

## Appendix I

### Nine Items Assessing Mental Health Literacy on Mental Health First Aid Post-Test Feedback Form

Participants are asked to indicate, as a result of the mental health first aid training, the extent to which they feel more confident that they can:

1. Recognize the signs that someone may be dealing with a mental health (MH) problem or crisis
2. Reach out to someone who may be dealing with a MH problem or crisis.
3. Ask a person whether s/he is considering killing her/himself.
4. Actively and compassionately listen to someone in distress.
5. Offer a distressed person basic “first aid” level information and reassurance about MH problems.
6. Assist a person who may be dealing with a MH problem or crisis to seek professional help.
7. Assist a person who may be dealing with a MH problem/crisis to connect with community, peer, and personal supports
8. Be aware of my own views and feelings about MH problems and disorders
9. Recognize and correct misconceptions about MH and mental illness as I encounter them.

## Appendix II

### Demographics for MHFA Participants N = 46,289

Variable	N	Percent
Gender		
Male	9,997	21.6
Female	33,740	72.9
Missing	2,552	5.5
Age		
16-24	4,248	9.2
25-44	19,771	42.7
45-60	15,824	34.2
61-80	4,125	8.9
81+	82	0.2
Missing	2,239	4.8
Race/Ethnicity		
White	25,050	54.1
Hispanic or Latino	5,117	11.0
Asian	1,233	2.7
Black or African American	5,524	11.9
American Indian or Alaskan Native	1,097	2.4
Native Hawaiian or Other Pacific Islander	184	0.4
Missing	8,084	17.5

### Appendix III

#### Summary of Total MHL Scores by Gender, Age, and Ethnicity/Race N = 36,263

Variable	N	Mean±SD	P Value
Gender			<.001
Male	8,245	40.6±4.85	
Female	28,018	41.2±4.96	
Age			<.001
16-24	3,447	41.2±4.80	
25-44	16,176	41.0±5.06	
45-60	13,140	41.1±4.86	
61-80	3,436	40.8±4.75	
81+	64	39.6±5.0	
Race/Ethnicity			<.001
White	23,861	41.0±5.02	
Hispanic or Latino	4,872	41.4±4.65	
Asian	1,153	41.0±4.40	
Black or African American	5,175	41.3±4.93	
American Indian or Alaskan Native	1,030	40.4±4.87	
Native Hawaiian or Other Pacific Islander	172	41.0±5.23	