

**Supplemental Data:
Table 1: SSRMI scale**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I would feel comfortable telling an employer that my family member has a mental illness.					
2. I need to hide my family member's mental illness.					
3. My family member's mental illness reflects negatively on me.					
4. I feel guilty because my family member has a mental illness.					
5. My family member's mental illness makes me uncomfortable when we are in social situations.					
6. I feel embarrassed that I have a family member with a mental illness.					
7. I can't live my life the way that I want because I have a family member with a mental illness.					
8. I have to be selective with whom I tell about my family member's mental illness.					
9. People with mental illness in their families should not have children.					
10. I feel responsible for causing my family member's mental illness.					
11. I have more meaning in my life because I have a family member with a mental illness.					
12. I feel ashamed that I have a family member with a mental illness.					
13. Having a family member with a mental illness has made me more concerned about my own mental health.					
14. People don't want to talk to me about my family member's mental illness.					
15. I am concerned about being labeled as someone who has a family member with a mental illness.					
16. People blame me for my family member's mental illness.					
17. My identity has been negatively impacted by my family member's mental illness.					
18. I feel hopeful that someday mental illnesses will be treated just like other illnesses.					
19. I feel out of place in the world because I have a family member with a mental illness.					
20. I keep looking for signs that my family member does not actually have a mental illness.					
21. I blame myself for my family member's mental illness.					
22. When my family member with a mental illness is judged, I feel judged too.					
23. I feel discriminated against because I have a family member with a mental illness.					
24. I feel isolated because I have a family member with a mental illness.					
25. I minimize the severity of my family member's mental illness when describing it to people.					

26. I am a stronger person because I have a family member with a mental illness.					
27. Health care professionals value my knowledge about my family member's metal illness.					
28. I can openly discuss mental illness with other members of my family.					
29. I feel devastated that my family member has a mental illness.					
30. My self-esteem has been damaged because of my family member's mental illness.					

Legend:

Participants were provided with the scale as shown, preceded by the following introduction: "The following questions ask how you currently feel about your family member's mental illness. Although we use the term 'mental illness' please think of this in whichever way you feel most comfortable. **If you have had a diagnosis of mental illness yourself, as you answer the questions, please focus on how you feel related to your family member with a mental illness, rather than your own diagnosis.** Please mark whether you strongly disagree, disagree, feel neutral, agree, or strongly agree."

Scoring: 1=strongly disagree, 2=disagree, 3=neither agree nor disagree, 4=agree, 5=strongly agree, with items: 1, 11, 18, 26, 27, 28 being reverse coded. Scale scores are the mean of all answered items (range: 1-5) with higher scores representing greater levels of self-stigma.

Bolded items (6, 13, 14, 15, 16, 21, 23, 24, 25, 30) comprise the 10-item version of the SSRMI

Items: 1, 7, 13, 18, 23, and 27 comprise the "Status loss and discrimination" core content area.

Items: 2, 8, 14, 19, 24, and 28 comprise the "Separation" core content area.

Items: 3, 9, 15, 20, and 25 comprise the "Stereotyping" core content area.

Items: 4, 10, 16, and 21 comprise the "Culpability" core content area.

Items: 5, 6, 11, 12, 17, 22, 26, 29, and 30 comprise the "Devaluation" core content area.