

Supplementary Material to:

Functioning Mediates Help-Seeking for Mental Problems in the General Population

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eMaterial 1: Screening questions of the axis-I disorders explored using the Mini-International Neuropsychiatric Interview [1]*Depression*

- Have you been consistently depressed or down, most of the day, nearly every day, for the past 2 weeks?
- In the past 2 weeks, have you been much less interested in most things or much less able to enjoy the things you used to enjoy most of the time.

Dysthymia

- Have you felt sad, low or depressed most of the time for the last two years?

Mania

- Have you ever had a period of time when you were feeling 'up' or 'high' or 'hyper' or so full of energy or full of yourself that you got into trouble, or that other people thought you were not your usual self?
- Have you ever been persistently irritable, for several days, so that you had arguments or verbal or physical fights, or shouted at people outside your family? Have you or others noticed that you have been more irritable or over reacted, compared to other people, even in situations that you felt were justified?

Generalized anxiety disorder

- Have you worried excessively or been anxious about several things over the past 6 months?

Panic disorder

- Have you, on more than one occasion, had spells or attacks when you suddenly felt anxious, frightened, uncomfortable or uneasy, even in situations where most people would not feel that way?

Agoraphobia

- Have you ever felt anxious or uneasy in places or situations where you might have a panic attack or the panic-like symptoms we just spoke about, or where help might not be available or escape might be difficult: like being in a crowd, standing in a line (queue), when you are alone away from home or alone at home, or when crossing a bridge, traveling in a bus, train or car?

Social phobia

- In the past month, were you fearful or embarrassed being watched, being the focus of attention, or fearful of being humiliated? This includes situations like speaking in public, eating in public or with others, writing while someone watches, or being in social situations.

Specific phobia

- In the past month, have you been excessively afraid of things like: flying, driving, heights, storms, animals, insects, or seeing blood or needles?

Obsessive-compulsive disorder

- In the past month, have you been bothered by recurrent thoughts, impulses, or images that were unwanted, distasteful, inappropriate, intrusive, or distressing? (For example, the idea that you were dirty, contaminated or had germs, or fear of contaminating others, or fear of harming someone even though you didn't want to, or fearing you would act on some impulse, or fear or superstitions that you would be responsible for things going wrong, or obsessions with sexual thoughts, images or impulses, or hoarding, collecting, or religious obsessions.)
- In the past month, did you do something repeatedly without being able to resist doing it, like washing or cleaning excessively, counting or checking things over and over, or repeating, compulsions collecting, arranging things, or other superstitious rituals?

Posttraumatic stress disorder

- Have you ever experienced or witnessed or had to deal with an extremely traumatic event that included actual or threatened death or serious injury to you or someone else? Did you respond with intense fear, helplessness or horror?
- During the past month, have you re-experienced the event in a distressing way (such as, dreams, intense recollections, flashbacks or physical reactions)?

Anorexia nervosa

- How tall are you?
- What was your lowest weight in the past 3 months?
- Is patient's weight equal to or below threshold corresponding to his/her height?

Bulimia nervosa

- In the past three months, did you have eating binges or times when you ate a very large amount of food within a 2-hour period?
- In the last 3 months, did you have eating binges as often as twice a week?

Somatization disorder

- Have you had many physical complaints not clearly related to a specific disease beginning before age 30?

Hypochondriasis

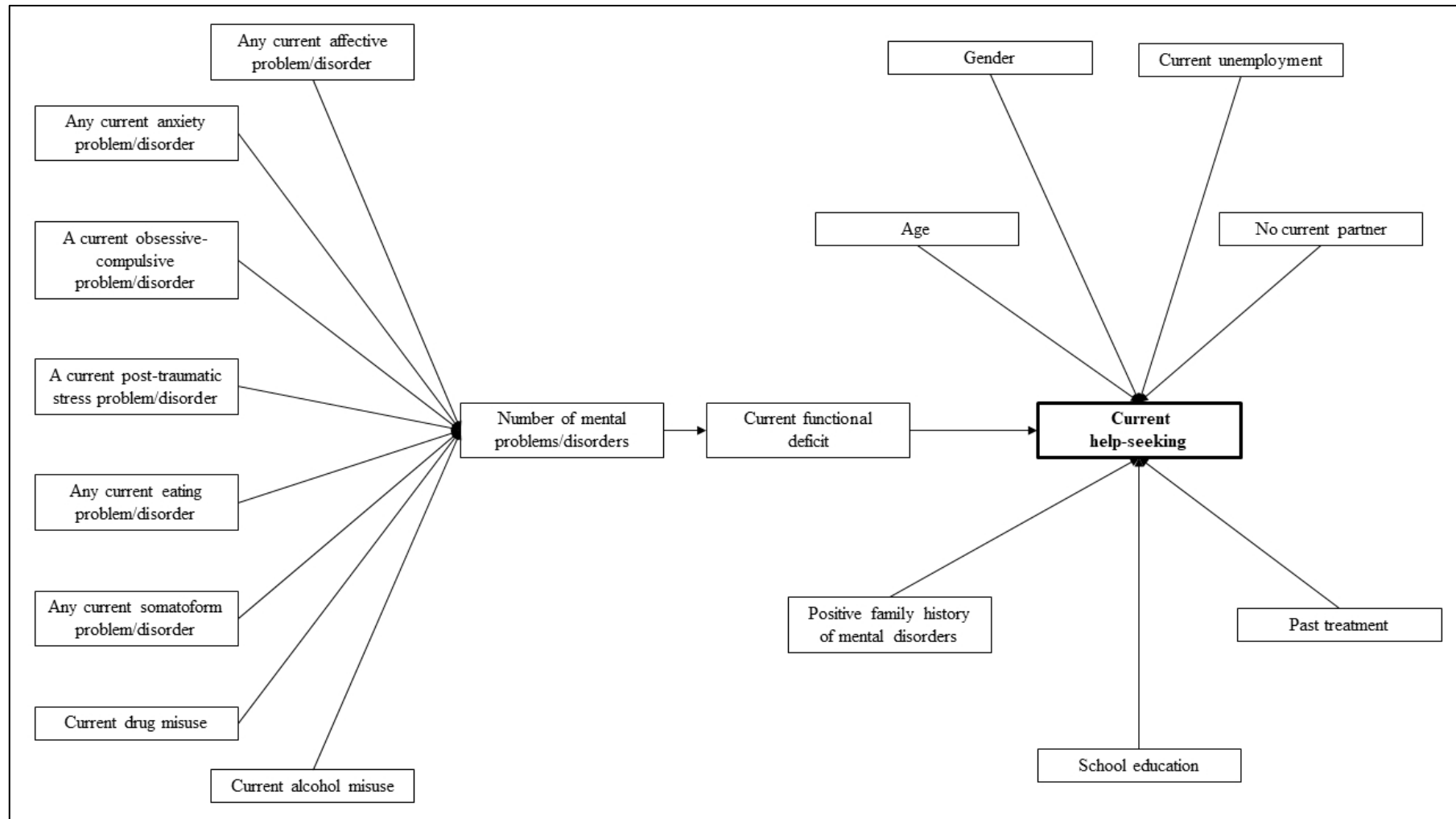
- In the past six months, have you worried a lot about having a serious physical illness?

Body dysmorphic disorder

- Are you preoccupied with a defect in your appearance?

Pain disorder

- Currently, is pain your main problem?



eFigure 1: Proposed path model with all hypothesized predictors based on the findings in the literature and the results of the univariate regression analyses.

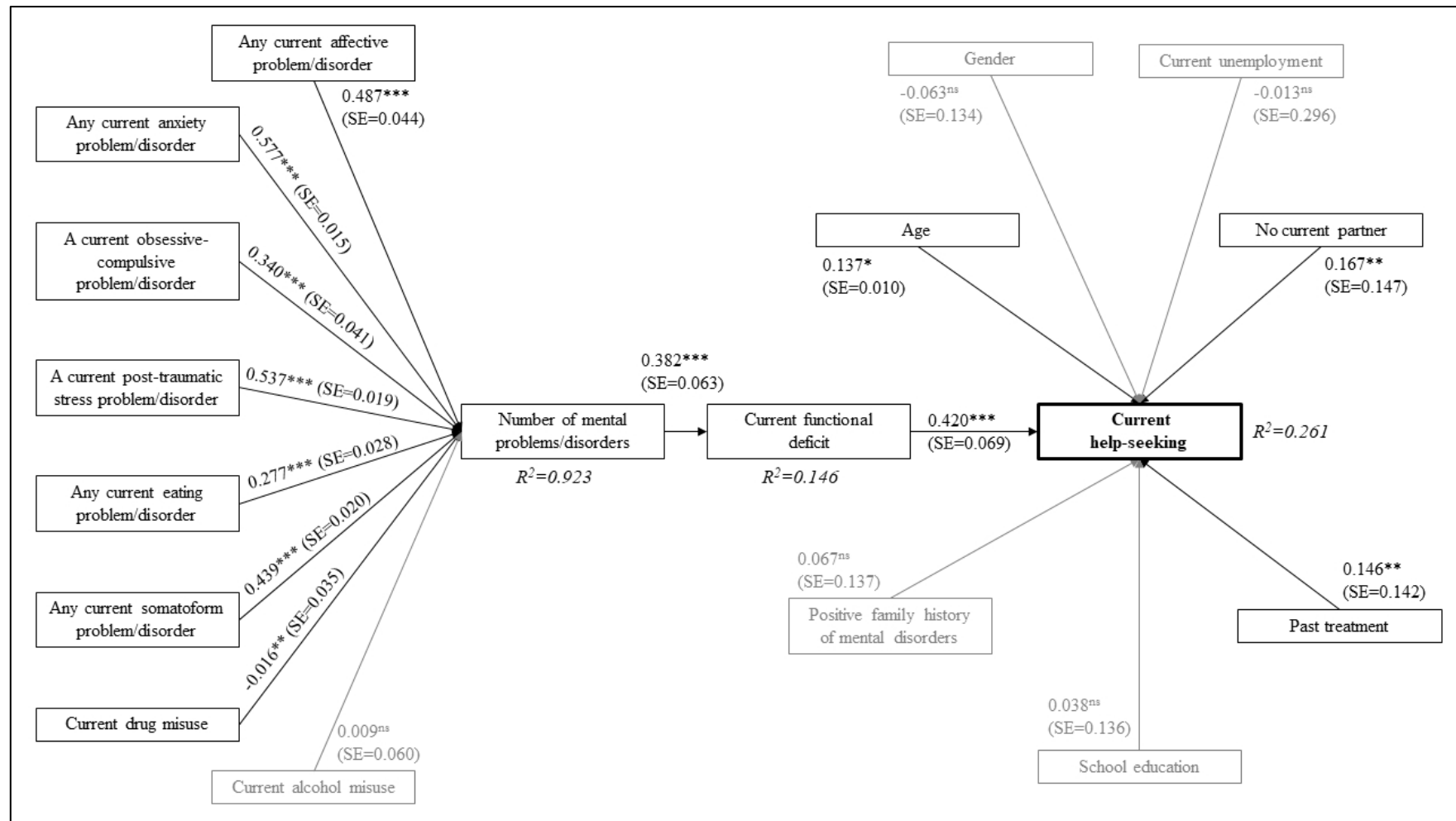


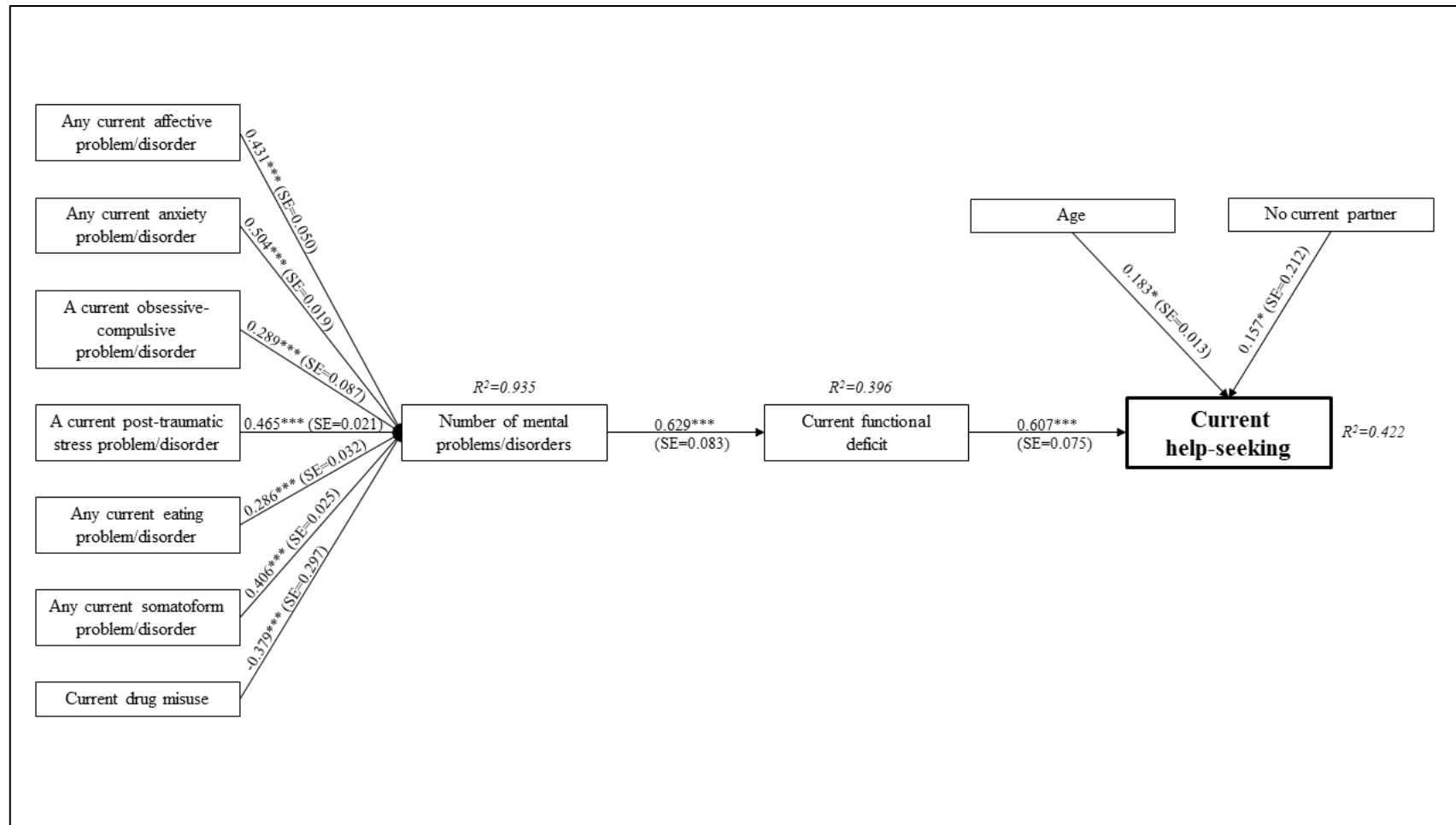
Figure 2: Results of the initial proposed model derived from theory and according to explorative regression analyses (n=1,122).

Model fit indices: $\chi^2_{(31)}=123.635$, $p<0.001$; CFI=0.993; TLI=0.988; SRMR=0.098; RMSEA=0.052 (90%CI=0.042-0.062)

* $p\leq 0.05$, ** $p\leq 0.01$, *** $p\leq 0.001$; standard error (SE) in parentheses; explained variance (R^2) for each endogenous variable in italics

Note: rectangles represent observed variables; black arrows represent significant, grey arrows represent non-significant regressions.

Source: Bern Epidemiological At Risk (BEAR) Study (SNF project number: 135381)



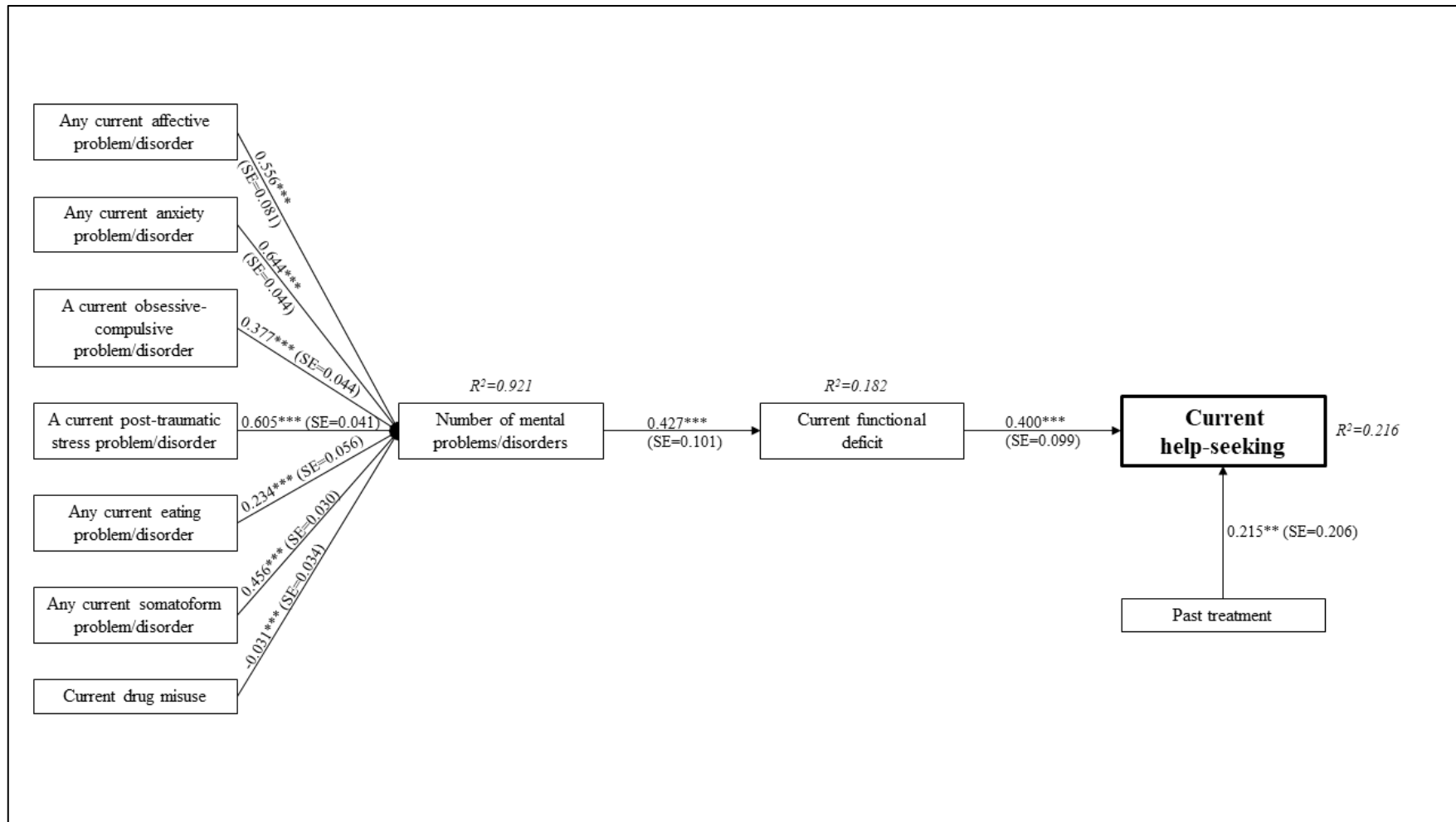
eFigure 3: Final model of associations, only females (n=627).

Model fit indices (MFI): $\chi^2_{(19)}=84.691$, $p<0.001$; CFI=0.975; TLI=0.961; SRMR=0.198; RMSEA=0.128 (90% CI=0.113-0.144)

* $p \leq 0.05$ * $p \leq 0.01$, *** $p \leq 0.001$; standard error (SE) in parentheses; explained variance (R²) for each endogenous variable in *italics*

Note: rectangles represent observed manifest variables; black arrows represent significant regressions.

Source: Bern Epidemiological At Risk (BEAR) Study (SNF project number: 135381)



eFigure 4: Final model of associations, only **males** (n=495).

Model fit indices (MFI): $\chi^2_{(21)}=52.320$, $p<0.001$; CFI=0.993; TLI=0.988; SRMR=0.079; RMSEA=0.065 (90% CI=0.045-0.085)

* $p \leq 0.05$ ** $p \leq 0.01$, *** $p \leq 0.001$; standard error in parentheses; explained variance (R^2) for each endogenous variable in *italics*

Note: rectangles represent observed manifest variables; black arrows represent significant regressions.

Source: Bern Epidemiological At Risk (BEAR) Study (SNF project number: 135381)

References Supplementary Material

1. Sheehan DV, Lecrubier Y, Sheehan KH, Amorim P, Janavs J, Weiller E, et al. The Mini-International Neuropsychiatric Interview (M.I.N.I.): the development and validation of a structured diagnostic psychiatric interview for DSM-IV and ICD-10. *J Clin Psychiatry* 1998;59(Suppl 20):22-33.