**Mental Help Seeking Attitudes Scale (MHSAS) – "Original 2018 Format"**

Note: For more help-seeking resources, including theory, constructs, and measures, please visit HelpSeekingResearch.com

Note: Please visit http://drjosephhammer.com/research/mental-help-seeking-attitudes-scale-mhsas/ for information on how to administer, score, interpret, discuss the reliability and validity of, consider the limitations of, and obtain permission to use the MHSAS and its various formats, versions, and translations.

Note: this document was downloaded from https://drjosephhammer.com/research/mental-help-seeking-attitudes-scale-mhsas/ and contains the original 2018 format of the MHSAS that was psychometrically evaluated by Hammer and colleagues (2018). However, please see http://drjosephhammer.com/research/mental-help-seeking-attitudes-scale-mhsas/ for the latest recommended version of the MHSAS.

Here below is the original 2018 format of the MHSAS, with the original 2018 scoring key provided at the end of this document.

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INSTRUCTIONS: For the purposes of this survey, "mental health professionals" include psychologists, psychiatrists, clinical social workers, and counselors. Likewise, "mental health concerns" include issues ranging from personal difficulties (e.g., loss of a loved one) to mental illness (e.g., anxiety, depression).

Please mark the circle that best represents your opinion. For example, if you feel that your seeking help would be extremely useless, you would mark the circle closest to "useless." If you are undecided, you would mark the "0" circle. If you feel that your seeking help would be slightly useful, you would mark the "1" circle that is closer to "useful."

**If I had a mental health concern, seeking help from a mental health professional would be...**

| | 3 | 2 | 1 | 0 | 1 | 2 | 3 | |
|---|---|---|---|---|---|---|---|---|
| Useless | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Useful |
| Important | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Unimportant |
| Unhealthy | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Healthy |
| Ineffective | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Effective |
| Good | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Bad |
| Healing | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Hurting |
| Disempowering | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Empowering |
| Satisfying | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Unsatisfying |
| Desirable | ○ | ○ | ○ | ○ | ○ | ○ | ○ | Undesirable |

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**Scoring Key (for the original 2018 format)**

The MHSAS contains nine items which produce a single mean score.  The MHSAS uses a seven-point semantic differential scale.  Please note that the scale labels (3, 2, 1, 0, 1, 2, 3) are only provided to assist participants, and are not to be used in scoring the MHSAS. To counteract possible response sets, the valence of the item anchors was counterbalanced across the nine items.  For example, the "useless – useful" item had the positively-valenced term (i.e., useful) on the right side of the scale, whereas the "important – unimportant" item had the positively-valenced term (i.e., important) on the left side of the scale.  In order to properly calculate the MHSAS mean score, where a higher mean score indicates more favorable attitudes, it is necessary to reverse-code items 2, 5, 6, 8, and 9.  After reverse coding, a score of "1" (the circle to the farthest left of the seven-point scale) on a given item should indicate an unfavorable attitude, a score of "4" (the middle circle of the seven-point scale) on a given item should indicate a neutral attitude, and a score of "7" (the circle to the farthest right side of the seven-point scale) on a given item should indicate a favorable attitude.  Once reverse-coding is complete, calculate the MHSAS mean score by adding the item scores together and dividing by the total number of answered items. The resulting mean score should range from a low of 1 to a high of 7.  For example, if someone answers 9 of the 9 items, the mean score is produced by adding together the 9 answered items and dividing by 9.  Likewise, if someone answers 8 of the 9 items, the total score is produced by adding together the 8 answered items and dividing by 8. Parent (2012) originally recommended a 20% cutoff such that a mean score should only be calculated for those respondents who answered at least 80% (i.e., 8) of the MHSAS items. However, modern missing data best practices provide a more complicated set of recommendations for handling missing data, so researchers are encouraged to read about modern missing data management best practices before deciding how to handle missing data on the MHSAS. The more MHSAS items are missing data for a given respondent, the less confident we are that calculating the MHSAS score as an average of the remaining completed items is going to provide an accurate picture of the true level of attitude for that respondent.