

WORKSHEET:

Attitudes to Mental Health

Read each statement then mark your response on the scale.

1. Strongly Agree 2. Agree 3. Unsure 4. Disagree 5. Strongly Disagree

Attitude item	1	2	3	4	5
I feel I cannot make a difference to patients with mental disorders					
I feel competent in diagnosing patients with anxiety and depression					
I'm more comfortable treating physical illness than emotional disorders					
Patients with anxiety and depression should be referred to a psychiatrist					
My patients do not accept questions about their feelings and thoughts					
I'm too pressed for time to routinely investigate mental health issues					
I need a screening scale to diagnose anxiety and depression					
My patients feel questions about their psychological well-being are irrelevant					
There are so many issues to be investigated when seeing a patient that I don't always consider psychological aspects					
I feel frustrated exploring psychological issues with patients					
I feel uncomfortable questioning my patients about emotional disorders					
GPs should have the primary management role in the treatment of patients with anxiety disorders					
I feel competent in the use of antidepressant medication					
It is not economically viable for me to treat depression or anxiety disorders					
Current payment arrangements encourage me to focus only on problems presented by the patient rather than exploring underlying issues					
I feel emotional problems are too time consuming to deal with in general practice					

adapted from: McCall, Clark and Rowley, Australian Family Physician Vol 31, No 3, 2002