**Positive Mental Health Literacy Questionnaire**

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| **Items** |
| 1. Handing stressful situations in a good manner |
| 2. Believing in yourself |
| 3. Having good sleep routines |
| 4. Making decisions based on your own will |
| 5. Setting limits for your own actions |
| 6. Feeling that you belong in a community |
| 7. Mastering your own negative thoughts |
| 8. Setting limits for what is OK for you |
| 9. Feeling valuable regardless of your own accomplishments |
| 10. Experiencing teaching mastery \* |
| **Autonomy:** Item 4, 5, and 8;  **Competence:** Item 1, 2, 3, 6, and 10;  **Relatedness:** Item 6, and 9. Items were rated from 1 (*completely wrong*) to 5 (*completely correct*). |

Reference:

Ahmadi, A., Noetel, M., Parker, P. D., Ryan, R. M., Ntoumanis, N., Reeve, J., Beauchamp, M., Dicke, T., Yeung, A., Ahmadi, M., Bartholomew, K., Chiu, T. K. F., Curran, T., Erturan, G., Flunger, B., Frederick, C., Froiland, J. M., Gonzales-Cutre, D., & Haerens, L.… Lonsdale, C. (2022). A classification system for teachers’ motivational behaviours recommended in self-determination theory interventions. *PsyArXiv*. <https://doi.org/10.1037/edu0000783>

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