

# ATTITUDES TOWARDS PERSONS WITH MENTAL HEALTH CONDITIONS

In 2021, the National Council of Social Service (NCSS) surveyed 2,000 Singapore Residents about their perceptions in relation to mental health matters and persons with mental health conditions. Findings were compared with those from a 2017 study, and here's what we observed:

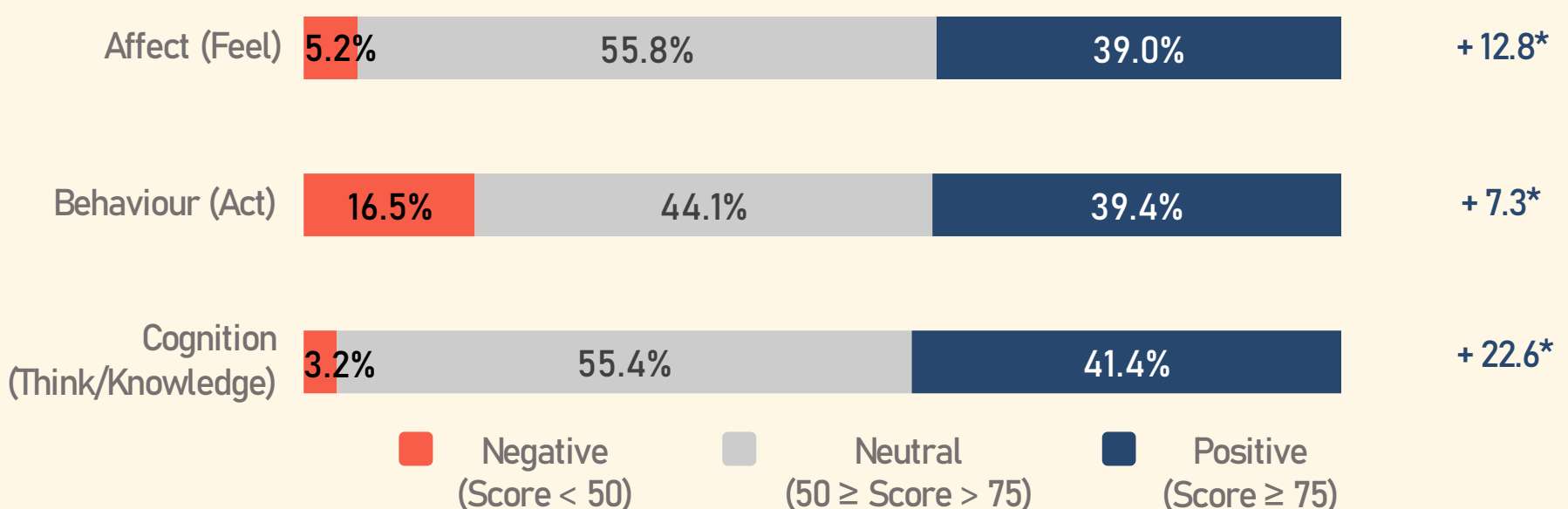


**Finding #1: The public's attitudes towards persons with mental health condition have improved since 2017.**

NCSS measures public attitudes in three domains – Affect, Behaviour and Cognition.<sup>^</sup> Compared to 2017, a higher proportion of the public had positive domain scores i.e.  $\geq 75$ . Cognition domain had 22.6% more respondents with positive domain scores than in 2017.

Overall Attitudes (% Respondents by Domain Score Bandings)

Compared to 2017  
(% with Domain Score  $\geq 75$ )



<sup>^</sup> Respondents' ratings to individual items based on a Likert Scale were converted to 100-point scale. A domain score was generated based on the mean of all item ratings in the respective scale. The chart above shows the breakdown of respondents banded by their domain score.

\* Denotes statistically significant finding at  $p < 0.05$

## Finding #2: More are knowledgeable about mental health matters and are willing to form personal relationships with persons with mental health conditions.



**7 in 10**

agreed with the statement  
“people with mental  
health conditions can fully  
recover”.

Up from about 6 in 10\* in 2017



**4 in 10**

would be willing to live  
with a person with mental  
health condition.

Up from 3 in 10\* in 2017



**6 in 10**

would be willing to work  
with a person with mental  
health condition.

Up from about 5 in 10\* in 2017

## Finding #3: Most recognised the need for more tolerance and support towards persons with mental health conditions...

**8 in 10**

think that people with mental health  
conditions experience stigma and  
discrimination nowadays, because  
of their mental health conditions.

...but misconceptions on the causes of mental health  
conditions remain prevalent...

**1 in 4**

agreed with the statement  
“one of the main causes of mental  
health conditions is a lack of self-  
discipline and will-power”.

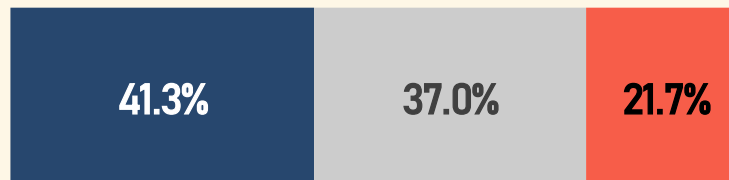
Down from 1 in 3\* in 2017

# ...and distrust towards those with conditions persists.

Respondents rated their agreement with the following statements...

Compared to 2017  
(% Agree/Strongly Agree)

I would not want to live next door to someone who has a mental health condition.

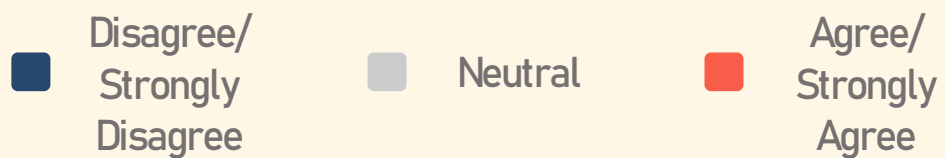


+ 6.2\*

It is frightening to think of people with mental health conditions living in residential neighbourhoods.



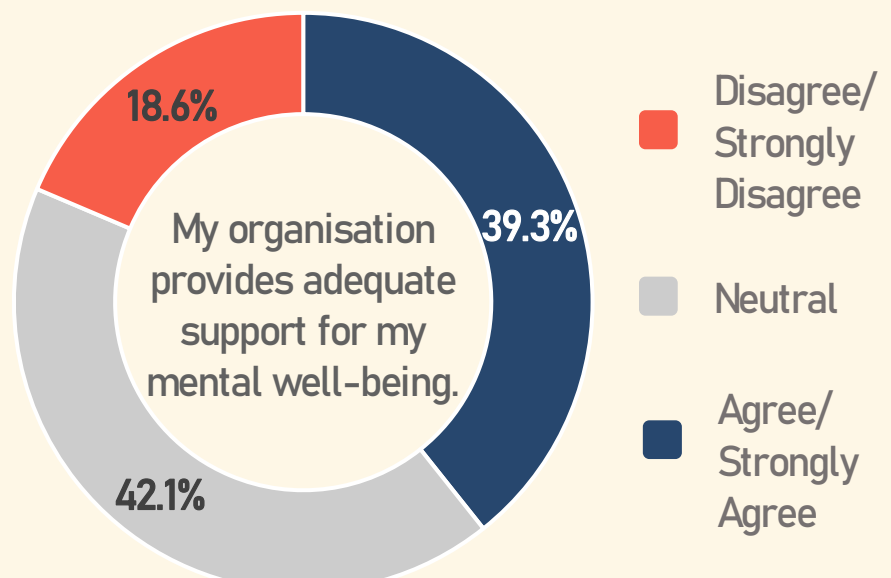
+ 4.1\*



## Finding #4: Attitudes at workplaces have improved but organisations can do more to support employees.

1 in 4

agreed with the statement "I find it stressful to be co-workers with a person with mental health condition".



\* Denotes statistically significant finding at p<0.05



## SUPPORTING PERSONS WITH MENTAL HEALTH CONDITIONS AS A COMMUNITY

NCSS launched the “Beyond the Label” (BTL) movement in 2018 to:

- Encourage reflection of existing attitudes the public has towards persons living with mental health conditions,
- Educate and equip the public with tips on how to interact and support those living with mental health conditions, and
- Facilitate more conversations about mental health and address prevailing stigma associated with it.

In line with the above findings, BTL will pivot in October 2022 from raising awareness to shifting behaviours in different target groups such as youths, caregivers, and employers. NCSS will drive the BTL movement with a group of partners called the ‘BTL Collective’, led by TOUCH Community Services.

To find out how you can contribute to this movement, visit [go.gov.sg/ncssbtl](https://go.gov.sg/ncssbtl).

## METHODOLOGY

This survey was conducted with 2,000 Singapore Residents aged 18-69 from 3 July to 8 September 2021. Data was weighted to be representative of the Resident population.

NCSS measures public attitudes in three domains – Affect, Behaviour and Cognition:

- Affect is measured with the Community Attitudes toward the Mentally Ill (CAMI-12) Scale.
- Behaviour is measured with the Reported and Intended Behaviour Scale (RIBS).
- Cognition is measured with the Mental Health Knowledge Schedule (MAKS).

Respondents’ ratings to individual items based on a Likert Scale were converted to 100-point scale. A domain score was generated based on the mean of all item ratings in the respective scale.

In collaboration with:

