Survey Questions

1. Demographic Information:
    - a. What is your age?
        - Options: [Under 18, 18-24, 25-34, 35-44, 45-54, 55-64, 65+]
    - b. What is your gender?
        - Options: [Male, Female, Non-binary, Prefer not to say]
    - c. What is your educational level?
        - Options: [Secondary school or lower, Diploma, Bachelor's degree, Master's degree or higher]

2. How often have you experienced stress in the past year?
    - a. Rarely
    - b. Occasionally
    - c. Frequently
    - d. Almost always

3. What factors contribute to your feelings of stress? (Multi-select)
    - a. Work-related stress
    - b. Lack of social support
    - c. Family issues
    - d. Relationship problems
    - e. Others (please specify)

4. How often do you feel lonely or socially isolated?
    - a. Rarely
    - b. Occasionally
    - c. Frequently
    - d. Almost always

5. What factors contribute to your feelings of loneliness or isolation? (Multi-select)

- a. Work-related stress
- b. Lack of social support
- c. Family issues
- d. Relationship problems
- e. Others (please specify)

6. How often do you feel anxious?
    - a. Rarely
    - b. Occasionally
    - c. Frequently
    - d. Almost always

7. What factors contribute to your feelings of anxiety? (Multi-select)
    - a. Work-related stress
    - b. Lack of social support
    - c. Family issues
    - d. Relationship problems
    - e. Others (please specify)

8. How often do you feel depressed or sad?
    - a. Rarely
    - b. Occasionally
    - c. Frequently
    - d. Almost always

9. What factors contribute to your feelings of depression or sadness? (Multi-select)
    - a. Work-related stress
    - b. Lack of social support
    - c. Family issues
    - d. Relationship problems
    - e. Others (please specify)

10. How aware are you of the mental health resources and support services available in Singapore?
    - a. I am very familiar with these resources and have used them in the past.
    - I am somewhat familiar with these resources and have considered using them.
    - I have a general understanding of these resources but have not used them yet.
    - I am not very familiar with these resources and would like to learn more.
    - I am not familiar with these resources at all.

11. If you have used mental health resources in Singapore, how would you rate your experience with them?
    - a. Very satisfied
    - b. Satisfied
    - d. Dissatisfied
    - e. Very dissatisfied

12. Do you believe there is a stigma around mental health issues in Singapore?
    - a. Strongly agree
    - b. Agree
    - d. Disagree
    - e. Strongly disagree

13. Have you ever encountered stigma or discrimination related to your mental health?
    - a. Yes (please elaborate)
    - b. No

14. Do you engage in any self-care or stress-reduction activities? (Multi-select)
    - a. Exercise
    - b. Meditation or mindfulness
    - c. Reading or hobbies

- d. Socialising with friends and family
- e. Others (please specify)
- f. None of the above

15. Do you think the government in Singapore provides enough support for mental health awareness and services?
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - D. Strong Disagree

16. How do you feel about the accessibility of mental health services in Singapore?
    - a. Very accessible
    - b. Somewhat accessible
    - d. Somewhat inaccessible
    - e. Very inaccessible

17. Please elaborate on your answer provided in Question 16: