

Data supplement to Schnyder et al. Association between mental health-related stigma and active help-seeking: systematic review and meta-analysis. Br J Psychiatry doi: 10.1192/bjp.bp.116.189464

DS1

Inclusion and exclusion criteria for meta-analysis

General criteria

Participants

Inclusion criteria:

- General population samples
- Selective samples (such as only females or only elderly people or only one specific ethnical group) are included, as long as they were drawn from the general population and not from a clinical sample
- Student samples are included as long as they are from randomly selected or bigger students population and not from a clinical student sample
- Army samples are included as long as they are not from a selective clinical sample (soldiers that are in treatment for mental health related problems)

Exclusion criteria:

- Clinical samples, mental health patients
- Mental health professionals, general practitioners or other professionals working with people with mental illness

Language

Inclusion criteria:

- English
- German
- French
- Polish
- Spanish

Exclusion criteria

- Any other languages

Study design, setting, type

Inclusion criteria:

- Study published in peer reviewed journal
- Articles published between 1990 and July 2015
- Cross-sectional and longitudinal survey
- Quantitative studies
- Postal/internet questionnaire and/or interview with personal contact

Exclusion criteria:

- (evaluation) campaign / intervention / awareness studies with or without pre-post comparisons
- Reviews / meta-analysis / systematic reviews
- Qualitative studies
- Dissertations

Statistical analysis

Inclusion criteria:

- (logistic) regression (all studies that make a prediction of the influence of mental health related stigma on actual help-seeking)

Exclusion criteria:

- Group comparisons (Chi², t-test, ANOVA etc.)
- Correlation studies
- SEM
- Studies with missing data, when authors did not reply to our e-mails

Predictor variable(s)

Stigma

Inclusion criteria:

- Stigmatized group: people with mental illness, mental illness patients
- self-stigma / internalized stigma
- perceived public stigma
- personal stigma / social distance
- attitudes toward help-seeking / treatment stigma
- general stigma measures that contain more than one of the former stigma categories
- barriers towards help-seeking if stigma barriers were separate predictor and if they fit one of the former stigma categories
- single item stigma measures are included if they fit one of the former stigma categories

Exclusion criteria:

- Any other stigmatized group (HIV/AIDS, cancer patients, transgender etc.)
- 'perceived need for mental health treatment' as a single measure for attitudes towards treatment
- 'belief in helpfulness of a treatment' as a single measure for attitudes towards treatment

Outcome variable

Help-Seeking

Inclusion criterion:

- Actual help-seeking (past/lifetime or present/within last year)
- Help-seeking from informal (e.g. family, friend, priest) or formal source (e.g. mental health specialist such as psychotherapist or psychiatrist, general practitioner)

Exclusion criteria:

- Help-seeking intentions
- Help-seeking recommendations (for themselves or for others)
- Perceived need for help-seeking
- Attitudes towards help-seeking
- Having unmet need
- Any other hypothetical help-seeking measures
- Help-seeking on behalf of another individual (e.g. family member)

DS2

Searching Database Keywords

PubMed (we used MeSH Terms for all keywords)

Mental disorder related terms:

"mental disorder" OR "mental health" OR "mental illness"

AND

Help-seeking related terms:

„help-seeking“ OR "help-seeking intentions" OR "willingness to use mental health service" OR "seeking mental health treatment" OR "attitudes to help-seeking" OR "attitudes to seeking mental health service" OR "treatment seeking" OR "barriers to treatment" OR "barriers to help-seeking" OR "help-seeking recommendation" OR "health behavio*" OR "health education" OR "service use" OR "health care utilization" OR "health care"

AND

Stigma related terms

"stigma*" OR "attitude" OR "discrimination" OR "social distance" OR "stereotyp*" OR "emotional reaction" OR "devaluation" OR "dangerousness"

PsycInfo/Ovid

Mental disorder related terms:

1. Mental disorder/
2. exp mental health/
3. 1 or 2

Stigma related terms:

4. exp stigma/
5. exp "mental illness (attitudes toward)"/ or exp attitudes/ or exp stereotyped attitudes/
6. exp stigma/ or exp "mental illness (attitudes toward)"/
7. exp prejudice
8. exp dangerousness
9. devaluation.mp.
10. 4 or 5 or 6 or 7 or 8 or 9

Help-seeking related terms:

11. exp mental health services/ or exp help seeking behavior/ or exp health care utilization/ or exp health care seeking behavior/
12. exp treatment barriers/
13. help-seeking.mp.
14. help-seeking recommendation.mp.
15. 11 or 12 or 13 or 14

Terms combined:

16. 3 and 10 and 15

EMBASE/MEDLINE

Mental disorder related terms:

"Mental disease"/exp OR "mental disease"

AND

Stigma related terms:

"Stigma"/exp OR "stigma" OR "attitude"/exp OR "attitude" OR "social distance"/exp OR "social distance" OR "stereotype"/exp OR "stereotype" OR devaluation OR dangerousness OR prejudice

AND

Help-seeking related terms:

"help seeking" OR "help-seeking intention" OR "attitudes to help-seeking" OR "treatment barriers" OR "help seeking barriers" OR "service use" OR "health care utilization" OR "help seeking recommendation"

DS3 stigma instrument

Source	Stigma scale / stigma barrier measure(s)	stigma type
Jorm <i>et al</i> (2000) ⁶⁷	Question: 'how do you think would person described in the vignette be in the long term compared to other people in the community?' 10 positive and negative outcomes such as 'to be violent', 'to have a good marriage' etc.	personal stigma
Mojtabai <i>et al</i> (2002) ⁷³	two items: 'how comfortable would you feel talking about personal problems?' and 'how embarrassing would it be if friends knew about professional help' (calculated sum score for both items)	general stigma measure
Smith <i>et al</i> (2004) ⁷⁷	Attitudes towards seeking professional psychological help (ATSPPH, Turner & Fischer 1970)	help-seeking attitudes
Thoits <i>et al</i> (2005) ⁷⁹	two items: (a) 'how comfortable would you feel talking about personal problems?' (b) 'how embarrassing would it be if friends knew about professional help' (both items separately)	(a) help-seeking attitudes (b) self-stigma
Bambauer <i>et al</i> (2006) ⁵⁷	Stigma Receptivity Scale (SRS, Prigerson 2003)	(a) general stigma measure (b) perceived public stigma (c) self-stigma
Judd <i>et al</i> (2006) ⁶⁸	(a) Perceived Stigma Scale (PSS, Wrigley <i>et al.</i> 2005; adapted from Perceived Discrimination Devaluation (PDD) Scale, Link, 1987/1989) (b) ATSPPH	(a) perceived public stigma (b) help-seeking attitudes
Komiti <i>et al</i> (2006) ⁷⁰	(a) PSS and (b) ATSPPH	(a) perceived public stigma (b) help-seeking attitudes
Nadeem <i>et al</i> (2007) ⁷⁴	3 barriers: 'being embarrassed', 'being afraid what others might think', and 'afraid that family members do not approve'	general stigma measure
Elhai <i>et al</i> (2008) ⁶⁰	Attitudes towards seeking professional psychological help - short form (ATSPPH-SF, Turner & Fischer 1970)	help-seeking attitudes
Golberstein <i>et al</i> (2008) ⁶²	adapted from 'Stigma Scale for Receiving Psychological Help (Pyne <i>et al.</i> 2004, Komiya <i>et al.</i> 2000)	perceived public stigma
Golberstein <i>et al</i> (2009) ⁶³	adapted from 'Stigma Scale for Receiving Psychological Help (Pyne <i>et al.</i> 2004, Komiya <i>et al.</i> 2000)	perceived public stigma
Rusch <i>et al</i> (2008) ⁷⁶	Depression Self-Stigma Scale (DSSS, Kanter <i>et al.</i> 2008)	(a) perceived public stigma (b) help-seeking attitudes (c) self-stigma
Eisenberg <i>et al</i> (2009) ³³	(a) PDD Scale (b) PDD Scale replacing 'most people' with 'I'	(a) perceived public stigma (b) personal stigma

Menke <i>et al</i> (2009) ⁷¹	Link Stigma Scale (LSCS) Secrecy and PDD Subscales (Link et al. 1997)	general stigma measure
Nyunt <i>et al</i> (2009) ⁷⁵	one item: 'are you embarrassed or ashamed about personal mental ill health or emotional problems?'	self-stigma
Interian <i>et al</i> (2010) ⁶⁵	(a) PDD Scale (b) Stigma Concerns about Mental Health Care (SCMHC, Interian et al. 2010) (c) Social Distance Scale (SD, Angermeyer et al. 1997)	(a) perceived public stigma (b) help-seeking attitudes (c) personal stigma
ten Have <i>et al</i> (2010) ⁷⁸	one item: 'how embarrassed would you be if your friends kenw you were getting prof help for an emotional problem?'	self-stigma
Aromaa <i>et al</i> (2011) ⁵⁸	(a) 16 statements integrating different stigma concepts (Aromaa et al. 2011) (b) Social Distance	(a) help-seeking attitudes (b) personal stigma
Kim <i>et al</i> (2011) ⁶⁹	17 barriers, found 3 factor with factor analysis, two of them were stigma-related	(a) general stigma measure (b) help-seeking attitudes
Downs & Eisenberg (2012) ⁶²	(a) PDD Scale (b) PDD Scale replacing 'most people' with 'I'	(a) perceived public stigma (b) personal stigma
Green <i>et al</i> (2012) ⁶⁴	PSS	perceived public stigma
Elnitsky <i>et al</i> (2013) ⁶¹	stigma and barriers to care (developed by Hoge et al. 2004)	general stigma measure
Mojtabai & Crum (2013) ⁷²	27 barriers	(a) general stigma measure (b) help-seeking attitudes
Vogt <i>et al</i> (2014) ⁸⁰	Endorsed and Anticipated Stigma Inventory (EASI, Vogt et al. 2014)	(a) perceived public stigma (b) self-stigma (c) personal stigma (d) help-seeking attitudes
Adler <i>et al</i> (2015) ¹⁶	17 items (11 originally from Hoge et al. 2004; 6 originally from Britt 2000 & Kim et al. 2011)	(a) perceived public stigma (b) help-seeking attitudes
Blais <i>et al</i> (2015) ⁵⁶	Perceived Stigma and Barriers to Care Scale (Britt, 2000)	(a) general stigma measure (b) help-seeking attitudes (missing data of this measure)
Jennings <i>et al</i> (2015) ⁶⁶	(a) Self-Stigma of Seeking Help Scale (SSOSH, Vogel et al. 2006) (b) Perceived stigma-TS (Jennings et al. 2015; 7 items adapted from Britt et al. 2008, 2014)	(a) self-stigma (b) perceived public stigma

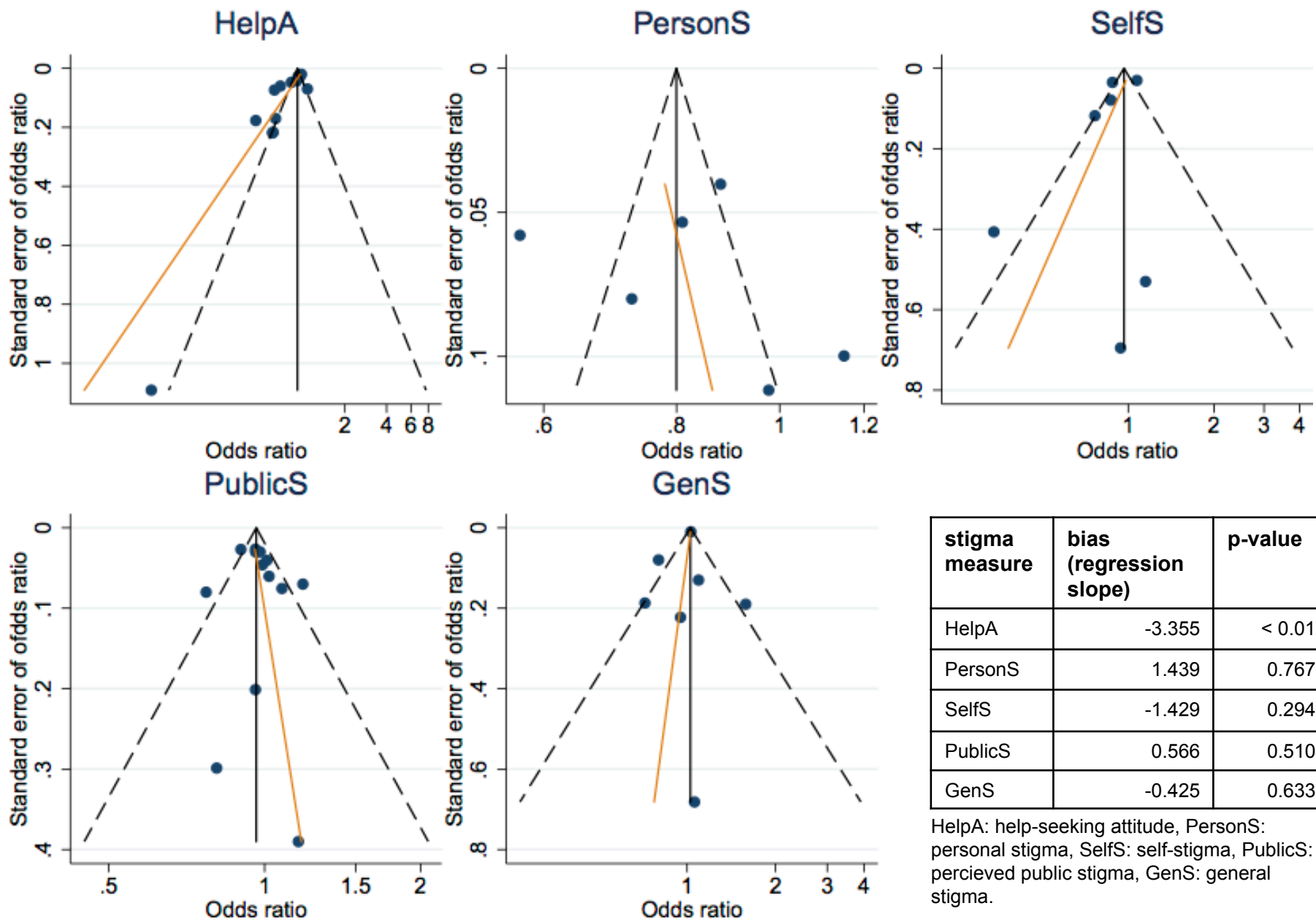
DS5 output stratification

		personal stigma		help-seeking attitudes		self-stigma		perceived public stigma		general stigma	
Stratified by		OR (95%CI)	I ² (p-value) / τ^2	OR (95%CI)	I ² (p-value) / τ^2	OR (95%CI)	I ² (p-value) / τ^2	OR (95%CI)	I ² (p-value) / τ^2	OR (95%CI)	I ² (p-value) / τ^2
participant groups	GPS	0.87 (0.73-1.03)	56.2% (ns)/ 0.010	0.73* (0.63-0.87)	93.9% (p<0.001)/ 0.034	0.83* (0.73-0.95)	0% (ns) / 0.000	0.95 (0.90-1.00)	60.5% (ns)/ 0.001		
	selective sample	0.80 (0.61-1.04)	94.5% (p<0.05)/ 0.069	0.86* (0.78-0.95)	72.5% (p<0.001)/ 0.009	0.92 (0.75-1.13)	84.3% (p<0.001)/ 0.022	0.99 (0.93-1.02)	55.3% (p<0.05)/ 0.004	0.98 (0.83-1.16)	73.8% (p<0.01)/ 0.025
help-seeking	lifetime			0.93* (0.87-0.99)	73.9% (p<0.01)/ 0.004			0.94 (0.88-1.00)	72.6% (p<0.01)/		
	present	0.77* (0.65-0.93)	90.8% (p<0.001)/ 0.037	0.64* (0.53-0.79)	85.6% (p<0.001)/ 0.049	0.84* (0.75-0.94)	29.1% (ns)/ 0.005	1.00 (0.96-1.05)	22.7% (ns)/ 0.001	0.98 (0.84-1.15)	68.5% (p<0.01)/ 0.023
insurance	private	0.80 (0.61-1.04)	94.5% (p<0.001)/ 0.069	0.78* (0.68-0.89)	85.7% (p<0.001)/ 0.023	0.91 (0.77-1.07)	85.6% (p<0.001)/ 0.020	0.99 (0.93-1.06)	60.3% (p<0.05)/ 0.005	0.98 (0.84-1.15)	68.5% (p<0.01)/ 0.023
	state-involved	0.87 (0.73-1.03)	56.2% (ns)/ 0.010	0.82* (0.70-0.96)	92.3% (p<0.001)/ 0.019	0.77* (0.61-0.96)	0% (ns) / 0.000	0.94* (0.90-0.99)	40.9% (ns)/ 0.001		
setting	interview			0.56* (0.40-0.77)	65.2% (p<0.05)/ 0.060	0.77* (0.60-0.98)	47.7% (ns)/ 0.025	0.96 (0.82-1.12)	62.7% (ns)/ 0.010	0.95 (0.71-1.28)	67.6% (p<0.05)/ 0.068
	questionnaire	0.77* (0.65-0.93)	90.8% (p<0.001)/ 0.037	0.87* (0.80-0.94)	85.7% (p<0.001)/ 0.010	0.98 (0.81-1.18)	89.2% (p<0.001)/ 0.017	0.98 (0.94-1.03)	51.6% (p<0.05)/ 0.002	1.03* (1.01-1.05)	0% (ns)/ 0.000
survey period	before 2006			0.79* (0.69-0.92)	91.5% (p<0.001)/ 0.021	0.77* (0.60-0.98)	47.7% (ns)/ 0.025	0.97 (0.94-1.01)	0% (ns)/ 0.000	0.82 (0.62-1.07)	0% (ns)/ 0.000
	2006 or later	0.80* (0.66-0.97)	92.6% (p<0.001)/ 0.045	0.79* (0.69-0.92)	86.2% (p<0.001)/ 0.026	0.98 (0.81-1.18)	89.2% (p<0.001)/ 0.017	0.98 (0.91-1.05)	71.0% (p<0.001)/ 0.006	1.03 (0.86-1.25)	80.4% (p<0.01)/ 0.026

DS5 output stratification (*continued*)

Stratified by	personal stigma		help-seeking attitudes		self-stigma		perceived public stigma		general stigma	
	OR (95%CI)	I^2 (p-value) / τ^2	OR (95%CI)	I^2 (p-value) / τ^2	OR (95%CI)	I^2 (p-value) / τ^2	OR (95%CI)	I^2 (p-value) / τ^2	OR (95%CI)	I^2 (p-value) / τ^2
response rate										
≥ 70%			0.65* (0.50-0.84)	89.5% (p<0.001)/ <i>0.072</i>	0.66 (0.34-1.28)	62% (ns)/ <i>0.021</i>	0.96 (0.91-1.02)	0% (ns)/ <i>0.000</i>	0.98 (0.77-1.24)	66.2% (p<0.05)/ <i>0.051</i>
< 70%	0.77* (0.65-0.93)	90.8% (p<0.001)/ <i>0.037</i>	0.83* (0.71-0.96)	92.9% (p<0.001)/ <i>0.021</i>	0.86* (0.77-0.96)	25.4% (ns)/ <i>0.003</i>	0.99 (0.94-1.04)	66.8% (p<0.01)/ <i>0.003</i>		
not reported			0.92 (0.77-1.10)	76.0% (p<0.05)/ <i>0.016</i>	1.07 (1.01-1.14)	0% (ns) / <i>0.000</i>	0.94 (0.70-1.26)	79.5% (p<0.01)/ <i>0.044</i>		
quality of reporting										
< 25 stars	0.86* (0.80-0.93)	30.3% (ns)/ <i>0.002</i>	0.76* (0.64-0.90)	90.8% (p<0.001)/ <i>0.038</i>	0.91 (0.78-1.07)	82.0% (p<0.001)/ <i>0.019</i>	0.88 (0.74-1.04)	59.0% (ns)/ <i>0.014</i>	1.07 (0.49-2.31)	88.6% (p<0.01)/ <i>0.277</i>
≥ 25 stars	0.78 (0.53-1.13)	94.7% (p<0.001)/ <i>0.107</i>	0.90* (0.83-0.97)	72.8% (p<0.01)/ <i>0.005</i>			0.99 (0.95-1.04)	60.2% (p<0.05)/ <i>0.003</i>	0.96 (0.83-1.11)	60.9% (p<0.05)/ <i>0.013</i>
design										
cross-sectional	0.74* (0.61-0.90)	92.4% (p<0.001)/ <i>0.037</i>	0.82* (0.75-0.90)	90.2% (p<0.01)/ <i>0.016</i>	0.88 (0.76-1.03)	81.2% (p<0.001)/ <i>0.020</i>	0.96 (0.92-1.01)	63.6% (p<0.01)/ <i>0.003</i>	0.96 (0.83-1.16)	73.8% (p<0.01)/ <i>0.025</i>
prospective	1.07 (0.91-1.25)	15.5% (ns)/ <i>0.002</i>	0.55* (0.35-0.87)	40.5% (ns)/ <i>0.061</i>			1.02 (0.96-1.10)	0% (ns)/ <i>0.000</i>		

empty cells indicate that stratification was not possible due to small number of studies in this group (≤ 1 study); I^2 between study heterogeneity; ns= no statistically significant between study heterogeneity; τ^2 between study variance, written in *italics* in the table; * = significant effect size



stigma measure	bias (regression slope)	p-value
HelpA	-3.355	< 0.01
PersonS	1.439	0.767
SelfS	-1.429	0.294
PublicS	0.566	0.510
GenS	-0.425	0.633

HelpA: help-seeking attitude, PersonS: personal stigma, SelfS: self-stigma, PublicS: perceived public stigma, GenS: general stigma.

Dashed line: pseudo 95% confidence limits. Orange line: fitted regression line from Egger's test

Fig. DS1

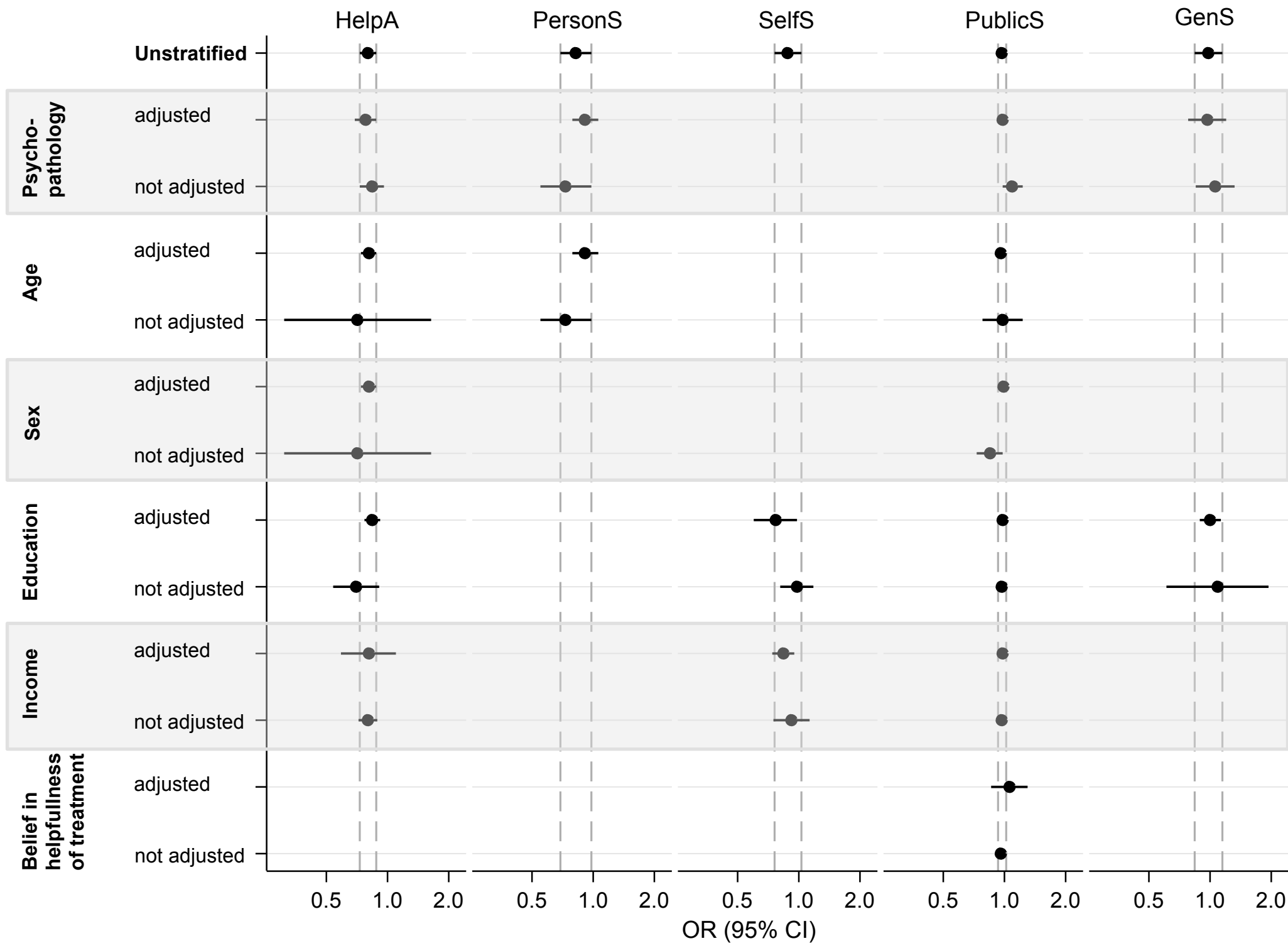


Fig. DS2

Forest plot of the results of stratified meta-analyses of five stigma types on active hep-seeking.

Pooled estimates (Odds Ratio, OR) and 95% confidence interval (CI) of each strata are reported.

Dashed lines represent 95% CI of non-stratified analyses (top row). Abbreviations: HelpA: help-seeking attitude; PersonS: personal stigma; SelfS: self-stigma; PublicS: perceived public stigma; GenS: general stigma. $OR < 1$ indicates negative associations between stigma or attitudes and help-seeking, i.e. higher levels of stigma are associated with less help-seeking.

Table DS1 Study characteristics

Source	time period	country	participants (total N study/n analyzed)	study design	method of data collection	stigma type	Cronbach's α stigma measure ^b	help-seeking	regression adjusted for
Jorm <i>et al</i> (2000) ⁶⁷	1996	Australia	randomly selected general population sample (3109/422)	prospective (6 month)	questionnaire	PersonS	0.84	recent ^a	
Mojtabai <i>et al</i> (2002) ⁷³	1990-1992	USA	randomly selected general population sample (1792/1792)	cross-sectional	interview	HelpA		recent ^a	psychopathology
Smith <i>et al</i> (2004) ⁷⁷		USA	rural adults selected from comprehensive white page listing (438/393)	cross-sectional	questionnaire	HelpA	0.88	lifetime	age, gender, education
Thoits (2005) ⁷⁹	1990-1992	USA	randomly selected general population sample (5877/1712)	cross-sectional	interview	(a) HelpA (b) SelfS		recent ^a	age, gender, education, income, relationship, ethnicity, urbanity, psychopathology, perceived need
Bambauer & Prigerson (2006) ⁵⁷	1999-2003	USA	unbiased and comprehensive sample of bereaved older adults (265/135)	cross-sectional	interview	(a) GenS (b) PublicS (c) SelfS	(a) 0.64 (b) 0.69 (c) 0.45	recent ^a	age, gender, education, psychopathology
Judd <i>et al</i> (2006) ⁶⁸		Australia	randomly selected general population sample (467/350)	cross-sectional	questionnaire	(a) PublicS (b) HelpA		lifetime	age, gender, education, relationship, physical health, psychopathology
Komiti <i>et al</i> (2006) ⁷⁰		Australia	randomly selected general population sample (300/267)	cross-sectional	questionnaire	(a) PublicS (b) HelpA	(a) 0.84 (b) 0.85	lifetime	age, gender, education, income, relationship, physical health, psychopathology, belief in helpfulness of treatment
Nadeem <i>et al</i> (2007) ⁷⁴	1997-2001	USA	low-income women from women entering care (15383/129)	cross-sectional	interview	GenS		recent ^a	age, education, relationship, ethnicity
Elhai <i>et al</i> (2008) ⁶⁰	2005	USA	representative student sample (297/296)	cross-sectional	questionnaire	HelpA	0.82	lifetime	age, gender, education, relationship, ethnicity
Golberstein <i>et al</i> (2008) ⁶²	2005	USA	randomly selected general population sample (2782/302)	cross-sectional	questionnaire	PublicS	0.74	recent ^a	age, gender, income, ethnicity, psychopathology
Golberstein <i>et al</i> (2009) ⁶³	2007	USA	randomly selected general population sample (732/726)	prospective (24 month)	questionnaire	PublicS	0.74	recent ^a	age, gender, income, ethnicity, psychopathology
Rusch <i>et al</i> (2008) ⁷⁶		USA	low income African American adults recruited from a large nonprofit organization (92/92)	cross-sectional	questionnaire	(a) PublicS (b) HelpA (c) SelfS	(a) 0.80 (b) 0.78 (c) 0.93	lifetime	psychopathology
Eisenberg <i>et al</i> (2009) ³³	2007	USA	randomly selected general population sample (5555/5555)	cross-sectional	questionnaire	(a) PublicS (b) PersonS	(a) 0.89 (b) 0.78	recent ^a	gender, ethnicity

Table DS1 Study characteristics (continued)

Menke <i>et al</i> (2009) ⁷¹		USA	primary care patients (1013/1013)	cross-sectional	questionnaire	GenS	0.84	recent ^a	gender, education, ethnicity, psychopathology
Nyunt <i>et al</i> (2009) ⁷⁵	2003	Singapore	randomly selected general population sample of older adults (1092/1092)	cross-sectional	interview	SelfS		recent ^a	age, gender, education, income, employment status, relationship, ethnicity, psychopathology, perceived need, self management, previous service use, belief in helpfulness of treatment
Interian <i>et al</i> (2010) ⁶⁵	2007-2008	USA	primary care patients from two large clinics for underserved population (200/200)	prospective (5 month)	interview	(a) PublicS (b) HelpA (c) PersonS	(a) 0.69 (b) 0.71 (c) 0.75	lifetime	age, gender, education, relationship, insurance, psychopathology
ten Have <i>et al</i> (2010) ⁷⁸	2001-2003	Europe	randomly selected general population sample (21425/8796)	cross-sectional	interview	SelfS		recent ^a	age, gender, education, income, employment status, relationship, urbanity, psychopathology, previous service use, familiarity with mental illness
Aromaa <i>et al</i> (2011) ⁵⁸		Finland	randomly selected general population sample (5160/507)	cross-sectional	questionnaire	(a) HelpA (b) PersonS	(a) 0.42 (b) 0.70	recent ^a	age, gender, psychopathology
Kim <i>et al</i> (2011) ⁶⁹	2008-2009	USA	military personnel (3380/3380)	cross-sectional	questionnaire	(a) GenS (b) HelpA	(a) 0.93 (b) 0.83	recent ^a	age, gender, education
Downs & Eisenberg (2012) ⁵⁹	2009	USA	randomly selected students sample (8487/519)	cross-sectional	questionnaire	(a) PublicS (b) PersonS	(a) 0.83 (b) 0.73	recent ^a	gender, ethnicity, social support, belief in helpfulness of treatment, familiarity with mental illness
Green <i>et al</i> (2012) ⁶⁴		Australia	randomly selected general population sample (2639/124)	cross-sectional	interview	PublicS	0.80	lifetime	age, urbanity, psychopathology
Elnitsky <i>et al</i> (2013) ⁶¹	2009-2010	USA	military personnel (799/799)	cross-sectional	interview	GenS	0.84	recent ^a	age, gender, employment status, relationship, ethnicity, psychopathology
Mojtabai & Crum (2013) ⁷²	2001-2002	USA	randomly selected general population sample (43093/195)	prospective (24-48 month)	interview	(a) GenS (b) HelpA		recent ^a	age, gender, ethnicity, insurance, psychopathology
Vogt <i>et al</i> (2014) ⁸⁰	2007-2009	USA	randomly selected military personnel (640/601)	cross-sectional	questionnaire	(a) PublicS (b) SelfS (c) PersonS (d) HelpA	0.84-0.93 ^c	recent ^a	age, gender, relationship, ethnicity, psychopathology, social desirability
Adler <i>et al</i> (2015) ¹⁶	2011-2012	UK	military personnel (529/160)	prospective (8 month)	questionnaire	(a) PublicS (b) HelpA	(a) 0.96 (b) 0.90	recent ^a	age, gender, self-management
Blais <i>et al</i> (2015) ⁵⁶	2011	USA	randomly selected military personnel (2025/2025)	cross-sectional	interview	(a) GenS (b) HelpA ^d		recent ^a	age, gender, relationship, ethnicity, physical health, psychopathology, belief in helpfulness of treatment
Jennings <i>et al</i> (2015) ⁶⁶		USA	students recruited from an online research participation pool (246/95)	cross-sectional	questionnaire	(a) SelfS (b) PublicS	(a) 0.89 (b) 0.83	recent ^a	age, gender, self-management

GenS, general stigma; HelpA, attitudes towards help-seeking; PersonS, personal stigma; PublicS, public stigma; SelfS, self-stigma.