



## **ATTITUDES TOWARD DIFFERENCE SURVEY**

Directions: Put a check next to each statement with which you agree. Bracket the 2-3 consecutive statements that most accurately reflect your current range of thinking about people with mental illness.

- 1. People with mental illness are unnatural. People with mental illness are emotionally or physically ill.
- 2. People with mental illness should participate in reparative therapy or any other treatment available to help them change their illness.
- 3. We should have compassion for people with mental illness. They can't be blamed for how they were born.
- 4. People with mental illness did not choose to be the way they are.
- 5. People suffering with mental illness are going through a phase and most will grow out of it.
- 6. People with mental illness need our support and guidance as they wrestle with the many difficult issues associated with their life.
- 7. I have no problem with mentally ill people; I see no need for them to discuss it publicly.
- 8. How mental illness affects people's life is their own business.
- 9. People with mental illness deserve the same rights and privileges as everybody else.
- 10. Mental illness is wrong. Society needs to take a stand against mental illness.
- 11. It takes strength and courage for people with mental illness to be themselves in today's world.
- 12. It is important for me to examine my own attitudes so that I can actively support the struggle for equality that people mental illnesses have undertaken.
- 13. There is great value in our human diversity. People with mental illness are part of that diversity.
- 14. It is important for me to stand up to those who demonstrate negative attitudes towards people with mental illness.
- 15. People with mental illness are an indispensable part of our society. They have contributed much to our world and there is much to be learned from their experiences.
- 16. I would be proud to be a part of a mental health organization, and openly advocate for the full and equal inclusion of people with mental illness.

# Attitudes Toward Difference: Survey Scoring Guide

Find the numbers below that correspond to the bracketed range on your survey. Read the attitude and characteristics that encompass this range. According to the Riddle Scale, this is where you stand with regard to people with mental illness.

| <u>Range</u> | <u>Attitude</u>     | <u>Characteristics</u>  |
|--------------|---------------------|---|
| 1-2          | <b>Repulsion</b>    | People with mental disorders are strange, sick, crazy and aversive  |
| 3-4          | <b>Pity</b>         | People with mental disorders are somehow born that way and it is pitiful  |
| 5-6          | <b>Tolerance</b>    | Mental illness is just a phase of development that most people grow out of  |
| 7-8          | <b>Acceptance</b>   | One needs to make accommodations for people with mental disorder differences; a mental illness identity does not have the same value as other identities. |
| 9-10         | <b>Support</b>      | The rights of people with mental disorders should be protected and safeguarded  |
| 11-12        | <b>Admiration</b>   | Being a person with a mental disorder in our society takes strength   |
| 13-14        | <b>Appreciation</b> | There is a value in diversity. People that are adverse to people with a mental disorder should be confronted  |
| 15-16        | <b>Nurturance</b>   | People with mental disorders are an indispensable part of society   |

## Your Rating

|       |   |
|-------|---|
| 1-4   | Your personal feelings may be preventing you from being inclusive of all people |
| 5-8   | You are somewhat accepting, but aren't yet in a place of support for all people |
| 9-12  | You are ready to provide support and affirmation for all people                 |
| 13-16 | You are able to appreciate and embrace all people                               |