

Using national data, for the depression vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person or have them marry into the family.

For the depression with suicidal thoughts vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person, spend the evening socialising with them, make friends or have them marry into the family.

For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person, spend the evening socialising with them or have them marry into the family.

For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have any of the social contact described.

National

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance								
Live next door	7.7 (5.8-10.2)	18.1 (13.6-23.6)	7.9 (5.8-10.6)	15.9 (11.8-21.0)	10.8 (8.3-14.0)	19.8 (16.1-24.0)	19.4 (15.4-24.0)	28.1 (24.3-32.2)
Spend the evening socialising	8.7 (6.6-11.5)	12.5 (8.9-17.1)	8.1 (6.0-10.7)	19.3 (14.8-24.7)	9.9 (7.5-12.9)	19.2 (15.5-23.5)	17.7 (13.9-22.3)	29.4 (25.5-33.6)
Make Friends	7.3 (5.4-9.9)	9.3 (6.3-13.5)	6.4 (4.6-8.8)	14.2 (10.3-19.3)	8.8 (6.4-11.8)	14.2 (11.1-17.9)	14.0 (10.5-18.3)	22.2 (18.7-26.2)
Work closely	18.9 (15.9-22.4)	23.7 (18.8-29.5)	17.0 (14.1-20.5)	23.2 (18.3-29.0)	19.7 (16.2-23.7)	27.2 (23.0-31.9)	26.1 (21.6-31.2)	35.6 (31.5-40.0)
Marry into family	21.6 (18.4-25.1)	39.7 (33.6-46.1)	26.7 (23.2-30.6)	44.6 (38.5-50.9)	33.5 (29.3-38.0)	44.6 (39.6-49.6)	42.2 (37.0-47.7)	56.6 (52.2-61.0)

Using NSW data, there were no differences.

NSW

Mental disorders experience	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance								
Live next door	9.5 (5.8-15.1)	15.9 (9.9-24.5)	8.5 (4.7-14.7)	13.7 (8.2-22.2)	11.4 (6.9-18.3)	17.8 (12.4-25.0)	22.6 (15.4-32.0)	28.9 (22.6-36.2)
Spend the evening socialising	10.6 (6.5-17.0)	11.6 (7.0-18.7)	9.6 (5.5-16.2)	16.1 (10.2-24.6)	13.1 (8.4-19.9)	23.5 (17.0-31.5)	26.0 (18.2-35.6)	29.1 (22.7-36.5)

Make Friends	8.2 (4.9-13.4)	8.8 (4.8-15.5)	7.4 (3.9-13.6)	12.3 (7.1-20.5)	9.8 (5.7-16.2)	15.3 (10.3-22.2)	13.7 (8.1-22.1)	16.2 (11.3-22.6)
Work closely	20.5 (14.9-27.5)	19.2 (12.8-27.8)	19.0 (13.4-26.2)	15.6 (9.5-24.4)	22.2 (15.9-30.1)	26.7 (19.9-34.8)	30.0 (21.8-39.8)	35.0 (28.1-42.5)
Marry into family	23.0 (17.1-30.2)	38.6 (29.8-48.1)	26.9 (20.5-34.3)	40.3 (31.1-50.1)	42.1 (34.0-50.7)	46.3 (38.0-54.8)	44.6 (35.0-54.6)	58.4 (50.9-65.6)

5.1.2.9 Total social distance scores in those with experience of mental disorders in self or others

Using NSW data, there were no differences. However, using national data, for the depression vignette, those with experience of mental disorders in themselves were more likely to desire social distance from the person.

National

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	8.88 (2.74)	10.15 (2.94)
Depression with suicidal thoughts	8.90 (2.82)	10.14 (3.10)
Early schizophrenia	9.43 (2.89)	10.46 (3.26)
Chronic schizophrenia	10.18 (3.00)	11.30 (3.11)

NSW

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	9.13 (2.68)	10.14 (2.75)
Depression with suicidal thoughts	8.85 (2.87)	10.03 (2.89)
Early schizophrenia	9.90 (2.81)	10.63 (3.49)
Chronic schizophrenia	10.69 (2.97)	11.29 (2.77)

5.1.2.10 Personal stigma by age group

Using national data, for the depression vignette those aged 65 and over were more likely to say they would not vote for a politician with the problem.

For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that the problem is not a real medical illness, that if they had the problem they would not tell anyone and that they would not vote for a politician with the problem.

For the early schizophrenia vignette, those aged 65 and over were more likely to believe that the person could snap out of the problem, and that they would not vote for a politician with the problem.

For the early schizophrenia vignette, those aged 65 and over were more likely to believe that the problem is a sign of personal weakness, that the problem is not a real medical illness, that people with the problem are unpredictable and that they would not employ someone with the problem.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma								
Person could snap out of the problem	23.5 (20.5-26.8)	26.9 (19.2-36.4)	20.0 (17.3-23.1)	31.2 (22.5-41.4)	16.4 (13.9-19.4)	29.7 (21.6-39.4)	16.1 (13.6-19.1)	24.8 (17.7-33.7)
Problem is a sign of personal weakness	11.9 (9.7-14.5)	19.1 (12.4-28.1)	15.2 (12.7-18.0)	19.8 (12.7-29.7)	17.9 (15.2-20.9)	23.1 (16.0-32.1)	11.2 (9.1-13.8)	24.5 (17.5-33.2)
Problem is not a real medical illness	12.4 (10.2-15.0)	21.9 (15.0-30.9)	12.6 (10.4-15.2)	31.6 (23.0-41.6)	12.5 (10.3-15.2)	21.4 (14.5-30.5)	10.8 (8.7-13.3)	23.8 (17.0-32.3)
People with this problem are dangerous	11.8 (9.6-14.3)	12.3 (7.0-20.9)	18.3 (15.5-21.3)	14.9 (9.1-23.3)	25.3 (22.3-28.6)	20.5 (13.9-29.2)	22.4 (19.5-25.7)	23.9 (17.1-32.4)
Avoid people with this problem	6.0 (4.4-8.1)	12.6 (7.5-20.5)	3.9 (2.6-5.7)	6.8 (3.0-14.5)	4.2 (2.9-6.0)	4.7 (1.9-11.0)	4.0 (2.8-5.8)	7.2 (3.7-13.5)
People with this problem are unpredictable	40.6 (37.1-44.2)	52.1 (42.5-61.5)	48.4 (44.8-52.0)	60.2 (50.0-69.6)	65.6 (62.1-69.0)	74.9 (65.7-82.2)	64.9 (61.4-68.3)	77.6 (69.2-84.3)
If I had this problem I wouldn't tell	15.6 (13.1-18.5)	21.4 (14.7-30.0)	17.6 (15.0-20.5)	30.6 (22.2-40.6)	26.4 (23.4-29.7)	24.9 (17.6-34.0)	28.8 (25.6-32.2)	35.6 (27.4-44.7)

anyone								
I would not employ someone with this problem	20.5 (17.7-23.6)	27.2 (19.4-36.8)	19.7 (16.9-22.8)	29.6 (21.2-39.7)	22.6 (19.7-25.7)	30.9 (22.7-40.4)	29.1 (25.9-32.5)	43.3 (34.7-52.3)
I would not vote for a politician with this problem	25.5 (22.4-28.8)	49.6 (40.1-59.1)	26.9 (23.8-30.3)	51.4 (41.3-61.3)	32.5 (29.2-36.0)	46.7 (37.3-56.4)	42.5 (38.9-46.2)	52.3 (43.4-61.1)

Using NSW data, for the depression vignette those aged 65 and over were more likely to say they would not vote for a politician with the problem.

For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that the person could snap out of the problem and that they would not vote for a politician with the problem.

There were no differences for the early schizophrenia vignette.

For the chronic schizophrenia vignette, those aged 65 and over were more likely to say that they would not employ someone with the problem.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma								
Person could snap out of the problem	28.7 (23.3-34.8)	44.5 (27.8-62.5)	23.7 (18.7-29.5)	47.4 (30.1-65.3)	22.0 (17.2-27.8)	31.2 (16.3-51.4)	22.4 (17.4-28.4)	30.0 (17.1-47.1)
Problem is a sign of personal weakness	17.2 (12.9-22.6)	19.8 (8.8-38.8)	18.4 (14.0-23.9)	23.7 (11.3-43.1)	23.2 (18.2-29.2)	29.8 (15.4-49.8)	14.1 (10.1-19.3)	28.5 (16.1-45.5)
Problem is not a real medical illness	16.2 (12.1-21.3)	26.4 (13.4-45.5)	15.3 (11.2-20.4)	31.3 (17.0-50.2)	16.1 (12.0-21.4)	35.5 (19.5-55.6)	12.2 (8.6-17.1)	20.0 (9.9-36.3)
People with this problem are dangerous	13.3 (9.7-18.0)	13.9 (5.1-32.7)	18.5 (13.9-24.3)	3.5 (0.4-22.7)	24.1 (19.0-30.0)	34.6 (19.1-54.3)	23.7 (18.7-29.5)	22.6 (11.7-39.2)
Avoid people with this problem	9.1 (6.0-13.5)	23.3 (11.1-42.4)	5.5 (3.1-9.7)	10.5 (3.2-29.1)	6.1 (3.6-10.3)	10.1 (3.0-29.0)	7.7 (4.9-12.0)	12.0 (4.8-27.1)
People with this	41.9 (35.8-48.2)	61.1 (43.0-76.6)	49.7 (43.4-55.9)	56.3 (38.0-73.1)	64.1 (57.9-70.0)	69.6 (50.2-83.9)	69.2 (63.0-74.7)	81.3 (64.8-91.2)

problem are unpredictable								
If I had this problem I wouldn't tell anyone	16.0 (11.8-21.3)	26.4 (13.6-44.8)	15.1 (11.0-20.3)	32.1 (17.8-50.8)	23.2 (18.3-28.9)	13.0 (4.5-31.9)	25.7 (20.5-31.8)	41.0 (26.2-57.6)
I would not employ someone with this problem	24.8 (19.7-30.7)	31.2 (17.3-49.5)	21.1 (16.3-26.8)	32.7 (18.2-51.4)	23.1 (18.2-28.9)	32.9 (18.0-52.3)	31.8 (26.2-38.0)	55.1 (38.8-70.3)
I would not vote for a politician with this problem	29.5 (24.0-35.6)	55.8 (37.9-72.3)	27.7 (22.3-33.8)	55.3 (37.2-72.2)	32.4 (26.8-38.6)	52.1 (33.3-70.3)	41.1 (34.9-47.5)	56.6 (40.1-71.7)

5.1.2.11 Desire for social distance by age group

Using national data, for the depression vignette, those aged 65 years and over were less willing to spend the evening socialising and have the person marry into the family.

For the early and chronic schizophrenia vignettes, those aged 65 years and over were less willing to have the person marry into the family.

There were no differences in NSW data.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Desire for social distance								
Live next door	10.4 (8.4-12.9)	18.3 (11.7-27.7)	10.3 (8.3-12.8)	10.3 (5.7-18.0)	14.9 (12.6-17.6)	13.1 (7.8-21.0)	23.8 (20.8-27.1)	32.1 (24.3-41.0)
Spend the evening socialising	9.3 (7.4-11.8)	18.5 (11.9-27.8)	11.7 (9.5-14.3)	11.5 (6.5-19.4)	13.5 (11.2-16.1)	19.8 (13.3-28.5)	24.1 (21.1-27.3)	29.5 (22.0-38.2)
Make Friends	7.9 (6.1-10.2)	12.6 (7.3-20.9)	8.8 (6.8-11.1)	9.1 (4.8-16.4)	11.0 (9.0-13.4)	12.7 (7.6-20.3)	19.4 (16.6-22.5)	16.4 (10.8-24.1)
Work closely	20.3 (17.5-23.4)	21.1 (14.2-30.2)	18.7 (16.0-21.8)	21.6 (14.5-30.8)	22.8 (19.9-26.0)	22.6 (15.6-31.6)	30.7 (27.4-34.2)	39.3 (30.9-48.3)
Marry into family	25.5 (22.5-28.8)	41.1 (31.9-50.9)	31.2 (27.9-34.7)	43.7 (34.0-53.9)	36.3 (32.9-39.8)	54.7 (44.9-64.1)	48.3 (44.6-51.9)	70.2 (61.3-77.7)

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Desire for social distance								
Live next door	11.8 (8.2- 16.6)	17.8 (7.4-37.2)	10.8 (7.3-15.8)	6.0 (1.3-23.2)	14.5 (10.7-19.5)	17.5 (7.5-35.8)	25.6 (20.4- 31.5)	34.4 (20.6- 51.3)
Spend the evening socialising	10.9 (7.4-15.6)	15.9 (6.4-34.3)	12.7 (8.8- 17.9)	7.7 (2.3- 23.1)	18.9 (14.4- 24.3)	16.6 (7.0-34.3)	27.8 (22.4- 33.9)	27.5 (15.1- 44.6)
Make Friends	8.5 (5.6- 12.6)	16.1 (6.5-34.6)	9.7 (6.3-14.5)	4.5 (1.0-17.5)	12.5 (9.0-17.2)	15.0 (5.9-33.2)	15.2 (11.1-20.3)	16.2 (7.2-32.7)
Work closely	20.5 (15.9- 26.1)	16.1 (6.5-34.6)	17.6 (13.1- 23.3)	14.7 (6.2- 30.7)	23.8 (18.8- 29.6)	28.4 (14.8- 47.4)	32.3 (26.7- 38.6)	41.0 (26.1- 57.8)
Marry into family	29.2 (23.8- 35.3)	30.5 (16.6-49.2)	30.8 (25.2- 37.1)	44.1 (27.4-62.3)	41.7 (35.6-48.0)	66.4 (46.5- 81.9)	51.4 (45.0- 57.7)	64.1 (47.4- 77.9)

5.1.2.12 Total social distance score by age group

Total social distance scores were higher in those aged 65 years and over. Using national data, this difference was significant only for the depression vignette. Using NSW data, none of the differences were significant.

National

Age group	Social distance - M (SD)	
	18-64	≥65
Vignette		
Depression	9.11 (2.86)	10.25 (2.84)
Depression with suicidal thoughts	9.23 (2.91)	9.61 (3.36)
Early schizophrenia	9.81 (3.08)	10.35 (3.24)
Chronic schizophrenia	10.75 (3.07)	11.42 (3.30)

NSW

Age group	Social distance - M (SD)	
	18-64	≥65
Vignette		
Depression	9.46(2.79)	10.18 (2.38)
Depression with suicidal thoughts	9.23 (2.89)	9.91 (3.07)
Early schizophrenia	10.15 (3.18)	11.37 (2.91)
Chronic schizophrenia	11.06 (2.73)	11.10 (3.51)

5.1.3 2011 General Community Survey

5.1.3.1 Perceived likelihood of discrimination

Perceived likelihood of discrimination in NSW was not significantly different to the Australian population or to Victoria or Queensland. See tables below for the percentages of people agreeing that the person in the vignette is likely to be discriminated against.

National

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Yes	58.2 (54.4-61.9)	59.9 (56.1-63.5)	73.9 (70.5-77.1)	84.3 (81.3-86.9)	56.1 (52.3-59.9)	40.1 (36.5-43.7)

NSW

Perceived likelihood of discrimination	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Yes	58.6 (51.7-65.2)	59.8 (53.1-66.0)	74.6 (68.4-79.9)	79.6 (73.7-84.4)	58.0 (51.3-64.4)	40.3 (34.2-46.7)

5.1.3.2 Perceived likelihood of discrimination in those with experience of mental disorders in self or others

Perceived likelihood of discrimination was not significantly different in those with experience of mental disorders using national or NSW data.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination												
Yes	59.7 (55.3- 63.9)	54.8 (46.8- 62.5)	62.8 (58.3- 67.0)	51.6 (44.4- 58.7)	74.3 (69.8- 78.4)	73.2 (67.6- 78.1)	85.6 (80.9- 89.3)	83.5 (79.4- 86.9)	57.2 (52.3- 61.9)	55.5 (49.3- 61.6)	44.0 (39.1- 49.0)	35.5 (30.4- 41.0)

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Perceived likelihood of discrimination												
Yes	58.3 (50.3- 65.9)	60.2 (45.5- 73.3)	60.3 (52.1- 67.9)	57.6 (45.5- 68.8)	72.6 (64.1- 79.7)	76.4 (66.7- 84.0)	84.3 (74.4- 90.8)	76.6 (68.8- 83.0)	61.3 (52.5- 69.4)	53.2 (42.5- 63.6)	46.5 (37.7- 55.5)	32.0 (23.8- 41.4)

5.1.3.3 Perceived likelihood of discrimination by age group

Perceived likelihood of discrimination was not significantly different in those aged 18 to 64 years when compared to those aged 65 years and over. This applied to the national population and to NSW.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination												
Yes	58.7 (54.6-62.7)	53.7 (44.2-62.9)	59.1 (55.1-63.1)	65.6 (56.0-74.1)	74.0 (70.2-77.4)	73.3 (64.0-80.9)	84.8 (81.5-87.5)	80.6 (71.4-87.3)	56.7 (52.6-60.8)	52.2 (43.3-61.0)	39.3 (35.5-43.2)	46.2 (36.4-56.4)

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Perceived likelihood of discrimination												
Yes	58.6 (51.0-65.8)	58.5 (43.0-72.5)	59.5 (52.3-66.4)	60.4 (44.2-74.6)	72.8 (66.0-78.8)	85.2 (70.3-93.4)	80.3 (74.0-85.4)	74.5 (56.5-86.8)	59.4 (52.0-66.4)	48.7 (33.5-64.1)	40.7 (34.2-47.6)	36.3 (20.9-55.1)

5.1.3.4 Perceived likelihood of discrimination by K6 score

Perceived likelihood of discrimination was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Perceived likelihood of discrimination												
Yes	57.8 (53.4-62.0)	60.6 (52.6-68.1)	63.1 (58.8-67.3)	52.1 (44.4-59.7)	72.4 (68.2-76.2)	78.5 (72.0-83.8)	84.4 (80.8-87.4)	85.3 (78.7-90.2)	56.0 (51.5-60.4)	58.0 (50.5-65.1)	41.3 (37.2-45.6)	38.9 (32.0-46.3)

H=High; M=Medium; L=Low

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Perceived likelihood of discrimination												
Yes	58.1 (50.1-65.6)	62.4 (47.4-75.4)	63.2 (55.9-69.9)	50.9 (35.9-65.8)	73.8 (66.3-80.1)	76.2 (63.9-85.2)	79.3 (72.5-84.8)	86.2 (71.8-93.9)	54.9 (46.9-62.6)	67.7 (55.1-78.2)	40.7 (33.4-48.4)	43.3 (31.5-55.9)

H=High; M=Medium; L=Low

5.1.3.5 Personal stigma

There were no significant differences between states on any of the personal stigma items. See tables below for the percentage of people agreeing or strongly agreeing with the statements.

National

Personal stigma	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Person could snap out of the problem	19.7 (16.6-23.3)		18.2 (15.2-21.6)		13.7 (11.2-16.7)		11.7 (9.4-14.5)		19.3 (16.3-22.7)		19.5 (16.6-22.8)	
Problem is a sign of personal weakness	12.8 (10.3-15.9)		14.7 (12.0-17.9)		11.8 (9.4-14.6)		13.3 (10.8-16.3)		16.0 (13.3-19.2)		11.8 (9.4-14.6)	
Problem is not a real medical illness	12.4 (9.8-15.5)		9.3 (7.2-12.1)		8.5 (6.4-11.1)		9.9 (7.9-12.5)		15.2 (12.5-18.3)		13.9 (11.4-17.0)	
People with this problem are dangerous	21.7 (18.7-25.0)		26.8 (23.6-30.3)		37.5 (34.0-41.1)		37.4 (33.8-41.1)		15.5 (12.8-18.7)		18.3 (15.5-21.4)	
Avoid people with this problem	6.3 (4.5-8.7)		5.5 (3.9-7.7)		4.3 (2.8-6.4)		5.0 (3.4-7.2)		4.9 (3.3-7.1)		2.4 (1.5-4.1)	
People with this problem are unpredictable	52.3 (48.5-56.1)		58.0 (54.2-61.6)		73.8 (70.4-76.8)		75.9 (72.6-79.0)		41.5 (37.8-45.3)		48.9 (45.2-52.7)	
If I had this problem I wouldn't tell anyone	21.8 (18.9-25.0)		23.1 (20.1-26.5)		28.4 (25.2-31.8)		33.5 (30.1-37.1)		27.9 (24.6-31.4)		16.7 (14.0-19.7)	
I would not employ someone with this problem	21.4 (18.4-24.8)		22.7 (19.6-26.2)		26.5 (23.3-29.9)		36.8 (33.2-40.6)		15.4 (12.8-18.5)		15.1 (12.6-17.9)	
I would not vote for a politician with this problem	24.8 (21.5-28.4)		22.4 (19.3-25.9)		28.3 (25.0-31.9)		39.7 (36.1-43.4)		25.7 (22.4-29.2)		19.5 (16.6-22.7)	

NSW

Personal stigma	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Person could snap out of the problem	21.2 (15.6-28.2)		21.2 (16.0-27.6)		12.3 (8.5-17.6)		14.2 (9.9-19.9)		17.5 (12.7-23.7)		19.2 (14.3-25.3)	
Problem is a sign of personal weakness	14.3 (9.4-21.1)		15.6 (11.0-21.8)		11.6 (7.8-16.9)		15.0 (10.7-20.6)		15.4 (11.0-21.3)		14.8 (10.4-20.6)	
Problem is not a real medical illness	16.7 (11.4-23.7)		8.9 (5.5-14.3)		9.7 (6.0-15.3)		11.0 (7.4-16.2)		14.7 (10.5-20.2)		15.3 (10.9-21.2)	
People with this problem are dangerous	20.1 (15.3-25.9)		23.1 (18.0-29.2)		37.9 (31.8-44.4)		39.1 (32.9-45.5)		14.3 (10.0-20.1)		19.4 (14.4-25.6)	
Avoid people with this problem	5.3 (2.8-9.7)		4.3 (2.1-8.4)		4.0 (2.1-7.7)		4.8 (2.6-8.8)		2.9 (1.4-5.6)		1.8 (0.6-5.4)	

People with this problem are unpredictable	53.9 (47.0-60.6)	59.1 (52.6-65.3)	76.3 (70.5-81.2)	77.7 (71.9-82.5)	44.1 (37.7-50.8)	52.3 (45.8-58.8)
If I had this problem I wouldn't tell anyone	22.4 (17.4-28.2)	24.9 (19.6-31.1)	28.9 (23.3-35.1)	32.4 (26.7-38.6)	31.0 (25.3-37.2)	16.7 (11.9-22.9)
I would not employ someone with this problem	21.2 (15.9-27.6)	24.4 (19.1-30.5)	25.6 (20.4-31.6)	36.1 (30.1-42.6)	16.5 (12.2-22.0)	17.1 (12.6-22.8)
I would not vote for a politician with this problem	27.6 (21.7-34.3)	22.1 (17.1-28.0)	28.5 (22.8-34.9)	42.2 (35.9-48.8)	29.0 (23.0-35.7)	21.0 (16.0-27.2)

5.1.3.6 *Desire for social distance*

There were no significant differences between states on any of the statements indicating the desire for social distance. See tables below for the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

National

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Live next door	8.3 (6.5-10.6)	11.3 (9.1-14.0)	13.8 (11.4-16.6)	29.8 (26.4-33.3)	5.9 (4.4-8.0)	7.6 (5.9-9.8)
Spend the evening socialising	7.3 (5.6-9.4)	8.3 (6.4-10.8)	10.8 (8.7-13.4)	24.4 (21.4-27.8)	6.6 (4.9-8.9)	5.9 (4.4-8.0)
Make Friends	5.0 (3.6-6.7)	5.4 (4.0-7.3)	10.2 (8.1-12.7)	19.8 (17.0-23.0)	5.3 (3.7-7.4)	5.0 (3.6-6.8)
Work closely	14.6 (12.2-17.5)	14.9 (12.5-17.8)	16.9 (14.3-19.9)	30.0 (26.7-33.5)	12.3 (9.9-15.1)	10.0 (8.0-12.5)
Marry into family	25.6 (22.3-29.1)	20.5 (17.7-23.7)	30.9 (27.6-34.4)	44.0 (40.3-47.7)	18.0 (15.3-21.2)	16.0 (13.4-18.9)

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Chronic schizophrenia	Social phobia	PTSD
Live next door	8.3 (5.3-12.7)	9.2 (6.0-14.0)	16.5 (12.4-21.8)	32.7 (26.9-39.1)	7.7 (4.8-12.1)	5.3 (3.1-8.8)
Spend the evening socialising	8.3 (5.3-12.6)	7.9 (5.0-12.3)	9.8 (6.6-14.1)	24.3 (19.2-30.3)	8.2 (5.0-13.2)	6.3 (3.8-10.2)
Make Friends	4.6 (2.6-8.2)	6.0 (3.6-9.7)	9.1 (6.1-13.3)	20.4 (15.6-26.1)	6.5 (3.7-11.2)	3.3 (1.8-5.9)
Work closely	13.6 (9.7-18.8)	14.3 (10.3-19.7)	15.7 (11.6-20.8)	30.5 (24.8-36.8)	17.2 (12.7-22.9)	8.5 (5.4-13.1)
Marry into family	26.5 (20.8-33.1)	23.5 (18.4-29.5)	34.5 (28.7-40.9)	46.9 (40.5-53.4)	19.7 (14.9-25.6)	15.5 (11.4-20.7)

5.1.3.7 *Total social distance scores*

Total social distance scores were similar for the national population and for all states.

National

Vignette	M (SD)
Depression	8.90 (2.99)
Depression with suicidal thoughts	8.83 (2.90)
Early schizophrenia	9.54 (3.11)
Chronic schizophrenia	11.05 (3.32)
Social phobia	8.48 (2.64)
PTSD	8.34 (2.75)

NSW

Vignette	M (SD)
Depression	8.93 (3.04)
Depression with suicidal thoughts	8.83 (2.81)
Early schizophrenia	9.77 (3.19)
Chronic schizophrenia	11.09 (3.33)
Social phobia	8.52 (2.87)
PTSD	8.34 (2.69)

5.1.3.8 Personal stigma in those with experience of mental disorders in self or others

Using national data, for the depression vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

For the depression with suicidal thoughts vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness, that the problem is not a real medical illness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the early schizophrenia vignette, beliefs that that they would not employ someone with the problem were more common in those without experience of mental disorders in themselves or others.

For the chronic schizophrenia vignette, beliefs that the problem is a sign of personal weakness, that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others.

For the social phobia vignette, beliefs that the problem is a sign of personal weakness, that the problem is not a real medical illness and that they would not employ someone with the problem were more common in those without experience of mental disorders in themselves or others.

For the PTSD vignette, the belief that they would avoid the person with the problem was more common in those without experience of mental disorders in themselves or others.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma												
Person could snap out of the problem	15.7 (12.5-19.6)	32.5 (25.1-41.0)	13.7 (10.6-17.4)	27.7 (21.3-35.1)	10.2 (7.3-13.9)	18.4 (14.1-23.6)	10.1 (6.8-14.8)	13.0 (10.0-16.9)	15.9 (12.5-20.1)	24.2 (19.1-30.2)	15.3 (12.0-19.4)	25.1 (10.3-30.7)
Problem is a sign of personal weakness	9.5 (7.0-12.8)	22.7 (16.3-30.6)	10.9 (8.2-14.4)	23.2 (17.4-30.2)	9.4 (6.6-13.1)	14.6 (10.8-19.4)	7.6 (4.9-11.7)	17.0 (13.4-21.3)	12.1 (9.1-16.0)	22.1 (17.3-27.9)	8.6 (6.1-12.1)	15.3 (11.5-20.1)
Problem is not a real medical illness	10.0 (7.4-13.4)	19.4 (13.4-27.2)	5.8 (3.9-8.4)	16.5 (11.5-23.2)	5.9 (3.7-9.2)	11.6 (8.1-16.4)	7.1 (4.5-10.9)	12.0 (9.1-15.7)	11.3 (8.5-14.9)	20.5 (15.7-26.4)	11.5 (8.5-15.4)	16.0 (12.0-20.9)
People with this problem are dangerous	21.3 (17.9-25.2)	23.3 (17.3-30.6)	24.7 (21.0-28.8)	32.2 (25.9-39.2)	35.0 (30.4-39.8)	41.3 (35.8-47.1)	33.5 (28.2-39.2)	40.1 (35.4-45.1)	15.5 (12.1-19.8)	16.2 (12.0-21.6)	17.9 (14.2-22.3)	19.3 (15.2-24.1)
Avoid people with this problem	4.8 (3.1-7.3)	11.3 (6.9-18.1)	4.1 (2.5-6.6)	9.3 (5.8-14.6)	4.2 (2.3-7.6)	4.5 (2.5-7.7)	3.2 (1.6-6.3)	6.2 (3.9-9.6)	4.2 (2.6-6.8)	5.3 (2.9-9.4)	0.8 (0.3-2.0)	4.4 (2.4-7.8)
People with this problem are unpredictable	53.2 (48.8-57.5)	50.5 (42.6-58.5)	57.5 (53.0-61.8)	61.3 (54.1-68.0)	73.4 (68.8-77.5)	74.4 (69.2-79.0)	75.5 (70.1-80.1)	76.7 (72.3-80.6)	39.8 (35.1-44.7)	45.0 (39.0-51.2)	49.2 (44.2-54.3)	48.7 (43.1-54.3)
If I had this problem I wouldn't tell anyone	22.5 (19.1-26.2)	20.5 (15.0-27.2)	21.1 (17.6-25.0)	26.6 (20.7-33.4)	26.1 (22.1-30.6)	31.3 (26.2-36.8)	32.4 (27.2-38.1)	33.9 (29.6-38.6)	30.1 (25.7-34.8)	25.5 (20.6-31.0)	18.2 (14.5-22.5)	14.4 (10.8-18.9)
I would not employ someone with this problem	19.0 (15.8-22.6)	29.4 (22.3-37.7)	18.0 (14.7-21.8)	33.9 (27.2-41.3)	20.8 (17.2-25.0)	34.1 (28.8-39.9)	25.0 (20.2-30.5)	44.2 (39.3-49.2)	11.7 (8.9-15.3)	20.1 (15.4-25.7)	14.8 (11.5-18.9)	15.7 (12.1-20.0)
I would not vote for a politician with this problem	22.7 (19.1-26.8)	31.7 (24.5-39.9)	17.7 (14.4-21.6)	32.8 (26.4-40.0)	25.1 (21.0-29.7)	32.7 (27.3-38.5)	29.3 (24.3-34.9)	45.8 (40.9-50.7)	23.5 (19.4-28.1)	29.9 (24.5-35.9)	16.7 (13.2-20.9)	23.5 (18.9-28.7)

Using NSW data, for the depression vignette, beliefs that the person could snap out of the problem and that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others. For the depression with suicidal thoughts vignette, beliefs

that they would not employ someone with the problem and that they would not vote for a politician with the problem were more common in those without experience of mental disorders in themselves or others. There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma												
Person could snap out of the problem	16.3 (10.8-23.9)	38.2 (24.5-54.2)	19.1 (12.9-27.4)	27.3 (18.0-39.2)	9.5 (5.5-15.9)	15.2 (9.0-24.6)	12.6 (6.4-23.4)	15.6 (10.2-23.1)	14.2 (8.6-22.5)	23.1 (15.0-33.7)	15.4 (9.8-23.4)	24.8 (16.9-35.0)
Problem is a sign of personal weakness	9.8 (5.3-17.4)	26.6 (14.5-43.8)	13.8 (8.4-21.9)	20.7 (12.5-32.3)	8.7 (4.8-15.2)	15.2 (8.9-24.7)	7.9 (3.5-16.9)	20.0 (13.8-28.0)	10.7 (6.1-18.2)	22.9 (15.0-33.5)	14.7 (9.2-22.7)	13.9 (7.9-23.3)
Problem is not a real medical illness	10.7 (5.9-18.6)	36.3 (22.6-52.6)	5.9 (2.7-12.6)	16.1 (8.6-28.0)	4.1 (1.8-9.1)	16.3 (9.3-27.1)	5.2 (1.8-14.3)	15.0 (9.7-22.5)	10.9 (6.5-17.7)	19.8 (12.5-30.0)	15.2 (9.5-23.3)	13.2 (7.5-22.3)
People with this problem are dangerous	18.5 (13.2-25.3)	24.5 (14.8-37.7)	22.0 (16.2-29.2)	26.9 (17.3-39.4)	38.0 (30.1-46.7)	38.3 (29.1-48.4)	36.8 (27.3-47.5)	40.6 (32.7-49.0)	16.1 (10.4-24.3)	12.5 (6.7-22.1)	19.2 (12.5-28.2)	20.7 (13.5-30.2)
Avoid people with this problem	4.7 (2.1-10.3)	7.6 (2.8-18.9)	2.0 (0.6-6.4)	9.4 (4.0-20.7)	1.7 (0.5-6.1)	6.8 (3.2-14.2)	4.3 (1.4-12.4)	5.3 (2.5-10.8)	3.1 (1.3-7.4)	2.6 (0.9-7.6)	1.1 (0.3-4.6)	2.6 (0.5-12.0)
People with this problem are unpredictable	50.4 (42.5-58.3)	64.6 (49.7-77.1)	59.3 (51.3-66.9)	61.3 (49.4-72.0)	77.1 (68.9-83.7)	76.5 (67.8-83.5)	77.0 (67.3-84.5)	78.5 (71.0-84.6)	44.5 (36.0-53.3)	43.5 (33.5-54.1)	55.6 (46.6-64.2)	46.5 (36.9-56.3)
If I had this problem I wouldn't tell anyone	23.1 (17.3-30.1)	21.0 (12.2-33.5)	22.1 (16.4-29.2)	28.9 (18.8-41.7)	30.4 (22.9-39.1)	26.7 (19.0-36.1)	33.9 (24.7-44.5)	30.9 (23.9-38.9)	35.5 (27.7-44.2)	24.7 (17.2-34.2)	16.3 (10.2-25.1)	16.2 (9.6-26.2)
I would not employ someone with this problem	19.2 (13.8-26.0)	28.1 (16.0-44.7)	17.5 (12.3-24.2)	40.4 (29.1-52.9)	23.8 (17.3-31.7)	28.2 (20.1-38.0)	25.2 (17.3-35.1)	42.9 (34.7-51.6)	13.7 (8.8-20.6)	20.5 (13.1-27.3)	16.4 (10.5-24.8)	18.1 (11.7-27.1)
I would not vote for a politician with this problem	25.0 (18.8-32.5)	36.7 (23.3-52.6)	15.5 (10.7-22.0)	36.3 (25.4-48.7)	27.5 (20.5-36.0)	29.1 (20.4-39.6)	31.6 (22.6-42.3)	48.3 (39.9-56.7)	30.3 (22.4-39.6)	27.3 (18.8-37.9)	20.1 (13.6-28.6)	23.4 (15.7-33.4)

5.1.3.9 *Desire for social distance in those with experience of mental disorders in self or others*

Using national data, for the depression vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person or have them marry into the family.

For the depression with suicidal thoughts vignette, those without experience of mental disorders in themselves or others were less willing to spend the evening socialising with the person, work closely with them or have them marry into the family.

For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person.

For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have any of the social contact described.

For the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to spend the evening socialising with the person or have them marry into the family.

For the PTSD vignette, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance												
Live next door	6.3 (4.5-8.7)	15.1 (10.5-21.5)	9.7 (7.1-13.0)	15.7 (11.3-21.3)	10.6 (7.9-14.1)	18.2 (14.2-23.1)	19.1 (14.9-24.2)	35.9 (31.3-40.7)	4.8 (3.1-7.3)	8.0 (5.2-12.1)	5.4 (3.4-8.3)	9.9 (7.2-13.7)
Spend the evening socialising	6.0 (4.3-8.2)	11.4 (7.3-17.4)	6.1 (4.2-8.9)	13.8 (9.6-19.4)	7.9 (5.8-10.8)	14.5 (10.7-19.3)	16.5 (12.6-21.2)	29.5 (25.2-34.1)	4.0 (2.4-6.7)	10.7 (7.5-15.1)	4.3 (2.6-7.0)	8.0 (5.5-11.6)
Make Friends	3.9 (2.6-5.8)	8.6 (5.2-13.8)	4.4 (3.0-6.5)	8.3 (5.3-12.9)	7.4 (5.3-10.1)	13.3 (9.7-18.1)	13.5 (10.0-18.0)	23.5 (19.5-27.9)	3.7 (2.1-6.5)	7.9 (5.1-11.9)	4.0 (2.4-6.5)	6.1 (4.0-9.3)
Work closely	13.1 (10.5-14.3)	20.0 (14.3-25.7)	12.3 (9.7-14.9)	21.3 (16.1-26.5)	14.7 (11.7-17.7)	19.3 (15.0-23.6)	18.9 (14.7-23.1)	36.4 (31.8-41.0)	9.6 (7.0-12.2)	16.6 (12.4-20.8)	9.4 (6.7-12.1)	10.8 (7.9-13.7)

	16.2)	27.2)	15.6)	27.6)	18.3)	24.5)	23.9)	41.2)	13.0)	21.9)	13.1)	14.7)
Marry into family	22.1	37.7	17.3	28.4	27.4	35.8	33.5	50.5	13.3	25.4	11.8	21.2
	(18.6-	(30.2-	(14.2-	(22.6-	(23.2-	(30.5-	(28.2-	(45.6-	(10.3-	(20.3-	(8.8-	(16.9-
	26.1)	45.8)	21.0)	35.0)	32.0)	41.4)	39.2)	55.4)	17.0)	31.2)	15.6)	26.1)

Using NSW data, for the depression and depression with suicidal thoughts vignettes, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family.

For the early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to live next door to the person.

For the chronic schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to have the person marry into the family.

There were no differences for the other vignettes.

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Desire for social distance												
Live next door	7.0 (4.1-11.9)	13.0 (6.1-25.6)	5.4 (2.6-10.8)	18.1 (10.5-29.3)	11.2 (7.1-17.3)	23.1 (15.8-32.3)	23.0 (14.8-33.8)	37.8 (30.1-46.2)	7.4 (3.9-13.5)	8.5 (4.2-16.5)	4.8 (2.0-11.0)	5.3 (2.7-10.3)
Spend the evening socialising	8.4 (5.1-13.5)	8.9 (3.5-20.8)	5.7 (3.0-10.7)	13.3 (6.9-24.0)	6.5 (3.6-11.6)	13.7 (8.3-21.8)	19.9 (12.9-29.5)	27.3 (20.4-35.5)	6.7 (3.1-13.9)	9.8 (4.8-18.8)	4.0 (1.6-9.9)	9.4 (5.2-16.3)
Make Friends	3.4 (1.6-6.9)	8.8 (3.3-21.1)	5.6 (2.9-10.5)	7.2 (3.2-15.7)	6.7 (3.8-11.7)	12.0 (7.0-19.8)	17.4 (10.9-26.5)	22.4 (16.1-30.2)	6.2 (2.8-13.0)	7.3 (3.2-16.0)	2.4 (0.9-6.6)	3.8 (1.7-8.2)
Work closely	12.0 (7.8-17.9)	19.9 (11.0-33.4)	12.5 (8.0-19.0)	19.0 (11.2-30.3)	14.6 (9.6-21.6)	17.1 (11.0-25.7)	23.7 (15.6-34.2)	33.8 (26.3-42.2)	16.4 (10.8-24.2)	18.2 (11.3-27.9)	9.1 (4.6-17.1)	7.5 (4.2-13.0)
Marry into family	21.9 (16.2-28.9)	43.2 (29.2-58.4)	17.7 (12.5-24.5)	35.4 (24.9-47.5)	29.5 (22.2-37.9)	40.9 (31.7-50.8)	34.1 (24.8-44.8)	54.4 (46.1-62.5)	14.9 (9.6-22.5)	27.5 (19.0-37.9)	13.8 (8.4-21.9)	17.5 (11.7-25.4)

5.1.3.10 Total social distance score in those with experience of mental disorders in self or others

Using national data, for the depression, depression with alcohol misuse, social phobia and PTSD vignettes, total social distance scores were higher in those with no experience of mental disorders in themselves or others. Using NSW data, the differences were significant for the depression with alcohol misuse and PTSD vignettes

National

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	8.56 (2.90)	10.12 (3.01)
Depression with suicidal thoughts	8.39 (2.78)	10.02 (2.91)
Early schizophrenia	9.25 (3.05)	9.92 (3.14)
Chronic schizophrenia	9.97 (3.06)	11.80 (3.29)
Social phobia	8.05 (2.55)	9.19 (2.65)
PTSD	7.93 (2.69)	8.86 (2.75)

NSW

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	8.58 (2.99)	10.10 (2.98)
Depression with suicidal thoughts	8.34 (2.68)	9.96 (2.81)
Early schizophrenia	9.40 (3.26)	10.23 (3.06)
Chronic schizophrenia	10.08 (3.18)	11.74 (3.27)
Social phobia	8.29 (2.90)	8.97 (2.78)
PTSD	7.89 (2.60)	8.83 (2.68)

5.1.3.11 Personal stigma by age group

For the depression with suicidal thoughts vignette those aged 65 and over were more likely to believe that they would not tell anyone.

For the chronic schizophrenia vignette, those aged 65 and over were more likely to believe that they would not employ someone with the problem and that they would not vote for a politician with the problem.

For the social phobia vignette, those aged 65 and over were more likely to believe that they would not vote for a politician with the problem.

There were no differences for the other vignettes.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma												
Person could snap out of the problem	19.6 (16.2-23.5)	21.3 (14.2-30.6)	18.1 (14.9-21.8)	19.2 (12.3-28.7)	13.1 (10.4-16.3)	17.5 (11.0-26.8)	10.8 (8.4-13.8)	18.8 (12.1-28.0)	18.2 (15.0-21.9)	26.2 (18.6-35.5)	19.4 (16.3-23.0)	21.3 (14.1-30.9)
Problem is a sign of personal weakness	12.4 (9.7-15.8)	16.5 (10.4-25.1)	14.9 (12.0-18.4)	12.4 (7.1-21.0)	11.9 (9.4-15.0)	10.0 (5.2-18.2)	13.0 (10.4-16.3)	15.0 (9.1-23.9)	15.7 (12.7-19.1)	18.3 (11.9-27.1)	11.6 (9.1-14.7)	13.6 (7.9-22.4)
Problem is not a real medical illness	11.9 (9.2-15.3)	16.1 (10.2-24.4)	8.9 (6.6-11.8)	13.4 (8.0-21.8)	8.3 (6.1-11.2)	9.8 (5.3-17.6)	9.6 (7.4-12.4)	12.6 (7.7-20.2)	14.7 (11.8-18.1)	18.4 (12.1-26.9)	13.4 (10.7-16.7)	19.4 (12.6-28.7)
People with this problem are dangerous	22.0 (18.7-25.6)	19.0 (12.6-27.6)	26.8 (23.3-30.6)	27.6 (19.5-37.4)	37.7 (33.9-41.7)	36.0 (27.6-45.5)	37.6 (33.8-41.6)	35.7 (26.6-45.9)	15.8 (12.8-19.3)	13.8 (8.4-21.9)	18.2 (15.3-21.6)	18.3 (11.4-28.1)
Avoid people with this problem	6.0 (4.2-8.6)	8.5 (4.4-15.8)	5.2 (3.5-7.6)	8.5 (4.1-16.5)	4.3 (2.7-6.7)	4.0 (1.7-9.1)	4.5 (2.9-7.0)	8.3 (4.1-16.4)	4.9 (3.2-7.3)	4.9 (2.0-11.7)	2.6 (1.6-4.4)	0.8 (0.1-5.7)
People with this problem are unpredictable	52.3 (48.2-56.4)	51.6 (42.2-60.9)	57.5 (53.5-61.5)	61.3 (51.7-70.1)	74.5 (70.9-77.8)	68.7 (59.2-76.9)	75.0 (71.4-78.3)	83.0 (74.3-89.3)	40.2 (36.2-44.4)	49.8 (41.0-58.7)	49.7 (45.7-53.6)	42.6 (32.9-52.9)
If I had this problem I wouldn't tell anyone	20.9 (17.9-24.3)	29.2 (21.4-38.4)	21.4 (18.2-25.0)	37.9 (28.9-47.7)	27.5 (24.1-31.3)	34.7 (26.3-44.3)	32.5 (28.9-36.3)	41.8 (32.5-51.7)	26.5 (22.9-30.3)	37.4 (29.3-46.3)	15.6 (12.8-18.9)	26.1 (18.3-35.9)
I would not employ someone with this problem	20.3 (17.1-24.0)	31.5 (23.3-41.1)	22.8 (19.4-26.6)	22.3 (15.3-31.4)	25.7 (22.3-29.4)	32.9 (24.8-42.3)	35.0 (31.2-39.0)	51.7 (41.5-61.8)	14.5 (11.8-17.9)	21.5 (14.6-30.5)	14.7 (12.2-17.8)	18.7 (11.8-28.5)
I would not vote for a politician with this problem	23.8 (20.3-27.7)	33.4 (25.0-43.1)	22.3 (19.0-26.1)	23.4 (15.9-33.1)	27.4 (23.8-31.2)	34.9 (26.5-44.4)	37.3 (33.5-41.3)	58.7 (48.6-68.1)	23.9 (20.4-27.8)	37.6 (29.1-47.0)	18.6 (15.6-22.0)	27.9 (19.5-38.2)

Using NSW data, for the chronic schizophrenia vignette, those aged 65 and over were more likely to believe that they would not vote for a politician with the problem.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
Age group	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Personal stigma												
Person could snap out of the problem	20.6 (14.5-28.4)	25.5 (14.3-41.4)	22.2 (16.4-29.2)	14.9 (6.1-32.0)	11.3 (7.3-17.1)	19.1 (9.5-34.6)	12.6 (8.2-18.7)	25.7 (12.9-44.6)	15.5 (10.5-22.2)	31.0 (17.7-48.3)	18.8 (13.6-25.3)	23.3 (11.5-41.6)
Problem is a sign of personal weakness	13.5 (8.2-21.3)	19.9 (10.0-35.7)	16.3 (11.2-23.1)	8.3 (2.6-23.5)	12.3 (8.1-18.2)	7.5 (2.4-20.8)	13.1 (8.8-19.2)	28.6 (15.4-46.9)	15.7 (10.8-22.1)	14.0 (5.9-30.0)	14.1 (9.6-20.4)	20.9 (9.6-39.8)
Problem is not a real medical illness	16.1 (10.4-24.2)	20.2 (10.3-35.6)	8.8 (5.1-14.8)	10.2 (3.7-24.9)	10.1 (6.0-16.6)	6.9 (2.4-18.5)	10.6 (6.7-16.4)	13.9 (6.0-29.0)	14.1 (9.6-20.1)	19.1 (9.2-35.5)	14.6 (10.0-20.9)	22.5 (11.0-40.7)
People with this problem are dangerous	20.8 (15.5-27.2)	15.6 (7.0-31.1)	23.0 (17.5-29.6)	25.0 (13.5-41.4)	38.9 (32.2-46.0)	31.9 (19.2-48.0)	39.8 (33.2-46.8)	33.4 (19.0-51.7)	14.1 (9.5-20.5)	15.6 (6.7-32.4)	19.5 (14.2-26.2)	18.5 (7.8-37.8)
Avoid people with this problem	4.7 (2.2-9.7)	9.7 (3.5-24.3)	3.8 (1.6-8.5)	7.9 (2.5-22.5)	3.6 (1.6-7.8)	6.8 (2.1-20.0)	4.1 (1.9-8.6)	9.9 (3.8-23.4)	2.7 (1.2-5.8)	3.9 (0.9-15.1)	1.7 (0.5-6.0)	2.6 (0.3-17.9)
People with this problem are unpredictable	53.9 (46.3-61.3)	53.9 (38.8-68.3)	59.5 (52.3-66.2)	55.3 (39.5-70.1)	76.6 (70.2-82.0)	74.3 (58.6-85.6)	76.9 (70.7-82.2)	82.9 (66.4-92.2)	42.4 (35.4-49.7)	55.3 (39.8-69.8)	53.1 (46.2-59.9)	44.8 (28.0-62.8)
If I had this problem I wouldn't tell anyone	20.1 (15.0-26.5)	37.8 (24.3-53.4)	25.3 (19.5-32.1)	22.9 (12.3-38.5)	28.1 (22.2-34.8)	33.9 (20.1-51.0)	32.3 (26.2-39.1)	32.7 (19.6-49.3)	28.6 (22.6-35.4)	46.7 (31.8-62.3)	16.6 (11.5-23.3)	18.0 (7.8-36.1)
I would not employ someone with this problem	18.7 (13.2-25.8)	39.6 (25.3-56.0)	25.1 (19.4-31.9)	19.4 (10.0-34.3)	24.2 (18.6-30.8)	34.6 (21.6-50.3)	33.4 (27.1-40.4)	56.0 (38.1-72.5)	15.6 (11.0-21.6)	22.7 (11.8-39.3)	16.9 (12.2-23.0)	19.3 (7.9-39.9)
I would not vote for a politician with this problem	26.3 (20.0-33.8)	36.2 (22.8-52.1)	22.2 (16.8-28.7)	21.6 (11.1-37.8)	26.6 (20.4-33.7)	40.8 (26.5-56.9)	38.8 (32.1-45.9)	69.7 (52.3-82.9)	27.8 (21.4-35.2)	37.6 (23.3-54.4)	19.4 (14.1-25.9)	37.6 (21.7-56.7)

5.1.3.12 Desire for social distance by age group

Using national data, for the chronic schizophrenia and social phobia vignettes, those aged 65 years and over were less willing to have the person marry into the family.

There were no differences for the other vignettes.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Age group												
Desire for social distance												
Live next door	8.0 (6.0-10.4)	11.3 (6.4-19.0)	11.3 (8.8-14.2)	12.0 (7.0-19.7)	13.5 (10.9-16.5)	16.3 (10.2-25.1)	29.4 (25.8-33.2)	32.8 (24.2-42.8)	5.0 (3.5-7.2)	12.1 (7.2-19.7)	7.5 (5.7-9.9)	8.8 (4.5-16.5)
Spend the evening socialising	6.7 (5.0-8.9)	11.5 (6.3-20.2)	7.9 (5.9-10.5)	11.9 (6.9-19.8)	11.0 (8.7-13.8)	9.9 (5.5-17.4)	24.1 (20.8-27.7)	27.4 (19.4-37.1)	5.9 (4.1-8.3)	11.8 (6.9-19.4)	5.6 (4.0-7.8)	8.9 (4.6-16.6)
Make Friends	4.7 (3.3-6.6)	7.5 (3.8-14.2)	5.6 (4.0-7.6)	4.6 (2.0-10.3)	10.0 (7.8-12.8)	11.8 (6.8-19.7)	19.7 (16.7-23.1)	21.0 (13.9-30.5)	5.0 (3.4-7.3)	7.0 (3.6-13.1)	4.8 (3.4-6.8)	5.5 (2.3-12.5)
Work closely	14.7 (12.1-17.8)	13.7 (8.5-21.5)	14.9 (12.2-18.0)	15.5 (9.8-23.7)	17.1 (14.3-20.4)	15.9 (10.2-24.0)	30.3 (26.7-34.1)	27.9 (19.9-37.6)	12.4 (9.8-15.5)	11.5 (6.8-18.7)	10.2 (8.0-12.9)	8.3 (4.2-15.5)
Marry into family	24.4 (20.9-28.3)	35.4 (26.9-44.9)	20.2 (17.1-23.6)	24.0 (16.8-33.0)	29.6 (26.1-33.5)	39.9 (31.1-49.3)	42.3 (38.4-46.3)	57.2 (47.2-66.6)	16.3 (13.4-19.7)	29.7 (21.9-38.8)	15.5 (12.8-18.7)	20.0 (13.4-28.9)

Using NSW data, there were no differences between vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65	18-64	≥65
Age group												
Desire for social distance												
Live next door	7.6	13.0	9.8	5.6	14.1	31.5	32.3	35.5	6.6	15.0	5.2	5.7

	(4.6-12.4)	(5.6-27.2)	(6.2-15.1)	(1.6-17.8)	(10.0-19.5)	(18.2-48.8)	(26.0-39.2)	(20.8-53.6)	(3.8-11.3)	(6.3-31.7)	(2.9-9.1)	(1.3-21.6)
Spend the evening socialising	7.4	8.4	7.8	1.7	8.8	18.1	23.8	21.7	7.9	6.0	6.3	6.5
	(4.4-12.1)	(2.6-23.7)	(4.7-12.7)	(0.4-7.2)	(5.6-13.5)	(9.0-33.0)	(18.3-30.3)	(10.2-40.2)	(4.5-13.4)	(1.4-22.7)	(3.7-10.5)	(1.5-24.2)
Make Friends	4.1	8.4	6.6	1.7	7.7	18.1	20.2	21.7	6.6	6.0	3.0	6.5
	(2.1-7.9)	(2.6-23.7)	(3.9-10.8)	(0.4-7.2)	(4.7-12.2)	(9.0-33.0)	(15.2-26.4)	(10.2-40.2)	(3.6-11.9)	(1.4-22.7)	(1.5-5.7)	(1.5-24.2)
Work closely	13.2	16.8	14.0	17.2	14.6	22.2	29.9	34.8	16.9	19.1	8.5	8.5
	(9.0-18.9)	(7.9-32.5)	(9.6-19.9)	(8.8-30.9)	(10.3-20.3)	(12.0-37.6)	(23.8-36.8)	(20.2-52.9)	(12.1-23.2)	(9.1-35.5)	(5.2-13.5)	(2.5-25.2)
Marry into family	24.4	41.3	23.3	26.0	33.0	44.1	44.0	67.7	17.6	33.4	15.1	18.8
	(18.3-31.7)	(27.3-56.8)	(17.8-29.8)	(14.7-41.8)	(26.7-40.0)	(29.3-60.0)	(37.1-51.0)	(50.0-81.5)	(12.6-24.0)	(20.0-50.2)	(10.8-20.8)	(8.6-36.5)

5.1.3.13 Total social distance score by age group

Using national data, total social distance scores were higher in those aged 65 years and over other than for the PTSD vignette. However, the difference only reached statistical significance for the social phobia vignette. Using NSW data, there were no statistically significant differences.

National

Social distance - M (SD)		
Age group	18-64	≥65
Vignette		
Depression	8.86 (2.99)	9.10 (3.02)
Depression with suicidal thoughts	8.78 (2.87)	9.21 (3.12)
Early schizophrenia	9.51 (3.09)	9.73 (3.21)
Chronic schizophrenia	10.97 (3.30)	11.67 (3.45)
Social phobia	8.37 (2.62)	9.08 (2.66)
PTSD	8.35 (2.71)	8.22 (3.00)

Using NSW data, total social distance scores were higher in those aged 65 years and over other than for the PTSD vignette.

NSW

Social distance - M (SD)		
Age group	18-64	≥65
Vignette		
Depression	8.91 (3.01)	9.02 (3.20)
Depression with suicidal thoughts	8.78 (2.81)	9.18 (2.86)
Early schizophrenia	9.63 (3.03)	10.60 (3.93)
Chronic schizophrenia	10.95 (3.29)	11.97 (3.53)
Social phobia	8.46 (2.87)	8.88 (2.92)
PTSD	8.37 (2.67)	8.11 (2.84)

5.1.3.14 Personal stigma by K6 score

Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

National

K6 score	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Personal stigma												
Person could snap out of the problem	19.3 (15.9- 23.3)	19.9 (13.6- 28.2)	18.5 (15.1- 22.4)	15.2 (9.7- 22.9)	13.0 (10.2- 16.5)	15.7 (10.7- 22.4)	11.9 (9.1- 15.3)	11.0 (6.8- 17.2)	17.0 (13.8- 20.8)	22.8 (16.8- 30.3)	19.4 (16.1- 23.2)	17.1 (11.9- 24.0)
Problem is a sign of personal weakness	12.8 (9.9- 16.2)	12.6 (7.7- 19.9)	13.4 (10.5- 16.9)	17.5 (11.7- 25.4)	10.6 (8.0- 13.8)	14.3 (9.5- 20.9)	13.4 (10.4- 17.0)	9.3 (5.5- 15.1)	14.7 (11.8- 18.3)	18.7 (13.0- 26.0)	12.0 (9.4- 15.2)	9.4 (5.4- 15.9)
Problem is not a real medical illness	12.8 (9.9- 16.5)	11.1 (6.6- 18.1)	9.2 (6.9- 12.2)	7.2 (3.5- 14.2)	8.7 (6.2- 11.9)	7.7 (4.3- 13.3)	9.1 (6.8- 12.0)	9.5 (5.8- 15.1)	15.2 (12.2- 18.7)	12.5 (7.9- 19.1)	15.5 (12.4- 19.2)	9.0 (5.2- 15.0)
People with this problem are dangerous	19.1 (16.0- 22.7)	26.5 (19.9- 34.4)	26.4 (22.7- 30.4)	25.7 (19.6- 33.0)	36.4 (32.3- 40.6)	39.4 (32.5- 46.7)	37.0 (32.9- 41.4)	39.0 (31.9- 46.7)	14.4 (11.2- 18.2)	18.3 (13.2- 24.8)	16.8 (13.7- 20.3)	20.9 (15.3- 27.8)
Avoid people with this problem	4.8 (3.2- 6.4)	8.6 (4.9- 12.3)	5.7 (3.8- 7.6)	4.9 (2.5- 7.3)	3.7 (2.2- 5.2)	6.0 (2.9- 9.1)	4.8 (3.1- 6.5)	4.8 (2.0- 7.6)	3.0 (1.8- 4.2)	5.8 (3.2- 8.4)	2.4 (1.3- 3.5)	2.8 (1.0- 4.6)

	7.3)	14.8)	8.4)	9.4)	6.0)	11.8)	7.4)	11.0)	5.0)	10.3)	4.3)	7.8)
People with this problem are unpredictable	52.0	52.3	60.6	51.1	71.2	80.5	75.8	76.6	40.2	44.6	47.2	52.5
	(47.7-56.4)	(44.4-60.2)	(56.2-64.7)	(43.5-58.7)	(67.1-74.9)	(74.4-85.5)	(71.8-79.4)	(69.9-82.3)	(35.9-44.7)	(37.3-52.1)	(42.9-51.5)	(45.0-59.9)
If I had this problem I wouldn't tell anyone	22.5	20.9	23.1	21.2	25.6	35.6	32.8	34.1	26.3	33.8	14.1	22.8
	(19.2-26.3)	(15.4-27.8)	(19.5-27.0)	(15.8-27.8)	(22.1-29.6)	(29.0-42.9)	(28.8-37.0)	(27.5-41.4)	(22.7-30.3)	(27.0-41.5)	(11.4-17.3)	(16.9-29.9)
I would not employ someone with this problem	21.6	20.7	25.6	14.3	26.0	28.3	39.0	29.0	13.5	16.5	16.5	12.3
	(18.2-25.4)	(14.6-28.6)	(21.8-29.9)	(9.8-20.6)	(22.4-30.0)	(22.1-35.5)	(34.7-43.5)	(22.6-36.3)	(10.7-16.8)	(11.6-23.1)	(13.5-20.0)	(8.3-17.9)
I would not vote for a politician with this problem	24.4	25.6	22.7	17.8	27.4	30.7	41.0	33.4	28.0	20.1	20.0	19.1
	(20.8-28.3)	(18.7-34.1)	(19.1-26.8)	(12.5-24.6)	(23.6-31.6)	(24.2-38.0)	(36.7-45.5)	(26.7-40.8)	(24.0-32.3)	(14.5-27.2)	(16.6-23.7)	(13.6-26.1)

H=High; M=Medium; L=Low

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Personal stigma												
Person could snap out of the problem	23.5	16.8	20.3	22.3	11.6	14.4	13.3	16.7	14.6	25.5	18.3	17.4
	(16.9-31.5)	(7.3-34.3)	(14.8-27.3)	(10.7-40.6)	(7.2-18.0)	(7.6-25.4)	(8.7-19.9)	(7.3-33.8)	(9.6-21.7)	(15.2-39.6)	(13.0-25.0)	(9.0-31.0)
Problem is a sign of personal weakness	15.9	10.9	14.3	22.8	11.1	13.1	14.4	8.8	12.2	22.8	14.3	10.8
	(10.3-23.8)	(3.2-31.1)	(9.5-20.8)	(11.2-40.7)	(6.8-17.6)	(6.7-24.0)	(9.7-20.8)	(2.7-25.2)	(8.0-18.0)	(12.5-37.8)	(9.6-20.9)	(4.3-24.7)
Problem is not a real medical illness	18.5	11.4	8.5	7.7	11.2	6.0	10.1	11.8	13.2	13.0	17.3	6.8
	(12.3-26.9)	(3.6-30.5)	(4.9-14.4)	(1.8-26.8)	(6.5-18.6)	(2.2-15.2)	(6.2-16.2)	(4.6-27.2)	(9.1-18.9)	(5.9-26.4)	(11.8-24.5)	(2.7-16.1)
People with this problem are dangerous	21.2	17.0	21.7	23.2	37.1	39.2	35.6	50.9	14.0	14.6	18.0	20.3
	(15.6-28.2)	(9.1-29.6)	(16.2-28.5)	(13.1-37.7)	(30.1-44.8)	(27.7-52.0)	(28.6-43.2)	(36.7-64.9)	(8.9-21.4)	(7.7-25.8)	(12.6-25.2)	(11.4-33.5)
Avoid people with this problem	6.6	2.3	4.0	2.9	4.2	3.6	6.3	1.5	2.6	2.3	2.6	0.0
	(3.3-12.6)	(0.6-9.4)	(1.8-8.8)	(0.4-18.8)	(2.0-8.8)	(0.9-13.7)	(3.3-11.7)	(0.2-10.7)	(1.1-6.0)	(0.5-9.5)	(0.8-7.8)	(0.0-0.0)
People with this problem are unpredictable	56.8	44.7	61.2	52.6	71.9	87.0	79.3	75.4	43.2	47.5	50.8	53.7

	(49.0- 64.3)	(30.7- 59.7)	(53.9- 68.0)	(37.5- 67.3)	(64.6- 78.2)	(77.4- 92.9)	(72.6- 84.7)	(60.9- 85.7)	(35.6- 51.1)	(35.0- 60.2)	(43.1- 58.4)	(41.0- 66.0)
If I had this problem I wouldn't tell anyone	21.2	25.8	25.0	24.4	27.9	30.6	32.3	34.9	27.8	39.4	13.1	21.3
	(15.8- 27.7)	(15.4- 39.9)	(19.0- 32.1)	(13.9- 39.1)	(21.5- 35.3)	(20.4- 43.1)	(25.7- 39.7)	(22.9- 49.0)	(21.6- 35.0)	(27.6- 52.6)	(8.5- 19.7)	(11.7- 35.5)
I would not employ someone with this problem	21.6	20.8	28.7	9.3	28.0	19.7	34.8	36.3	15.7	16.6	20.4	11.4
	(16.1- 28.4)	(9.9- 38.7)	(22.3- 36.0)	(4.0- 20.2)	(21.7- 35.4)	(11.6- 31.4)	(27.9- 42.4)	(23.7- 51.0)	(10.8- 22.1)	(8.6- 29.5)	(14.5- 27.9)	(5.8- 21.2)
I would not vote for a politician with this problem	26.5	31.9	22.8	16.7	29.3	25.7	42.0	38.4	31.2	24.7	21.4	22.9
	(20.2- 33.8)	(19.1- 48.3)	(17.1- 29.6)	(8.1- 31.2)	(22.4- 37.4)	(16.7- 37.4)	(34.7- 49.8)	(25.6- 53.1)	(24.2- 39.3)	(14.3- 39.2)	(15.4- 29.0)	(13.6- 35.9)

H=High; M=Medium; L=Low

5.1.3.15 Desire for social distance by K6 score

Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Desire for social distance												
Live next door	9.1 (6.9-11.9)	6.5 (3.6-11.4)	11.0 (8.5-14.1)	12.3 (7.7-19.1)	13.8 (11.0-17.1)	14.3 (9.8-20.3)	29.5 (25.6-33.7)	28.9 (22.5-36.3)	7.3 (5.3-10.1)	2.7 (1.1-6.5)	8.1 (6.0-10.8)	6.4 (3.6-11.1)
Spend the evening socialising	8.3 (6.2-11.0)	4.8 (2.5-8.7)	8.5 (6.3-11.3)	5.4 (2.4-11.5)	10.5 (8.1-13.5)	11.8 (7.7-17.5)	24.9 (21.3-28.8)	22.9 (17.0-30.0)	7.6 (5.5-10.3)	4.4 (1.9-9.7)	5.1 (3.6-7.1)	8.8 (5.1-14.8)
Make Friends	5.4 (3.8-7.6)	3.9 (2.0-7.5)	5.6 (4.0-7.8)	2.8 (1.2-6.7)	9.5 (7.2-12.5)	12.0 (7.9-17.8)	21.8 (18.3-25.7)	12.6 (8.6-18.2)	5.1 (3.4-7.5)	5.9 (2.9-11.7)	5.0 (3.5-7.0)	5.0 (2.4-10.1)
Work closely	15.7 (12.8-19.1)	12.7 (8.3-18.8)	16.6 (13.6-20.2)	9.7 (5.9-15.6)	15.7 (12.8-19.1)	20.4 (15.1-26.9)	32.2 (28.2-36.5)	22.0 (16.7-28.5)	12.2 (9.4-15.6)	12.2 (7.9-18.4)	11.1 (8.7-14.2)	7.6 (4.3-13.2)
Marry into family	25.8 (22.2-29.8)	24.7 (18.0-32.9)	23.1 (19.6-27.0)	14.0 (9.4-20.3)	31.3 (27.5-35.5)	29.3 (23.0-36.4)	47.1 (42.7-51.5)	37.5 (30.5-45.0)	16.5 (13.5-20.1)	21.5 (15.8-28.5)	16.1 (13.1-19.6)	16.2 (11.3-22.7)

H=High; M=Medium; L=Low

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Chronic schizophrenia		Social phobia		PTSD	
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Desire for social distance												
Live next door	9.0 (5.5-14.2)	7.0 (2.4-18.7)	8.9 (5.4-14.3)	10.3 (3.8-25.3)	18.0 (12.9-24.5)	13.1 (6.9-23.5)	31.3 (24.6-38.8)	37.6 (24.8-52.5)	8.6 (5.1-14.2)	5.2 (1.6-15.5)	6.7 (3.8-11.6)	2.3 (0.5-9.9)
Spend the evening socialising	9.9 (6.2-15.6)	4.4 (1.4-13.5)	8.4 (5.0-13.7)	5.1 (1.1-19.8)	9.5 (6.0-14.7)	10.4 (4.9-20.7)	22.2 (16.5-29.1)	30.5 (18.8-45.3)	8.4 (4.8-14.3)	7.5 (2.2-22.2)	7.2 (4.1-12.1)	4.9 (1.4-15.4)
Make Friends	5.9 (3.2-10.6)	1.6 (0.2-11.4)	5.8 (3.3-10.0)	5.1 (1.1-19.8)	7.5 (4.6-11.8)	13.2 (6.7-24.5)	19.0 (13.8-25.6)	26.3 (15.4-41.0)	5.5 (2.9-10.1)	9.7 (3.4-24.8)	4.3 (2.3-8.1)	1.3 (0.3-5.1)
Work closely	14.5 (9.9-20.9)	12.1 (5.7-23.8)	16.1 (11.2-22.6)	8.3 (2.9-21.8)	14.0 (9.7-19.9)	19.9 (11.6-31.8)	32.3 (25.4-39.9)	24.4 (14.6-37.9)	16.2 (11.1-22.9)	17.8 (9.6-30.8)	11.8 (7.5-18.2)	1.3 (0.2-9.1)
Marry into family	26.7 (20.5-33.9)	27.6 (15.6-44.1)	28.9 (22.6-36.1)	7.4 (2.5-20.4)	34.6 (27.7-42.2)	33.8 (23.3-46.1)	47.9 (40.4-55.5)	44.4 (30.8-58.9)	16.6 (11.6-23.1)	26.9 (16.6-40.6)	16.8 (11.7-23.4)	14.4 (7.7-25.2)

H=High; M=Medium; L=Low

5.1.3.16 Total social distance score by K6 score

Using national data, total social distance scores were not significantly different other than for the depression with suicidal thoughts vignettes for which scores in the low K6 group were significantly higher and the chronic schizophrenia vignette for scores in the low K6 group were significantly lower. Using NSW data, scores for those in the low K6 group were significantly higher in the PTSD group.

National

Social distance - M (SD)		
K6 score	L	M/H
Vignette		
Depression	9.00 (2.96)	8.54 (2.95)
Depression with suicidal thoughts	9.00 (2.88)	8.19 (2.72)
Early schizophrenia	9.49 (2.95)	9.67 (3.54)
Chronic schizophrenia	11.30 (3.20)	10.23 (3.42)
Social phobia	8.57 (2.61)	8.14 (2.68)
PTSD	8.43 (2.71)	8.07 (2.85)

H=High; M=Medium; L=Low

Using NSW data, total social distance scores were lower in those with medium or high K6 scores when compared to those with low scores other than for the early and chronic schizophrenia vignettes.

NSW

Social distance - M (SD)		
K6 score	L	M/H
Vignette		
Depression	9.04 (3.12)	8.60 (2.77)
Depression with suicidal thoughts	8.94 (2.78)	8.18 (2.69)
Early schizophrenia	9.69 (3.06)	9.98 (3.57)
Chronic schizophrenia	11.01 (3.14)	11.15 (3.68)
Social phobia	8.55 (2.77)	8.36 (3.11)
PTSD	8.65 (2.74)	7.64 (2.47)

H=High; M=Medium; L=Low

Appendix B

5.1.4 2006 Youth Survey

5.1.4.1 Personal stigma

There were no significant differences between states on any of the personal stigma items. See tables below for the percentage of people agreeing or strongly agreeing with the statements.

National

Personal stigma	Depression	Psychosis/early schizophrenia	Social Phobia	Depression with alcohol misuse
Person could snap out of the problem	25.3 (22.1-28.7)	24.0 (21.0-27.3)	21.5 (18.6-24.6)	25.8 (22.6-29.1)
Problem is a sign of personal weakness	16.2 (13.6-19.1)	19.4 (16.7-22.3)	25.4 (22.3-28.7)	21.8 (18.9-25.0)
Problem is not a real medical illness	12.5 (10.3-15.1)	12.3 (9.9-15.1)	20.7 (17.9-23.9)	11.4 (9.3-14.0)
People with this problem are dangerous	15.4 (12.9-18.3)	26.5 (23.4-29.9)	7.8 (6.0-10.0)	23.4 (20.4-26.7)
Avoid people with this problem	3.9 (2.6-5.9)	4.3 (3.1-6.0)	1.7 (1.0-2.9)	5.5 (4.0-7.6)
People with this problem are unpredictable	56.9 (53.2-60.5)	73.0 (69.6-76.1)	40.5 (36.9-44.2)	65.4 (62.0-68.8)
If I had this problem I wouldn't tell anyone	13.4 (11.1-16.1)	14.5 (12.1-17.3)	15.6 (13.1-18.6)	10.4 (8.4-12.9)

NSW

Personal stigma	Depression	Psychosis/early schizophrenia	Social Phobia	Depression with alcohol misuse
Person could snap out of the problem	27.0 (21.4-33.4)	27.2 (21.6-33.6)	20.9 (16.3-26.4)	25.8 (20.5-31.9)
Problem is a sign of personal weakness	18.2 (13.6-23.8)	20.4 (15.8-26.1)	22.6 (17.9-28.2)	22.9 (17.9-28.8)
Problem is not a real medical illness	13.9 (10.1-18.9)	12.5 (8.4-18.3)	19.0 (14.6-24.3)	11.5 (8.2-16.0)
People with this problem are dangerous	15.4 (11.1-21.0)	22.8 (17.6-29.0)	6.7 (4.3-10.4)	26.6 (21.3-32.7)
Avoid people with this problem	3.8 (1.8-7.8)	2.4 (1.2-4.7)	1.2 (0.5-3.0)	5.6 (3.4-9.00)
People with this problem are unpredictable	56.4 (49.9-62.7)	75.0 (69.1-80.0)	46.1 (39.5-52.9)	66.6 (60.3-72.4)
If I had this problem I wouldn't tell anyone	12.9 (9.2-17.8)	15.2 (10.8-20.9)	16.4 (12.0-22.1)	7.6 (4.8-11.8)

5.1.4.2 Desire for social distance

There were no significant differences between states on any of the statements indicating the desire for social distance. See tables below for the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

National

Social distance	Depression	Psychosis/early	Social Phobia	Depression with alcohol
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		schizophrenia		misuse
Go out on the weekend	5.3 (3.9-7.2)	10.9 (9.0-13.2)	6.0 (4.5-8.0)	11.8 (9.6-14.4)
Invite to their house	16.0 (13.4-19.0)	16.8 (14.4-19.5)	9.5 (7.6-11.8)	18.8 (16.1-21.8)
Go to the person's house	8.7 (6.7-11.3)	13.7 (11.5-16.2)	6.2 (4.7-8.0)	12.4 (10.1-15.1)
Work closely on a project	11.5 (9.3-14.2)	13.3 (11.1-15.8)	7.7 (6.0-9.9)	14.0 (11.7-16.8)
Develop a close friendship	8.3 (6.4-10.9)	10.6 (8.7-12.9)	7.2 (5.6-9.2)	11.6 (9.4-14.2)

NSW

Social distance	Depression	Psychosis/early schizophrenia	Social Phobia	Depression with alcohol misuse
Go out on the weekend	4.9 (2.7-8.6)	11.6 (8.4-15.7)	7.1 (4.4-11.4)	12.2 (8.5-17.2)
Invite to their house	17.2 (12.5-23.4)	19.5 (15.1-24.7)	9.8 (6.8-14.0)	18.5 (14.1-24.0)
Go to the person's house	8.9 (5.4-14.5)	16.0 (12.1-21.0)	7.5 (4.9-11.4)	12.1 (8.5-17.0)
Work closely on a project	9.4 (6.2-13.9)	13.5 (9.9-18.3)	8.3 (5.5-12.3)	13.9 (10.1-18.9)
Develop a close friendship	9.9 (6.1-15.8)	10.9 (7.7-15.2)	7.2 (4.6-11.0)	8.7 (5.8-12.8)

5.1.4.3 Total social distance scores

Total social distance scores were similar for the national population and for all states.

National

Vignette	M (SD)
Depression	6.29 (5.03)
Psychosis/early schizophrenia	7.58 (5.05)
Social Phobia	6.19 (5.14)
Depression with alcohol misuse	7.32 (5.20)

NSW

Vignette	M (SD)
Depression	5.89 (5.04)
Psychosis/early schizophrenia	7.55 (4.95)
Social Phobia	6.57 (4.89)
Depression with alcohol misuse	7.20 (4.97)

5.1.4.4 Personal stigma in those with experience of mental disorders in self or others

Using national data, for the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others.

For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that people with this problem are dangerous were more common in those without experience of mental disorders in themselves or others.

There were no differences for the other vignettes.

National

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								
Person could snap out of the problem	17.6 (14.2-21.6)	34.0 (28.6-39.7)	21.0 (16.2-26.7)	26.0 (22.1-30.2)	17.7 (14.1-22.1)	24.9 (20.6-29.8)	18.4 (14.8-22.7)	33.7 (28.6-39.2)
Problem is a sign of personal weakness	11.5 (8.8-15.0)	21.0 (16.8-25.9)	14.6 (10.8-19.5)	22.0 (18.5-25.9)	21.4 (17.2-26.3)	28.6 (24.1-33.6)	16.6 (13.1-20.8)	28.3 (23.6-33.6)
Problem is not a real medical illness	7.4 (5.4-10.0)	19.0 (14.8-24.1)	7.6 (4.5-12.8)	14.9 (11.8-18.6)	16.3 (12.8-20.4)	24.6 (20.2-29.6)	10.0 (7.3-13.5)	12.9 (9.7-16.8)
People with this problem are dangerous	12.9 (9.8-16.6)	17.5 (13.5-22.4)	27.2 (21.9-33.3)	26.0 (22.2-30.2)	5.9 (3.8-9.0)	8.7 (6.1-12.1)	19.1 (15.5-23.3)	28.7 (23.8-34.0)
Avoid people with this problem	2.3 (1.1-4.6)	6.0 (3.6-9.9)	3.7 (2.1-6.2)	4.1 (2.6-6.3)	1.7 (0.7-3.9)	1.9 (0.9-3.7)	3.8 (2.1-6.6)	7.1 (4.7-10.5)
People with this problem are unpredictable	57.3 (52.4-62.0)	57.1 (51.4-62.7)	78.4 (73.3-82.7)	70.9 (66.4-74.9)	38.6 (33.6-43.9)	43.7 (38.4-49.2)	65.4 (60.5-69.9)	66.4 (61.1-71.3)
If I had this problem I wouldn't tell anyone	12.9 (9.9-16.5)	14.9 (11.2-19.5)	16.8 (12.5-22.2)	12.9 (10.2-16.3)	16.7 (13.0-21.4)	15.6 (12.2-19.8)	11.2 (8.5-14.8)	9.6 (6.8-13.3)

Using NSW data, for the depression vignette, beliefs that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others.

For the depression with alcohol misuse vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

There were no differences for the other vignettes.

NSW

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Personal stigma								
Person could snap out of the problem	19.4 (13.2-27.6)	36.7 (27.3-47.2)	22.2 (13.5-34.4)	29.7 (22.8-37.6)	16.9 (11.2-24.8)	24.8 (17.9-33.3)	18.9 (12.6-27.3)	30.1 (22.1-39.4)
Problem is a sign of personal weakness	10.7 (6.2-18.0)	25.2 (17.6-34.8)	13.2 (7.2-22.9)	24.3 (18.2-31.8)	14.8 (9.3-22.9)	28.5 (21.2-37.1)	14.5 (9.1-22.5)	32.6 (24.3-42.1)
Problem is not a real medical illness	7.9 (4.5-13.3)	21.5 (14.3-30.9)	11.3 (4.8-24.5)	12.7 (8.2-19.1)	16.2 (10.6-23.9)	20.9 (14.5-29.1)	9.4 (5.3-16.1)	13.5 (8.6-20.6)
People with this problem are dangerous	16.1 (10.5-23.8)	12.1 (6.5-21.4)	26.9 (17.7-38.6)	19.7 (14.1-26.9)	5.7 (2.7-11.6)	6.3 (3.4-11.3)	21.9 (15.4-30.1)	32.2 (23.9-41.8)
Avoid people with this problem	0.4 (0.1-2.9)	8.2 (3.8-17.0)	3.5 (1.4-8.8)	1.7 (0.6-4.5)	1.4 (0.3-5.5)	1.1 (0.4-3.5)	1.9 (0.7-5.2)	9.3 (5.2-16.0)
People with this problem are unpredictable	55.1 (46.2-63.8)	55.9 (45.9-65.5)	80.6 (71.1-87.5)	71.0 (63.2-77.8)	44.1 (34.6-54.1)	48.4 (38.9-58.0)	64.5 (55.6-72.5)	68.4 (58.9-76.6)
If I had this problem I wouldn't tell anyone	13.1 (8.0-20.6)	13.1 (8.0-20.7)	19.0 (11.0-30.7)	12.9 (8.5-19.2)	21.8 (14.2-32.0)	12.3 (7.6-19.2)	5.3 (2.7-10.0)	9.0 (4.7-16.8)

5.1.4.5 *Desire for social distance in those with experience of mental disorders in self or others*

Using national data, for the depression vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house, work closely on a project or develop a close friendship with the person.

For the Psychosis/early schizophrenia vignette, those without experience of mental disorders in themselves or others were less willing to work closely on a project.

For the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house.

For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go out on the weekend, go to the person's house, work closely on a project or develop a close friendship with the person.

National

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Social distance								
Go out on the weekend	3.8 (2.4-6.1)	6.2 (3.9-9.7)	8.1 (5.6-11.5)	12.3 (9.7-15.4)	4.1 (2.5-6.7)	7.9 (5.5-11.2)	8.2 (5.8-11.5)	16.4 (12.6-21.0)
Invite to their house	15.2 (11.9-19.2)	17.2 (13.1-22.2)	13.7 (10.1-18.3)	18.4 (15.3-22.0)	9.3 (6.7-12.7)	9.6 (7.1-13.0)	15.3 (12.0-19.2)	23.1 (18.8-28.0)
Go to the person's house	5.1 (3.1-8.2)	12.3 (8.9-16.8)	9.5 (6.7-13.3)	15.4 (12.5-18.9)	3.4 (2.1-5.5)	8.9 (6.4-12.2)	7.1 (4.8-10.5)	19.4 (15.3-24.2)
Work closely on a project	6.6 (4.6-9.3)	16.9 (12.9-21.9)	8.5 (5.9-11.9)	15.3 (12.3-18.8)	4.9 (3.2-7.6)	10.5 (7.6-14.3)	9.0 (6.4-12.5)	20.5 (16.5-25.3)
Develop a close friendship	3.8 (2.2-6.6)	13.0 (9.3-17.7)	7.1 (4.7-10.5)	12.9 (10.3-16.0)	4.8 (3.1-7.4)	9.6 (7.0-13.0)	8.2 (5.9-11.3)	15.6 (11.9-20.2)

Using NSW data, for the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house. There were no other differences.

NSW

Mental disorders experience	Depression		Psychosis/early schizophrenia		Social Phobia		Depression with alcohol misuse	
	Yes	No	Yes	No	Yes	No	Yes	No
Social distance								
Go out on the weekend	2.8 (1.1-7.1)	6.9 (3.1-14.4)	10.6 (6.1-17.8)	12.4 (8.4-18.0)	4.1 (1.8-8.9)	9.6 (5.1-17.4)	7.3 (3.9-13.1)	18.2 (11.7-

Invite to their house	19.7 (13.1-28.6)	15.7 (9.1-25.8)	15.7 (9.5-24.9)	22.1 (16.5-29.0)	10.7 (6.4-17.5)	9.0 (5.1-15.2)	14.4 (9.1-22.2)	27.1) 22.9 (16.0-31.6)
Go to the person's house	5.3 (1.9-14.0)	14.2 (8.0-23.8)	12.6 (7.5-20.4)	18.5 (13.2-25.3)	5.4 (2.6-10.7)	8.7 (4.8-15.2)	3.3 (1.4-7.4)	22.4 (15.3-31.4)
Work closely on a project	6.4 (3.6-11.3)	13.7 (7.9-22.9)	10.3 (5.9-17.5)	15.8 (10.7-22.5)	3.2 (1.2-8.1)	12.1 (7.5-19.0)	9.5 (5.5-16.0)	19.5 (13.0-28.1)
Develop a close friendship	5.6 (2.1-14.1)	13.3 (7.1-23.7)	7.9 (3.9-15.2)	13.0 (8.6-19.1)	7.2 (3.6-13.9)	6.3 (3.3-11.7)	5.6 (2.8-10.8)	12.6 (7.6-20.1)

Using Victorian data, there were no differences.

5.1.4.6 Total social distance scores in those with experience of mental disorders in self or others

For all vignettes, total social distance scores were significantly higher in those with no experience of mental disorders in themselves or others. This pattern was also seen in the NSW data other than for the psychosis/early schizophrenia vignette.

National

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	5.37 (4.86)	7.36 (4.99)
Psychosis/early schizophrenia	6.31 (5.170)	8.27 (4.850)
Social Phobia	5.22 (5.12)	7.08 (4.91)
Depression with alcohol misuse	6.29 (5.08)	8.52 (5.08)

NSW

Social distance - M (SD)		
Mental disorders experience	Yes	No
Vignette		
Depression	5.34 (4.97)	6.49 (5.03)
Psychosis/early schizophrenia	6.80 (5.00)	8.00 (4.91)
Social Phobia	5.85 (5.02)	7.00 (4.76)
Depression with alcohol misuse	6.33 (4.74)	8.22 (5.10)

5.1.5 2011 Youth Survey

5.1.5.1 Personal stigma

There were no significant differences between states on any of the personal stigma items. See tables below for the percentage of people agreeing or strongly agreeing with the statements.

National

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Person could snap out of the problem	22.2 (18.5-26.5)	20.9 (17.2-25.1)	20.2 (16.5-24.5)	21.8 (18-26.1)	22.4 (18.6-26.6)	21 (17.3-25.2)
Problem is a sign of personal weakness	17.3 (14-21.1)	16.3 (13.1-20.2)	20.3 (16.6-24.6)	20.9 (17.3-25.1)	19.2 (15.8-23.1)	11.8 (9.2-15.2)
Problem is not a real medical illness	8.3 (6-11.4)	9.5 (7-12.7)	10.3 (7.6-13.9)	14.8 (11.7-18.7)	11.5 (8.8-14.9)	10.9 (8.3-14.3)
People with this problem are dangerous	11.3 (8.6-14.6)	16.2 (13.1-19.9)	31.4 (27.1-36)	8.1 (5.8-11.2)	21.6 (18-25.6)	10.6 (8.1-13.8)
Avoid people with this problem	2.8 (1.7-4.5)	5.8 (3.8-8.7)	3.8 (2.3-6.4)	4.1 (2.5-6.7)	4.4 (2.8-6.9)	2.5 (1.3-4.8)
People with this problem are unpredictable	51.5 (46.8-56.2)	63.9 (59.2-68.3)	70.1 (65.6-74.2)	39.5 (34.9-44.2)	63.6 (58.9-68.1)	53.4(48.7-58.1)
If I had this problem I wouldn't tell anyone	15 (11.9-18.8)	14.1 (11-17.8)	18.4 (15-22.4)	18.1 (14.8-22)	16.5 (13.2-20.5)	10.1 (7.6-13.5)

NSW

Personal stigma	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Person could snap out of the problem	23.2(16.9-31.0)	20.3(14.4-27.9)	17.9(12.0-25.8)	25.8(18.7-34.4)	24.6(18.0-32.6)	23.2(16.7-31.2)
Problem is a sign of personal weakness	15.7(10.8-22.3)	16.2(11.0-23.4)	20.2(14.0-28.4)	24.7(18.0-32.8)	19.3(13.7-26.5)	11.5(7.1-17.9)
Problem is not a real medical illness	12.2(7.6-18.9)	11.3(7.1-17.6)	10.2(5.9-17.0)	20.8(14.3-29.1)	15.4(10.3-22.3)	11.5(7.1-18.1)
People with this problem are dangerous	8.9(5.1-15.1)	16.9(11.9-23.6)	23.6(16.9-31.8)	8.3(4.4-15.0)	13.5(9.0-19.7)	8.8(5.1-14.8)
Avoid people with this problem	2.9(1.3- 6.4)	4.0(1.8-8.9)	3.4(1.3-8.7)	5.4(2.3-11.9)	4.9(2.3-10.3)	3.1(1.1-8.4)
People with this problem are unpredictable	56.8(48.7-64.6)	62.0(53.6-69.7)	69.4(61.1-76.7)	42.2(33.9-51.0)	65.9(57.6-73.3)	55.7(47.0-64.0)
If I had this problem I wouldn't tell anyone	15.4(10.3-22.4)	11.8(7.2-18.9)	16.9(11.2-24.7)	21.2(14.7-29.4)	17.3(11.5-25.1)	9.3(5.3-16.1)

5.1.5.2 *Desire for social distance*

There were no significant differences between states on any of the statements indicating the desire for social distance. See tables below for the percentage of people probably or definitely unwilling to socially interact with the person described in the vignette.

National

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Go out on the weekend	6.4 (4.5-9.1)	7.7 (5.6-10.6)	10.7 (8.1-13.9)	7.9 (5.6-11.1)	11.1 (8.5-14.5)	6.1 (4.1-8.9)
Invite to their house	15.5 (12.4-19.2)	16.1 (12.9-19.8)	21.0 (17.3-25.3)	8.9 (6.6-12.1)	19.2 (15.8-23.2)	10.9 (8.3-14.2)
Go to the person's house	4.6 (3.0-7.0)	8.5 (6.2-11.7)	15.3 (12.2-19.0)	7.8 (5.4-11.0)	11.4 (8.8-14.7)	5.6 (3.8-8.2)
Work closely on a project	8.2 (6.1-11.0)	10.1 (7.6-13.3)	12.6 (9.7-16.1)	7.8 (5.4-11.1)	12.8 (10.0-16.2)	6.4 (4.5-9.1)
Develop a close friendship	5.3 (3.6-7.8)	7.3 (5.3-10.0)	11.0 (8.4-14.4)	4.7 (2.9-7.6)	9.7 (7.2-12.8)	5.5 (3.8-7.9)

NSW

Social distance	Depression	Depression with suicidal thoughts	Early schizophrenia	Social phobia	Depression with alcohol misuse	PTSD
Go out on the weekend	7.8(4.6-12.9)	8.6(4.9-14.8)	11.4(6.8-18.5)	8.5(4.5-15.5)	8.6(5.0-14.4)	6.7(3.6-12.4)
Invite to their house	19.1(13.6-26.1)	15.1(10.1-22.1)	25.2(18.4-33.4)	12.9(7.9-20.5)	17.6(12.4-24.3)	11.3(6.8-18.2)
Go to the person's house	7.2(4.1-12.2)	7.7(4.4-13.1)	16.8(11.2-24.5)	8.1(4.1-15.2)	12.8(8.3-19.4)	4.1(1.9-8.9)
Work closely on a project	13.0(8.6-19.1)	10.1(6.2-16.2)	13.8(8.7-21.1)	7.8(3.9-14.8)	13.9(9.1-20.7)	8.8(5.0-15.0)
Develop a close friendship	5.7(3.0-10.4)	6.4(3.5-11.5)	14.4(9.2-21.9)	6.1(2.8-12.8)	6.9(3.9-11.8)	8.4(4.8-14.3)

5.1.5.3 Total social distance scores

Total social distance scores were similar for the national population and for all states.

National

Vignette	M (SD)
Depression	7.75 (2.65)
Depression with suicidal thoughts	8.01 (2.78)
Psychosis/early schizophrenia	8.86 (2.83)
Social phobia	7.91 (2.62)
Depression with alcohol misuse	8.52 (2.90)
PTSD	7.64 (2.56)

NSW

Vignette	M (SD)
Depression	8.11 (2.89)
Depression with suicidal thoughts	7.96 (2.71)
Psychosis/early schizophrenia	8.70 (3.13)
Social phobia	8.12 (2.81)
Depression with alcohol misuse	8.51 (2.98)
PTSD	7.74 (2.59)

5.1.5.4 Personal stigma in those with experience of mental disorders in self or others

Using national data, for the depression vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness and that the problem is not a real medical illness and that they would avoid the person with the problem were more common in those without experience of mental disorders in themselves or others.

For the depression with suicidal thoughts vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

For the early schizophrenia vignette, belief that the problem is not a real medical illness were more common in those without experience of mental disorders in themselves or others.

For the social phobia vignette, beliefs that the person could snap out of the problem were more common in those without experience of mental disorders in themselves or others.

For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem, that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

There were no differences for the PTSD vignette.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Person could snap out of the problem	17.4 (13.4-22.4)	31.3 (24.1-39.5)	17.0 (12.9-22.2)	28.2 (21.4-36.2)	14.2 (10.0-19.9)	24.7 (19.2-31.2)	15.5 (11.2-21.1)	28.1 (22.2-34.8)	16.7 (12.7-21.7)	32.6 (25.5-40.6)	15.8 (11.2-21.8)	24.1 (18.9-30.1)
Problem is a sign of personal weakness	13.4 (9.8-18.0)	25.9 (19.5-33.5)	9.5 (6.5-13.7)	28.5 (21.7-36.3)	14.8 (10.4-20.6)	24.4 (18.9-30.9)	18.9 (14.0-24.9)	22.5 (17.3-28.7)	15.1 (11.3-19.8)	27.8 (21.4-35.4)	10.9 (7.3-16.2)	11.6 (8.2-16.2)
Problem is not a real medical illness	5.3 (3.2-8.8)	14.7 (9.7-21.7)	7.0 (4.4-11.0)	14.7 (9.9-21.2)	4.4 (2.3-8.2)	14.9 (10.5-20.9)	11.0 (7.2-16.4)	18.8 (13.9-25.0)	8.9 (6.1-12.9)	16.2 (11.1-23.0)	7.0 (4.2-11.3)	13.8 (9.8-19.1)
People with this problem are dangerous	10.8 (7.7-14.9)	12.9 (8.3-19.6)	13.5 (10.0-17.8)	21.2 (15.3-28.6)	35.5 (28.8-42.7)	27.6 (22.2-33.9)	6.7 (4.0-11.0)	8.4 (5.3-13.2)	19.6 (15.4-24.6)	24.2 (18.1-31.6)	10.7 (7.0-16.1)	10.6 (7.4-15.0)
Avoid people with this problem	1.2 (0.4-3.1)	6.1 (3.5-10.4)	4.5 (2.5-8.1)	8.5 (4.8-14.7)	1.8 (0.7-4.3)	5.1 (2.7-9.5)	3.4 (1.6-6.9)	5.1 (2.5-9.9)	2.9 (1.4-5.6)	7.2 (3.9-12.9)	0.3 (0.0-2.2)	3.3 (1.5-6.8)
People with this problem are unpredictable	54.4 (48.5-60.2)	47.3 (39.3-55.5)	65.9 (60.0-71.3)	60.5 (52.3-68.1)	75.4 (68.8-81.0)	66.9 (60.5-72.8)	39.1 (32.7-45.9)	39.4 (32.9-46.3)	63.4 (57.4-69.1)	62.7 (54.6-70.1)	55.8 (48.5-62.8)	52.0 (45.7-58.3)
If I had this problem I wouldn't tell anyone	15.4 (11.6-20.2)	14.3 (9.4-21.2)	13.4 (9.7-18.2)	15.0 (10.0-21.8)	16.2 (11.5-22.4)	18.9 (14.3-24.5)	15.8 (11.6-21.1)	18.7 (13.9-24.8)	18.8 (14.3-24.4)	12.7 (8.4-18.8)	11.7 (7.8-17.4)	8.1 (5.2-12.5)

Using NSW data, for the depression with suicidal thoughts vignette, beliefs that the problem is a sign of personal weakness were more common in those without experience of mental disorders in themselves or others.

For the depression with alcohol misuse vignette, beliefs that the person could snap out of the problem were more common in those without experience of mental disorders in themselves or others.

There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Person could snap out of the problem	16.9(10.1-26.8)	35.4(23.3-49.6)	19.5(12.4-29.2)	21.7(12.3-35.5)	12.1(5.9-23.3)	21.6(12.8-34.1)	18.0(9.7-31.0)	30.7(20.6-43.0)	16.1(10.0-24.9)	43.3(29.2-58.6)	18.0(9.9-30.6)	27.2(17.9-38.9)
Problem is a sign of personal weakness	11.1(6.0-19.6)	25.7(16.0-38.6)	6.6(3.1-13.4)	33.0(21.2-47.4)	15.8(8.4-27.7)	23.3(14.1-36.0)	29.0(18.1-43.1)	23.1(14.9-34.0)	14.0(8.2-22.7)	32.4(20.5-47.2)	9.1(3.9-19.5)	13.2(7.1-23.2)
Problem is not a real medical illness	7.6(3.4-15.9)	21.8(12.1-36.0)	7.3(3.3-15.4)	18.3(10.0-31.0)	6.2(2.3-15.8)	13.1(6.5-24.4)	17.5(9.1-31.0)	23.7(14.6-35.9)	10.5(5.8-18.3)	27.0(15.8-42.4)	5.6(2.0-14.4)	16.7(9.5-27.8)
People with this problem are dangerous	10.2(5.3-18.6)	7.6(2.5-20.6)	13.6(8.2-21.5)	22.8(13.5-35.9)	21.6(12.1-35.4)	24.9(16.0-36.6)	8.6(3.3-20.7)	6.1(2.4-14.6)	14.4(8.8-22.8)	12.6(6.0-24.5)	11.3(5.3-22.6)	6.0(2.4-14.2)
Avoid people with this problem	1.0(0.1-6.9)	6.6(2.6-15.5)	2.3(0.5-9.6)	6.9(2.5-17.7)	2.9(0.7-11.4)	4.0(1.1-13.8)	5.2(1.5-16.6)	5.9(1.9-17.0)	3.5(1.1-10.2)	7.2(2.1-21.8)	0 (0-0)	6.0(2.2-15.7)
People with this problem are unpredictable	60.9(50.4-70.5)	51.9(38.4-65.1)	63.6(52.8-73.2)	59.2(45.3-71.8)	70.3(57.3-80.7)	69.0(57.0-78.8)	35.2(24.0-48.4)	46.8(35.1-58.8)	68.6(58.1-77.4)	59.0(44.1-72.4)	54.5(41.5-66.9)	56.5(44.5-67.8)
If I had this problem I wouldn't tell anyone	18.0(11.1-27.9)	12.3(6.0-23.8)	13.5(7.4-23.5)	8.9(3.5-20.9)	16.2(8.2-29.5)	16.6(9.2-28.0)	23.5(13.7-37.4)	18.6(10.8-30.2)	21.0(13.2-31.8)	9.6(4.1-21.0)	12.1(5.5-24.6)	7.6(3.2-17.0)

5.1.5.5 Social distance in those with experience of mental disorders in self or others

Using national data, for the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to invite the person to their house.

For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go to the person's house or work closely on a project with the person.

There were no differences for the other vignettes.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Go out on the weekend	4.5 (2.6-7.6)	8.9 (5.4-14.5)	7.7 (5.1-11.4)	7.2 (4.1-12.5)	8.9 (5.7-13.7)	11.4 (7.9-16.2)	4.2 (2.2-7.8)	11.8 (7.7-17.5)	8.7 (5.8-13.0)	15.2 (10.4-21.8)	6.8 (3.8-11.8)	5.6 (3.2-9.5)
Invite to their house	13.3 (9.8-17.8)	18.6 (13.2-25.7)	15.6 (11.7-20.5)	17.7 (12.5-24.5)	18.5 (13.5-24.7)	22.6 (17.4-28.8)	3.8 (2.0-6.9)	14.3 (10.0-20.0)	17.2 (13.2-22.2)	23.8 (17.7-31.2)	10.7 (6.8-16.4)	11.4 (8.0-16.0)
Go to the person's house	3.0 (1.5-5.8)	8.0 (4.6-13.7)	7.8 (5.1-11.7)	10.4 (6.3-16.7)	10.9 (7.3-16.0)	17.8 (13.3-23.5)	5.6 (3.2-9.8)	10.0 (6.2-15.6)	8.2 (5.5-12.0)	17.5 (12.2-24.3)	5.0 (2.7-9.1)	6.4 (3.9-10.4)
Work closely on a project	6.9 (4.5-10.4)	11.3 (7.3-17.0)	9.3 (6.4-13.2)	12.1 (7.6-18.7)	11.3 (7.4-16.9)	13.5 (9.7-18.6)	4.6 (2.4-8.6)	11.5 (7.4-17.3)	8.9 (6.1-12.7)	18.3 (12.8-25.5)	6.4 (3.7-10.9)	6.5 (4.0-10.5)
Develop a close friendship	3.2 (1.7-6.0)	8.1 (4.7-13.6)	7.2 (4.8-10.7)	7.9 (4.5-13.5)	10.8 (7.0-16.3)	11.2 (7.7-16.0)	3.1 (1.4-6.8)	6.7 (3.7-11.8)	7.0 (4.4-10.7)	14.4 (9.6-20.9)	6.2 (3.5-10.7)	4.9 (2.9-8.2)

Using NSW data, for the social phobia vignette, those without experience of mental disorders in themselves or others were less willing to invite the person to their house.

For the depression with alcohol misuse vignette, those without experience of mental disorders in themselves or others were less willing to go out on the weekend or work closely on a project with the person.

There were no differences for the other vignettes.

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
Mental disorders experience	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Go out on the weekend	6.4(3.0-13.2)	11.3(5.4-22.2)	10.8(5.6-19.8)	4.8(1.5-14.4)	5.5(2.0-14.5)	16.3(8.8-28.1)	5.9(2.0-16.6)	10.0(4.3-21.4)	3.4(1.4-8.2)	20.4(10.7-35.3)	93.7(83.4-97.7)	6.7(2.7-15.7)

Invite to their house	20.2(13.0-29.9)	17.6(9.8-29.6)	13.7(7.9-22.5)	17.7(9.3-31.1)	14.0(7.3-25.0)	32.9(22.5-45.4)	3.7(1.3-10.2)	19.5(11.3-31.7)	14.8(9.3-22.7)	23.6(13.2-38.4)	11.1(4.9-23.1)	11.5(5.7-21.9)
Go to the person's house	4.7(1.9-11.2)	12.3(6.0-23.7)	6.8(3.1-14.2)	9.2(4.0-19.7)	14.3(7.0-26.8)	16.5(9.2-27.7)	4.9(1.7-12.8)	10.9(4.7-23.2)	7.7(3.9-14.6)	23.6(12.9-39.1)	6.7(2.5-16.7)	2.2(0.5-8.5)
Work closely on a project	11.1(6.0-19.4)	17.8(10.0-29.6)	10.4(5.7-18.4)	9.6(3.9-21.8)	14.4(7.1-27.1)	13.4(6.9-24.4)	3.6(1.3-9.8)	11.3(5.0-23.4)	7.1(3.7-13.2)	26.4(14.8-42.5)	10.6(4.8-21.9)	7.0(2.8-16.2)
Develop a close friendship	4.4(1.7-10.6)	7.2(2.7-17.9)	6.5(3.0-13.4)	6.4(2.3-16.4)	14.0(6.7-27.0)	15.0(8.2-26.0)	1.6(0.4-6.8)	9.8(4.2-21.3)	3.7(1.5-9.1)	12.7(5.9-25.4)	9.9(4.3-21.3)	6.8(2.9-14.9)

Using Victorian data, there were no differences for any vignettes.

5.1.5.6 Total social distance scores in those with experience of mental disorders in self or others

Using national data, for the depression, depression with alcohol misuse, social phobia and PTSD vignettes, total social distance scores were higher in those with no experience of mental disorders in themselves or others. Using NSW data, the differences were significant for the depression with alcohol misuse and PTSD vignettes.

National

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Depression	7.36 (2.45)	8.45 (2.84)
Depression with suicidal thoughts	7.91 (2.80)	8.21 (2.76)
Psychosis/early schizophrenia	8.58 (2.75)	9.03 (2.90)
Social phobia	7.52 (2.41)	8.33 (2.75)
Depression with alcohol misuse	8.12 (2.80)	9.24 (2.90)
PTSD	7.38 (2.44)	7.84 (2.63)

NSW

Mental disorders experience	Social distance - M (SD)	
	Yes	No
Depression	7.72(2.72)	8.77(3.09)
Depression with suicidal thoughts	7.91(2.77)	8.05(2.65)
Psychosis/early schizophrenia	8.29(2.89)	8.91(3.30)
Social phobia	7.55(2.76)	8.55(2.79)
Depression with alcohol misuse	8.00(2.77)	9.68(2.93)

PTSD	7.72(2.49)	7.71(2.64)
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5.1.5.7 Personal stigma by K6 score

Personal stigma was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

National

	Depression		Depression with suicidal thoughts		Early schizophrenia							
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Person could snap out of the problem	23.4 (19.3-28.2)	16.0 (8.7-27.5)	21.4 (17.4-26.1)	18.2 (9.8-31.3)	17.2 (13.5-21.7)	25.2 (15.9-37.6)	21.7 (17.6-26.4)	21.4 (12.8-33.4)	22.5 (18.5-27.2)	21.6 (13.0-33.7)	19.0 (15.1-23.6)	28.9 (19.7-40.1)
Problem is a sign of personal weakness	15.2 (11.9-19.1)	29.1 (18.3-42.8)	16.0 (12.5-20.3)	13.7 (7.4-23.8)	18.1 (14.2-22.7)	23.5 (14.6-35.5)	18.6 (14.9-23.0)	25.5 (16.1-37.9)	20.0 (16.3-24.5)	12.9 (7.2-21.8)	12.2 (9.1-16.0)	11.5 (6.1-20.6)
Problem is not a real medical illness	7.7 (5.3-11.0)	11.9 (5.5-24.0)	9.7 (7.0-13.2)	7.2 (2.5-18.9)	8.7 (6.0-12.4)	8.0 (3.4-17.8)	13.3 (10.0-17.4)	19.2 (11.0-31.3)	10.8 (8.0-14.4)	11.2 (5.5-21.3)	10.2 (7.5-13.8)	11.4 (5.6-22.0)
People with this problem are dangerous	11.6 (8.7-15.2)	8.1 (3.2-18.7)	17.1 (13.7-21.3)	10.4 (4.6-21.9)	30.5 (25.8-35.6)	36.7 (25.7-49.3)	8.5 (6.0-12.0)	4.1 (1.3-12.3)	22.2 (18.3-26.7)	18.5 (10.7-30.1)	8.6 (6.2-11.8)	19.2 (11.5-30.2)
Avoid people with this problem	2.5 (1.4-4.3)	3.8 (1.2-11.8)	4.6 (2.8-7.5)	10.0 (4.2-22.1)	2.1 (1.1-4.2)	4.5 (1.3-14.6)	3.1 (1.6-5.9)	5.5 (2.0-14.3)	4.2 (2.5-6.9)	6.2 (2.6-13.8)	1.8 (0.8-4.2)	4.8 (1.5-14.2)
People with this problem are unpredictable	50.0 (44.9-55.1)	59.0 (45.4-71.4)	63.2 (58.1-68.1)	67.8 (54.9-78.4)	70.2 (65.3-74.7)	70.9 (58.4-80.9)	38.3 (33.3-43.4)	40.9 (29.3-53.7)	62.1 (56.9-67.0)	75.1 (63.1-84.2)	52.6 (47.3-57.8)	57.0 (45.4-68.0)
If I had this problem I wouldn't tell anyone	14.3 (11.0-18.4)	21.5 (12.9-33.6)	12.3 (9.3-16.2)	24.2 (14.4-37.6)	17.2 (13.7-21.4)	21.0 (12.3-33.6)	16.1 (12.7-20.3)	25.2 (16.1-37.2)	15.6 (12.1-19.9)	20.0 (11.5-32.5)	5.8 (3.8-8.8)	25.9 (17.1-37.1)

H=High; M=Medium; L=Low

NSW

	Depression		Depression with suicidal thoughts		Early schizophrenia							
K6 score	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Person could snap out of the problem	25.5 (18.5-34)	5.6 (0.6-36.1)	19.6 (13.3-27.8)	23.2 (8.6-49.4)	17.1 (10.8-26.1)	21.4 (7.9-46.6)	26.9 (19.1-36.5)	15.4 (4.8-39.7)	24.1 (17-32.9)	24.6 (10.3-48)	23.1 (15.9-32.3)	16.9 (6.6-36.9)
Problem is a sign of personal weakness	15 (10-21.9)	25.6 (8.3-56.6)	15.3 (9.7-23.3)	10 (2.7-30.4)	18.6 (11.9-27.8)	23.7 (9.3-48.5)	21.4 (14.7-30.1)	28.8 (11.6-55.3)	20.1 (13.8-28.2)	16.6 (6.3-37.2)	14.4 (8.9-22.5)	3.4 (0.4-22.7)
Problem is not a real medical illness	10.8 (6.3-17.9)	20.5 (5.5-53.5)	11.8 (7.2-18.9)	6.6 (0.8-38.9)	10.7 (5.9-18.6)	8.5 (1.8-32)	18.6 (12-27.7)	22.7 (8.4-48.5)	15.3 (9.8-23.2)	13 (4.4-32.7)	10.9 (6.2-18.5)	10.6 (3.1-30.7)
People with this problem are dangerous	9.3 (5.2-16)	0 (0-0)	18.6 (12.9-26.1)	6.8 (0.8-39.8)	23.2 (15.9-32.4)	21.5 (7.8-47.1)	8.9 (4.6-16.7)	0 (0-0)	12.7 (8.2-19.2)	17.4 (6-41)	7.6 (3.9-14.3)	13.5 (4.8-32.9)
Avoid people with this problem	2.1 (0.8-5.7)	10.8 (2.3-38.9)	3.3 (1.2-8.9)	0 (0-0)	2.8 (0.8-9.3)	4.2 (0.5-28.6)	3.8 (1.3-10.3)	0 (0-0)	5.0 (2.1-11.7)	4.7 (1-18.8)	3.2 (1-9.9)	3.4 (0.4-22.7)
People with this problem are unpredictable	55.2 (46.5-63.6)	63.8 (35.5-84.9)	59.2 (50.1-67.8)	76.4 (50.3-91.2)	70.7 (61.8-78.3)	62.9 (36.5-83.4)	44 (34.9-53.5)	17 (5.5-41.9)	61.5 (52.3-69.9)	88.6 (65.7-96.9)	57.4 (47.4-66.7)	49.3 (30.9-68)
If I had this problem I wouldn't tell anyone	16.2 (10.7-23.9)	10.8 (2.3-38.8)	8.9 (4.9-15.7)	28.7 (11.2-56.4)	18.3 (11.9-27.1)	10.1 (2-38.6)	16.1 (10.1-24.6)	46.5 (22.4-72.3)	15.6 (9.8-24)	25.7 (10.6-50.3)	6.7 (2.9-14.6)	19.1 (8.2-38.4)

H=High; M=Medium; L=Low

5.1.5.8 Desire for social distance by K6 score

Desire for social distance was not significantly different in those with medium or high K6 scores when compared to those with low scores. This applied to the national population and to NSW.

National

Depression	Depression with suicidal	Early schizophrenia	Social phobia	Depression with	PTSD
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K6 score	thoughts				alcohol misuse							
	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Go out on the weekend	6.9 (4.8-10.0)	1.5 (0.2-10.5)	7.8 (5.4-11.0)	8.0 (3.4-17.6)	10.2 (7.4-13.8)	15.0 (8.3-25.6)	8.0 (5.5-11.6)	6.9 (2.6-17.3)	11.8 (8.9-15.6)	8.1 (3.2-19.1)	6.3 (4.2-9.6)	5.9 (2.3-14.5)
Invite to their house	15.5 (12.2-19.6)	14.7 (7.6-26.3)	16.5 (13.0-20.6)	11.7 (5.4-23.3)	21.4 (17.3-26.2)	18.5 (10.7-29.9)	9.8 (7.1-13.5)	5.7 (2.0-15.4)	20.4 (16.6-24.8)	13.4 (6.9-24.4)	11.7 (8.6-15.6)	8.1 (3.9-16.2)
Go to the person's house	4.9 (3.1-7.6)	1.3 (0.2-9.2)	9.2 (6.6-12.8)	5.5 (2.2-13.1)	14.6 (11.3-18.7)	16.1 (9.2-26.7)	8.1 (5.5-11.8)	7.2 (2.8-17.0)	11.6 (8.8-15.3)	10.6 (5.2-20.3)	4.7 (3.0-7.4)	10.2 (4.9-19.9)
Work closely on a project	8.9 (6.5-12.0)	2.4 (0.6-9.6)	10.7 (7.9-14.4)	6.3 (2.7-14.1)	11.8 (8.9-15.6)	14.6 (7.8-25.6)	8.3 (5.7-12.1)	4.5 (1.3-14.5)	13.0 (9.9-16.8)	11.4 (5.5-21.9)	6.4 (4.2-9.5)	6.3 (2.6-14.6)
Develop a close friendship	5.7 (3.7-8.4)	0.0 (.0-0.0)	7.4 (5.2-10.5)	6.2 (2.5-14.6)	11.2 (8.3-14.9)	7.2 (3.4-14.4)	4.8 (2.8-8.1)	5.1 (1.7-14.7)	9.6 (7.0-13.1)	10.6 (5.0-21.3)	5.2 (3.4-8.0)	6.1 (2.6=13.8)

H=High; M=Medium; L=Low

NSW

K6 score	Depression		Depression with suicidal thoughts		Early schizophrenia		Social phobia		Depression with alcohol misuse		PTSD	
	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H	L	M/H
Go out on the weekend	7.5 (4.2-12.8)	5.8 (0.6-37)	8.9 (4.7-16)	8.3 (1.8-31.7)	10.3 (5.6-18.3)	16.3 (5-41.8)	7.5 (3.7-14.8)	17.4 (3.9-52)	10.5 (6.2-17.4)	0 (0-0)	9.1 (4.8-16.5)	0 (0-0)
Invite to their house	18.6 (12.8-26.2)	20.6 (6.8-48.1)	16.7 (10.9-24.7)	4.3 (0.5-28.8)	25.1 (17.8-34.2)	28.7 (11.4-55.6)	14.1 (8.5-22.6)	8.7 (1-47.4)	19.3 (13.4-27)	10.0 (2.8-29.8)	13.5 (7.8-22.3)	5.6 (1.3-21.8)
Go to the person's house	6.8 (3.7-12.2)	7.7 (4.2-13.8)	7.7 (4.2-13.8)	8.3 (1.8-31.7)	16.0 (10-24.6)	20.5 (7.2-45.9)	7.6 (3.5-15.7)	13.4 (2.7-46)	14.5 (9.1-22.2)	5.6 (1.2-22.2)	2.6 (0.9-7.1)	9.6 (2.7-28.6)
Work closely on a project	13.4 (8.7-20.1)	4.0 (0.4-28.6)	10.7 (6.3-17.7)	8.2 (1.7-31.5)	15.0 (9.2-23.6)	8.5 (2.3-26.6)	8.0 (3.8-15.8)	8.7 (1-47.4)	16.5 (10.7-24.5)	2.3 (0.3-17)	9.6 (5.2-17.2)	7.1 (1.6-26.8)
Develop a close friendship	5.6 (2.9-10.7)	0 (0-0)	6.9 (3.7-12.5)	5.0 (0.6-32.3)	16.2 (10.2-24.8)	5.4 (1.1-22.5)	5.7 (2.3-13.2)	10.7 (1.8-44.6)	7.9 (4.4-13.7)	2.3 (0.3-17)	9.2 (5-16.3)	6.8 (1.5-26.2)

H=High; M=Medium; L=Low

5.1.5.9 Total social distance score by K6 score

Using national data, total social distance scores were significantly lower in those with medium or high K6 scores when compared to those with low scores only for the social phobia vignette. For NSW the difference was only significant for the depression with alcohol misuse vignette.

National

Social distance - M (SD)		
K6 score	L	M/H
Depression	7.80 (2.68)	7.32 (2.26)
Depression with suicidal thoughts	8.10 (2.79)	7.61 (2.61)
Psychosis/early schizophrenia	8.87 (2.76)	8.82 (3.19)
Social phobia	8.01 (2.63)	7.43 (2.51)
Depression with alcohol misuse	8.61 (2.87)	8.04 (3.09)
PTSD	7.66 (2.57)	7.53 (2.58)

H=High; M=Medium; L=Low

NSW

Social distance - M (SD)		
K6 score	L	M/H
Depression	8.17 (2.88)	7.24 (2.63)
Depression with suicidal thoughts	8.02 (2.74)	7.76 (2.61)
Psychosis/early schizophrenia	8.70 (3.10)	8.75 (3.48)
Social phobia	8.31 (2.74)	7.28 (3.23)
Depression with alcohol misuse	8.74 (3.03)	7.27 (2.46)
PTSD	7.82 (2.65)	7.56 (2.50)

H=High; M=Medium; L=Low

Appendix C

5.1.6 Experiences of discrimination and positive treatment by people with mental health problems

Experiences of avoidance, discrimination or positive treatment in NSW were not significantly different to those in the Australian population or to Victoria or Queensland.

	Experiences reported by people with mental health problems % (95% CI)			
	National (n=1381)	NSW (n=399)	VIC (n=372)	QLD (n=275)
<i>Friends</i>				
Avoided	22.0 (19.4-24.8)	21.5 (17.0-26.8)	22.2 (17.4-28.0)	24.0 (18.4-30.6)
Discriminated	13.9 (11.8-16.5)	12.4 (8.9-17.0)	13.5 (9.6-18.6)	12.7 (8.7-18.0)
Treated more positively	49.6 (46.5-52.8)	49.9 (44.1-55.8)	51.1 (45.0-57.1)	49.9 (43-56.9)
<i>Spouse or partner</i>	(n=854)	(n=244)	(n=234)	(n=161)
Avoided	22.1 (19.0-25.7)	21.5 (16.1-28.2)	24.8 (18.6-32.3)	20.5 (14.1-28.8)
Discriminated	12.1 (9.7-15.1)	13.2 (8.9-19.1)	14.3 (9.5-21.0)	8.8 (4.7-15.8)
Treated more positively	58.1 (54.1-61.9)	58.2 (50.7-65.2)	59.9 (52.2-67.1)	59.1 (50.1-67.5)
<i>Other family members</i>	(n=1381)	(n=399)	(n=372)	(n=275)
Avoided	16.3 (14.0-18.8)	15.4 (11.6-20.3)	13.6 (10.3-17.9)	19.5 (14.2-26.2)
Discriminated	13.1 (11.0-15.5)	10.4 (7.4-14.5)	13.0 (9.4-17.6)	13.5 (9.1-19.5)
Treated more positively	45.3 (42.2-48.4)	46.8 (41-52.8)	44.9 (38.9-51.0)	45.5 (38.7-52.5)
<i>People in the workplace</i>	(n=992)	(n=286)	(n=274)	(n=197)
Avoided	11.3 (9.0-14.1)	11.4 (7.4-17.1)	10.1 (6.7-15.0)	10.9 (6.5-17.6)
Discriminated	13.9 (11.4-16.9)	12.5 (8.6-17.9)	12.1 (8.2-17.6)	13.6 (8.7-20.6)
Treated more positively	24.4 (21.3-27.7)	24.4 (18.9-30.8)	25.6 (19.8-32.6)	23.2 (16.8-31.0)
<i>Looking for work</i>	(n=410)	(n=101)	(n=135)	(n=92)
Discriminated	10.4 (7.1-14.9)	10.6 (4.7-22.1)	7.2 (3.2-15.5)	14.8 (7.8-26.3)
Treated more positively	6.5 (4.1-10.1)	3.1 (0.9-10.8)	8.0 (4.0-15.6)	5.9 (1.7-18.6)

<i>Education</i>	<i>(n=317)</i>	<i>(n=96)</i>	<i>(n=99)</i>	<i>(n=58)</i>
Avoided	5.6 (3.2-9.8)	3.8 (1.5-9.2)	7.8 (2.9-19.3)	4.5 (1.1-17.3)
Discriminated	7.1 (4.6-11.0)	8.9 (4.3-17.5)	6.3 (2.8-13.7)	6.7 (1.8-22.4)
Treated more positively	31.4 (25.7-37.8)	37.1 (26.4-49.3)	32.8 (22.6-44.9)	28.6 (17.2-43.6)
<i>Health professional</i>	<i>(n=1381)</i>	<i>(n=399)</i>	<i>(n=372)</i>	<i>(n=275)</i>
Discriminated	11.8 (9.8-14.1)	10.8 (7.5-15.3)	11 (7.5-15.8)	11.6 (7.8-16.8)
<i>Type of professional</i>				
-GP	7.2 (5.7-9.1)	7.7 (5.0-11.8)	6.7 (4.2-10.6)	5.9 (3.4-10.1)
-Nurse	0.9 (0.5-1.9)	0.4 (0.1-1.6)	1 (0.3-3.4)	1.3 (0.4-3.8)
-Mental health nurse	0 (0-0.3)	0	0	0.2 (0-1.4)
-Dentist	0.1 (0-0.4)	0.2 (0-1.4)	0	0
-Counsellor	0.8 (0.4-1.7)	0.5 (0.1-3.8)	0.9 (0.2-3.7)	1.3 (0.3-5.0)
-Psychologist	1.3 (0.6-2.7)	0.7 (0.1-3.4)	1.4 (0.3-6.2)	0.9 (0.2-3.3)
-Psychiatrist	1.4 (0.7-2.5)	1.3 (0.4-3.8)	1.5 (0.4-5.2)	0.5 (0.1-2.2)
-Social worker	0 (0-0.3)	0	0	0
-Paediatrician	0.1 (0-0.4)	0.2 (0-1.2)	0	0
-Surgeon	0.6 (0.2-1.7)	0.9 (0.1-6.0)	0.3 (0-2.3)	1.2 (0.3-4.6)
-Community nurse	0 (0-0.3)	0	0	0.2 (0-1.5)
-Emergency department	0.4 (0.1-1.5)	0	0.2 (0-1.1)	0.7 (0.1-5)
-Other	1.3 (0.8-2.2)	0.6 (0.2-2.0)	1.4 (0.4-4.5)	2.2 (1-5.1)
<i>Treated more positively</i>	7.2 (5.7-9.1)	44.9 (39.2-50.8)	42.5 (36.6-48.5)	36.6 (30.2-43.5)
<i>Type of professional</i>				
-GP	33.2 (30.3-36.2)	36.5 (31.1-42.3)	35 (29.4-41)	31.3 (25.2-38.2)
-Nurse	1.3 (0.8-2.1)	0.6 (0.2-1.7)	1.3 (0.4-3.9)	2.5 (1.0-5.9)
-Mental health nurse	0.2 (0.1-0.7)	0.3 (0-2.0)	0.3 (0-2.0)	0
-Dentist	0.3 (0.1-0.8)	0.2 (0-1.3)	0.7 (0.2-2.7)	0.3 (0-2.3)
-Counsellor	4.2 (3.1-5.7)	4.1 (2.3-7.0)	5.5 (3.4-8.8)	3.6 (1.8-7.1)

-Psychologist	6.6 (5.3-8.2)	7.7 (5-11.6)	5.7 (3.7-8.7)	7.6 (4.9-11.7)
-Psychiatrist	4.3 (3.2-5.7)	6.3 (3.9-9.9)	4 (2.2-7.1)	1.4 (0.6-3.4)
-Social worker	0.9 (0.4-1.9)	1.2 (0.2-5.3)	0.3 (0.1-1.2)	1.3 (0.4-4.3)
-Paediatrician	0 (0-0.2)		0	0
-Surgeon	0.3 (0.1-0.8)	0.4 (0.1-1.7)	0.2 (0-1.5)	0.7 (0.2-3.0)
-Community nurse	0.1 (0-0.4)	0.2 (0-1.6)	0	0
-Emergency department	2.5 (1.8-3.5)	3.5 (2-6.1)	2.8 (1.6-5.0)	1.3 (0.5-3.4)
-Other	0	0	0	0
<i>People in the community or neighbourhood</i>	<i>(n=1381)</i>	<i>(n=399)</i>	<i>(n=372)</i>	<i>(n=275)</i>
Avoided	5.8 (4.4-7.7)	4.5 (2.5-7.0)	6.0 (3.5-10.2)	7.1 (3.9-12.4)
Discriminated	5.2 (3.8-7.1)	5.4 (3.2-9.1)	4.6 (2.3-8.9)	7.1 (3.9-12.6)
Treated more positively	14.1 (12-16.4)	13.6 (9.9-18.3)	13.1 (9.6-17.7)	17.2 (12.5-23.2)
<i>Other people</i>	<i>(n=1381)</i>	<i>(n=399)</i>	<i>(n=372)</i>	<i>(n=275)</i>
Discrimination	6.2 (4.8-8.1)	6.7 (3.9-11.2)	6.1 (3.7-10.0)	5.5 (3.0-10.0)
<i>Person</i>				
-Landlord	0.2 (0.1-0.8)	0	0	0.5 (0.1-3.6)
-Real estate agent	0.2 (0.1-0.7)	0	0.3 (0-2.1)	0.5 (0.1-3.6)
-Police officer	2.8 (1.8-4.2)	1.7 (0.7-4.1)	3.6 (1.7-7.5)	2.9 (1.2-6.7)
-Centrelink worker	0.9 (0.4-2.2)	2 (0.6-6.6)	0.5 (0.2-1.7)	0.8 (0.2-3.4)
-Other government official	0.4 (0.1-1)	0.3 (0-1.9)	0.4 (0.1-3.1)	0.5 (0.1-3.6)
-Other	2.2 (1.5-3.3)	2.4 (1.1-4.9)	1.5 (0.7-3.1)	2.9 (1.2-6.6)
Treated more positively	7.7 (6.2-9.4)	7.9 (5.4-11.5)	7.9 (5.2-11.7)	8.2 (5-13.2)
<i>Person</i>				
-Landlord	0.5 (0.2-1.1)	0.3 (0-1.9)	0.8 (0.3-2.2)	0.8 (0.2-3.5)
-Real estate agent	0	0	0	0
-Police officer	1.2 (0.7-2.0)	1.1 (0.4-3)	0.8 (0.3-2.2)	1.0 (0.2-4)

-Centrelink worker	0.6 (0.3-1.4)	0.1 (0-1.1)	0.3 (0.1-1.4)	2.3 (0.8-6.1)
-Other government official	0.2 (0-0.6)	0.4 (0.1-1.9)	0	0
-Other	5.4 (4.2-6.9)	6.0 (3.8-9.3)	5.9 (3.6-9.6)	4.5 (2.2-8.7)
<i>Other situations</i>	<i>(n=1381)</i>	<i>(n=399)</i>	<i>(n=372)</i>	<i>(n=275)</i>
Discrimination	5.0 (4.2-7.1)	6.4 (4.1-9.9)	3.8 (2.3-6.3)	5.1 (2.8-9.1)
<i>Type of situation</i>				
-Legal	1.2 (0.7-1.9)	0.9 (0.3-2.7)	1.1 (0.5-2.5)	1.5 (0.5-4.4)
-Banking	0.5 (0.2-1.1)	0.4 (0.1-1.4)	0.9 (0.3-3.3)	0.5 (0.1-1.8)
-Insurance	2.3 (1.5-3.5)	3.4 (1.7-6.6)	1.2 (0.5-2.8)	1.7 (0.6-4.9)
-Other	1.6 (0.9-2.7)	2.2 (1.1-4.5)	0.6 (0.2-2)	1.4 (0.4-4.9)
Treated more positively	3.5 (2.4-5.1)	3.0 (1.3-7.1)	3.5 (1.7-7.1)	3.1 (1.4-6.4)
<i>Type of situation</i>				
-Legal	0.9 (0.4-2.2)	0.9 (0.1-6)	1.9 (0.6-6.1)	0.2 (0-1.4)
-Banking	0.7 (0.4-1.3)	0.4 (0.1-1.2)	0.7 (0.2-2.1)	1.2 (0.3-4.0)
-Insurance	0.3 (0.1-0.7)	0.3 (0.1-1)	0.2 (0-1.2)	0
-Other	1.7 (1.0-3.0)	1.8 (0.6-5.3)	0.7 (0.2-2.1)	1.7 (0.6-4.7)

5.1.7 Respondent treatment of other people with mental health problems

Reports of respondent treatment in NSW were not significantly different to those in the Australian population or to Victoria or Queensland.

	% (95% CI)			
	National	NSW	VIC	QLD
Yes, avoided	19.9 (18.1-21.8)	20.7 (17.5-24.5)	18.6 (15.4-22.3)	21.9 (17.9-26.4)
Yes, discriminated	4.7 (3.8-5.9)	5.6 (3.8-8.3)	4.4 (2.8-6.9)	4.8 (2.9-7.9)
Yes, treated more positively	73.0 (71.0-75.0)	75.6 (71.9-79.0)	72.7 (68.5-76.6)	70.0 (65.1-74.6)