

Attitudes Toward Mental Illness

DBSA
Consumer
and Family
Survey
Center

DBSA Consumer and Family Survey Center
January 2010

Survey Demographics

Respondents = 587

Consumer = 90%

Family/Friend = 9%

Female = 79%

Male = 20%

Veterans = 6%

Age

<21 = 4%

22-29 = 10%

30-45 = 43%

46-65 = 41%

>65 = 1%

Diagnosis

Bipolar Disorder = 68%

Depression = 26%

Favorable Response = Strongly or Somewhat Agree

Note: Some questions were previously asked (1992, 2000) in DBSA Surveys, and these trends are noted.

Depression and Bipolar Support Alliance Consumer and Family Survey Center

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Background

The DBSA Consumer and Family Survey Center provides timely reviews of the attitudes and responses of constituents. This survey is conducted over the DBSA website and is time-limited. The respondents are self-selecting and generally representative of the population that utilizes DBSA's web resources. These surveys and the results are in the public domain and available for general use with citation and reference to the DBSA Consumer and Family Survey Center, www.DBSAAlliance.org/SurveyCenter.

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Personal Attitudes Towards Mental Illness

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I have come to terms with living with my mental illness.	67%
It is a struggle to manage my illness.	82%
I feel confident that I will manage my illness well throughout my life.	59%
I worry my medications will stop working.	71%
I am angry that I have a mental illness.	61%
I feel ashamed because of my mental illness.	66%
I believe that I will have a mental illness the rest of my life.	91%

Personal and Family Relationships

Trends in Attitudes from DBSA Surveys
in 1992, 2000, and 2010

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My relationship with my family is good.	68%
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Trend is significant decrease from '92 to '00 (10%) and stays steady in the past decade.

Most of my family members do not believe that my mental illness has had permanent damaging effects on our relationship.	58%
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Trend is same as it was in '92, but a 5% spike in '00.

I have difficulty maintaining long-term intimate relationships (including marriage) due to my illness.	65%
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*Slightly increasing trend since '92 (62%) to 65% in '00.
Currently 65%*

Most of my family knows about my illness.	71%
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Personal and Family Relationships, continued

Trends in Attitudes from DBSA Surveys in 1992, 2000, and 2010

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Most of my friends/family have a good understanding of what it means to have a mental illness.	29%
<i>Steadily decreasing trend since '92 (51%) to 41% in '00 Currently 29%</i>	
I have difficulty maintaining long-term friendships due to my illness.	66%
<i>Increasing trend from 51% in '92 to 60% in '00 Currently 66%</i>	
My illness has had a negative effect on my relationship with my children. (20% N/A)	38%
<i>Improving trend since '00 at 62% (no '92 data available) Currently 38%</i>	
In general, my illness has decreased my family's expectations for my success.	58%
<i>Variable trend from 65% '92 to 73% in '00 Currently 58%</i>	

Employment and Productivity

I am able to work or go to school on a regular basis.	52%
I am able to talk to my employer about my mental illness. (12% N/A or likely unemployed)	17%

Treatment Planning and Outcomes

I have worked closely with my provider to develop the goals for my treatment.	75%
My treatment plan includes goals for both mental and physical health.	68%
I am confident my clinician is knowledgeable about my illness.	80%
I am confident that my clinician can help me with my problems.	74%
My family has always been involved in my treatment.	37%
<i>Decreasing trend from 53% in '92 to 48% in '00 Currently 37%</i>	
I am able to get as much treatment as I need.	60%