

SUPPLEMENTARY MATERIAL

Table S1. List of acronyms inspired by the original MHLS according to the classification of O'Connor and Casey (2015)

| | Acronym | Meaning | Dimension |
|----|----------------|---|--|
| 1 | PHO_SOC | Definition of social phobia | Ability to recognise specific disorders or different types of psychological distress |
| 2 | ANX_GEN | Definition of general anxiety | |
| 3 | DEPRESS | Definition of severe Depression | |
| 4 | TROU_PERSO | Definition of personality troubles | |
| 5 | DYS | Definition of dysthymia | |
| 6 | AGORA | Definition of agoraphobia | |
| 7 | BIPOL | Definition of bipolar disorder | |
| 8 | DRUG | Definition of drug addiction | |
| 9 | FEM_RIS_MAL | Females are more at risk | Knowledge and beliefs about risk factors and causes |
| 10 | HOM_RIS_MAL | Males are more at risk | |
| 11 | TCC | Cognitive-behavioural therapy | Knowledge and beliefs about self-help interventions |
| 12 | CONFI_DANG_IMM | Confidentiality about immediate danger | |
| 13 | CONFI_PROB_ENT | Confidentiality about no danger | |
| 14 | SOMM | Sleep quality | |
| 15 | DIF_ANX | Avoid anxiety | |
| 16 | INFO_MAL | Access to health information | Knowledge of where to seek information |
| 17 | ORDI_INFO | Digital access to health information | |
| 18 | QUES_MAL | Easiness to ask information | |
| 19 | RESS_INFO | Confidence in information sources | |
| 20 | VOUL_SORT | Mental health can be self-cured | Wrong beliefs about mental health |
| 21 | FRAG_PERS | Mental health is fragility | |
| 22 | MAL_MED | Mental health is an illness | |
| 23 | DANGER | Impaired mental health is dangerous | |
| 24 | FREQ_DEV | Avoid contacting people with mental health | |
| 25 | DIR_PERS | Not disclosing a mental illness | |
| 26 | PAS_FORT | Not being strong with a mental illness | |
| 27 | NO_AID | Not asking for help with a mental illness | |
| 28 | TRAIT_PAS_EFF | Treatment is useless | Attitudes towards people with a mental health problem |
| 29 | HAB_MAL | Living with someone with a mental illness | |
| 30 | DISC_MAL | Discussing with someone with a mental illness | |
| 31 | AMI_MAL | Friendship with someone with a mental illness | |
| 32 | TRAV_MAL | Working with someone with a mental illness | |
| 33 | MARIA_MAL | Marrying someone with a mental illness | |
| 34 | POLI_MAL | Voting for someone with a mental illness | |
| 35 | EMB_MAL | Employing someone with a mental illness | |

Table S2. Distribution (%) of the answers of the items of the proposed scale (with no inversed items) and test-retest reliability

| Original MHLS (n=482) | | | | | Test-retest reliability CI (CI95%) |
|--|-------------------|-----------|---------------------------|--------------|---------------------------------------|
| | Very unlikely | Unlikely | Likely | Very Likely | |
| Ability to recognise specific disorders or different types of psychological distress * | | | | | |
| PHO_SOC | 6.0 | 24.1 | 61.8 | 8.1 | 0.511 CI95%= (0.276; 0.688) |
| ANX_GEN | 1.9 | 12.9 | 67.0 | 18.3 | 0.404 CI95%= (0.147; 0.610) |
| DEPRESS | 3.7 | 25.5 | 54.6 | 16.2 | 0.251 CI95%= (-0.02; 0.490) |
| TROU_PERSO | 4.4 | 7.1 | 43.8 | 44.8 | -0.105 CI95%= (-0.36; 0.173) |
| DYS | 3.3 | 13.3 | 70.1 | 13.3 | 0.414 CI95%= (0.158; 0.617) |
| AGORA | 2.7 | 7.9 | 42.9 | 46.5 | 0.504 CI95%= (0.268; 0.683) |
| BIPOL | 3.9 | 10.8 | 49.0 | 36.3 | 0.270 CI95%= (-0.00; 0.505) |
| DRUG | 2.3 | 3.3 | 25.7 | 68.7 | 0.240 CI95%= (-0.03; 0.481) |
| Knowledge and beliefs about self-help interventions * | | | | | |
| FEM_RIS_MAL | 16.6 | 32.8 | 37.8 | 12.9 | 0.626 CI95%= (0.426; 0.768) |
| HOM_RIS_MAL | 20.1 | 53.3 | 24.3 | 2.3 | 0.555 CI95%= (0.332; 0.719) |
| Knowledge and beliefs about self-help interventions* | | | | | |
| | Very unhelpful | Unhelpful | Helpful | Very helpful | |
| TCC | 2.1 | 12.7 | 71.0 | 14.3 | 0.179 CI95%= (-0.09; 0.430) |
| CONFI_DANG_IMM | 5.0 | 5.4 | 36.5 | 53.1 | 0.296 CI95%= (0.025; 0.526) |
| CONFI_PROB_ENT | 49.4 | 27.8 | 15.6 | 7.3 | 0.238 CI95%= (-0.03; 0.479) |
| Knowledge of self-treatment* | | | | | |
| SOMM | 1.0 | 2.3 | 39.6 | 57.1 | 0.281 CI95%= (0.008; 0.514) |
| DIF_ANX | 9.5 | 36.3 | 40.0 | 14.1 | 0.172 CI95%= (-0.10; 0.424) |
| Knowledge of where to seek information ** | | | | | |
| | Strongly Disagree | Disagree | Neither agree or disagree | Agree | Strongly agree |
| INFO_MAL | 2.7 | 23.2 | 19.3 | 42.9 | 11.8 |
| ORDI_INFO | 2.1 | 10.6 | 6.8 | 52.1 | 28.4 |
| QUES_MAL | 3.9 | 20.3 | 10.6 | 38.6 | 26.6 |
| RESS_INFO | 1.5 | 5.2 | 6.4 | 56.4 | 30.5 |
| Attitudes towards people with a mental health problem ** | | | | | |
| VOUL_SORT | 22.4 | 42.7 | 18.3 | 12.7 | 3.9 |
| FRAG_PERS | 29.0 | 31.1 | 12.0 | 25.1 | 2.7 |
| MAL_MED (n=141) | 67.4 | 27.0 | 2.1 | 2.1 | 1.4 |
| DANGER | 2.9 | 6.6 | 10.6 | 55.4 | 24.5 |

| | | | | | | |
|----------------------|------|------|------|------|-----|--------------------------------|
| FREQ_DEV | 69.3 | 24.5 | 4.1 | 1.9 | 0.2 | 0.646 CI95%= (0.452; 0.781) |
| DIR_PERS | 22.2 | 42.3 | 17.4 | 16.2 | 1.9 | 0.534 CI95%= (0.305; 0.704) |
| PAS_FORT | 62.2 | 25.3 | 3.3 | 8.3 | 0.8 | 0.530 CI95%= (0.299; 0.701) |
| NO_AID | 44.8 | 35.7 | 9.5 | 8.9 | 1.0 | 0.283 CI95%= (0.010; 0.516) |
| TRAIT_PAS_EFF | 30.7 | 45.0 | 16.4 | 6.8 | 1.0 | 0.590 CI95%= (0.376; 0.743) |

Stigmatisation**

| | Definitely unwilling | Probably unwilling | Neither unwilling or willing | Probably willing | Definitely willing | |
|------------------|---------------------------------|-------------------------------|---|-----------------------------|-------------------------------|--------------------------------|
| HAB_MAL | 9.1 | 20.1 | 22.2 | 32.0 | 16.6 | 0.489 CI95%= (0.249; 0.672) |
| DISC_MAL | 0.8 | 6.0 | 7.1 | 45.0 | 41.1 | 0.387 CI95%= (0.127; 0.597) |
| AMI_MAL | 1.5 | 7.9 | 14.1 | 47.3 | 29.3 | 0.615 CI95%= (0.410; 0.760) |
| TRAV_MAL | 1.5 | 12.9 | 18.7 | 45.6 | 21.4 | 0.544 CI95%= (0.317; 0.711) |
| MARIA_MAL | 5.6 | 12.2 | 19.5 | 34.9 | 27.8 | 0.584 CI95%= (0.369; 0.738) |
| POLI_MAL | 14.3 | 21.6 | 24.9 | 26.3 | 12.9 | 0.748 CI95%= (0.596; 0.847) |
| EMB_MAL | 2.5 | 15.1 | 23.4 | 44.4 | 14.5 | 0.664 CI95%= (0.477; 0.793) |

*Score from 1 to 4

**Score from 1 to 5

**Table S3. Distribution (%) of the answers of the items of the proposed scale
MHLS (with inversed items)**

| | Total | Male | Female | p value | Hum.SS | TecSc | HelathS | Law-E | p value |
|--|-------|-------|--------|--------------|--------|-------|---------|--------|--------------|
| Ability to recognize disorders: Likey or Very Likely (≥3) | | | | | | | | | |
| PHO_SOC | 69.9% | 63.8% | 72.7% | 0.047 | 82.5% | 60.0% | 63.3% | 75.9% | 0.002 |
| ANX_GEN | 85.3% | 81.6% | 87.0% | 0.121 | 91.2% | 85.3% | 78.4% | 88.5% | 0.039 |
| DEPRESS | 70.7% | 75.0% | 68.8% | 0.164 | 68.4% | 75.8% | 69.1% | 70.2% | 0.673 |
| TROU_PERS | 88.6% | 86.8% | 89.4% | 0.413 | 91.2% | 87.4% | 87.1% | 89.5% | 0.795 |
| DYS | 83.4% | 75.7% | 87.0% | 0.002 | 84.2% | 77.9% | 79.1% | 89.0% | 0.041 |
| AGORA | 89.4% | 87.5% | 90.3% | 0.353 | 91.2% | 88.4% | 87.8% | 90.6% | 0.809 |
| BIPOL | 85.3% | 80.3% | 87.6% | 0.035 | 87.7% | 81.1% | 82.0% | 89.0% | 0.178 |
| DRUG | 94.4% | 92.8% | 95.2% | 0.289 | 96.5% | 90.5% | 92.8% | 96.9% | 0.111 |
| Knowledge of risk factors and causes: Likey or Very Likely (≥3) | | | | | | | | | |
| FEM_RIS_MAL | 50.6% | 44.1% | 53.6% | 0.051 | 47.4% | 46.3% | 43.9% | 58.6% | 0.039 |
| HOM_RIS_MAL_R* | 73.4% | 69.7% | 75.2% | 0.211 | 68.4% | 76.8% | 70.5% | 75.4% | 0.515 |
| Knowledge of professional help available: Likey or Very Likely (≥3) | | | | | | | | | |
| TCC | 85.3% | 78.9% | 88.2% | 0.008 | 84.2% | 75.8% | 82.0% | 92.7% | 0.001 |
| CONFI_DANG_IMM | 89.6% | 88.8% | 90.0% | 0.692 | 93.0% | 90.5% | 86.3% | 90.6% | 0.461 |
| CONFI_PROB_ENT_R | 77.2% | 73.7% | 78.8% | 0.215 | 84.2% | 74.7% | 74.8% | 78.0% | 0.487 |
| Knowledge of self-treatment Agree or Strongly agree (≥3) | | | | | | | | | |
| SOMM | 96.7% | 96.1% | 97.0% | 0.602 | 96.5% | 96.8% | 94.2% | 98.4% | 0.221 |
| DIF_ANX_R* | 45.9% | 39.5% | 48.8% | 0.057 | 56.1% | 52.6% | 36.0% | 46.6% | 0.021 |
| Knowledge of where to seek information | | | | | | | | | |
| INFO_MAL | 54.8% | 59.2% | 52.7% | 0.184 | 59.6% | 60.0% | 46.0% | 57.1% | 0.099 |
| ORDI_INFO | 80.5% | 84.9% | 78.5% | 0.100 | 86.0% | 86.3% | 77.7% | 78.0% | 0.205 |
| QUES_MAL | 65.1% | 61.8% | 66.7% | 0.302 | 66.7% | 67.4% | 59.7% | 67.5% | 0.466 |
| RESS_INFO | 86.9% | 85.5% | 87.6% | 0.535 | 87.7% | 88.4% | 82.7% | 89.0% | 0.377 |
| Attitudes towards people with a mental health problem: Agree or Strongly agree (≥4) | | | | | | | | | |
| VOUL_SORT_R* | 65.1% | 65.8% | 64.8% | 0.840 | 63.2% | 62.1% | 60.4% | 70.7% | 0.219 |
| FRAG_PERS_R* | 60.2% | 55.9% | 62.1% | 0.196 | 54.4% | 62.1% | 58.3% | 62.3% | 0.679 |
| MAL_MED_R* (n=141) | 94.3% | 84.4% | 97.2% | 0.006 | 100.0% | 95.5% | 88.0% | 100.0% | 0.083 |
| DANGER_R* | 9.5% | 11.2% | 8.8% | 0.405 | 7.0% | 16.8% | 9.4% | 6.8% | 0.047 |
| FREQ_DEV_R* | 93.8% | 90.8% | 95.2% | 0.065 | 94.7% | 95.8% | 92.1% | 93.7% | 0.698 |
| DIR_PERS_R* | 64.5% | 60.5% | 66.4% | 0.213 | 50.9% | 68.4% | 64.0% | 67.0% | 0.122 |
| PAS_FORT_R* | 87.6% | 82.9% | 89.7% | 0.036 | 86.0% | 85.3% | 88.5% | 88.5% | 0.837 |
| NO_AID_R* | 80.5% | 76.3% | 82.4% | 0.116 | 82.5% | 82.1% | 77.0% | 81.7% | 0.668 |
| TRAIT_PAS EFF_R* | 75.7% | 73.7% | 76.7% | 0.478 | 71.9% | 68.4% | 69.8% | 84.8% | 0.002 |
| Stigmatisation: Probably willing or Definitely willing (≥4) | | | | | | | | | |
| HAB_MAL | 48.5% | 54.6% | 45.8% | 0.071 | 54.4% | 56.8% | 38.8% | 49.7% | 0.033 |
| DISC_MAL | 86.1% | 83.6% | 87.3% | 0.273 | 93.0% | 82.1% | 85.6% | 86.4% | 0.313 |
| AMI_MAL | 76.6% | 76.3% | 76.7% | 0.933 | 87.7% | 76.8% | 70.5% | 77.5% | 0.075 |
| TRAV_MAL | 67.0% | 65.1% | 67.9% | 0.551 | 71.9% | 68.4% | 63.3% | 67.5% | 0.661 |
| MARIA_MAL | 62.7% | 67.8% | 60.3% | 0.116 | 73.7% | 74.7% | 55.4% | 58.6% | 0.004 |
| POLI_MAL | 39.2% | 48.0% | 35.2% | 0.007 | 42.1% | 45.3% | 38.1% | 36.1% | 0.477 |
| EMB_MAL | 58.9% | 57.2% | 59.7% | 0.610 | 63.2% | 55.8% | 56.8% | 60.7% | 0.725 |

*R: reversed score

Table S4. Scores of the scale and the factors: description, reliability, internal consistency and test-retest reliability

| | Total Mean (SD) | Range | Cronbach's alpha | McDonald Omega | ICC: IC95% (n=51) |
|-------------|----------------------------|--------------|-------------------------|---------------------------|------------------------------|
| F1 | 22,08 (2,78) | 10-28 | 0,643 | 0,872 | 0,772 IC95%= (0,601; 0,870) |
| F2 | 4,56 (1,33) | 2-8 | 0,453 | 0,625 | 0,637 IC95%= (0,365; 0,793) |
| F3 | 6,35 (1,10) | 2-8 | 0,343 | 0,666 | 0,291 IC95%= (-0,242; 0,595) |
| F4 | 15,05 (2,77) | 5-20 | 0,608 | 0,797 | 0,908 IC95%= (0,838; 0,947) |
| F5 | 17,12 (2,40) | 8-20 | 0,595 | 0,796 | 0,793 IC95%= (0,637; 0,882) |
| F6 | 25,36 (5,15) | 11-35 | 0,815 | 0,873 | 0,867 IC95%= (0,7671; 0,924) |
| Total Scale | 90,52 (8,95) | 60-115 | 0,765 | 0,961 | 0,869 IC95%= (0,770; 0,925) |

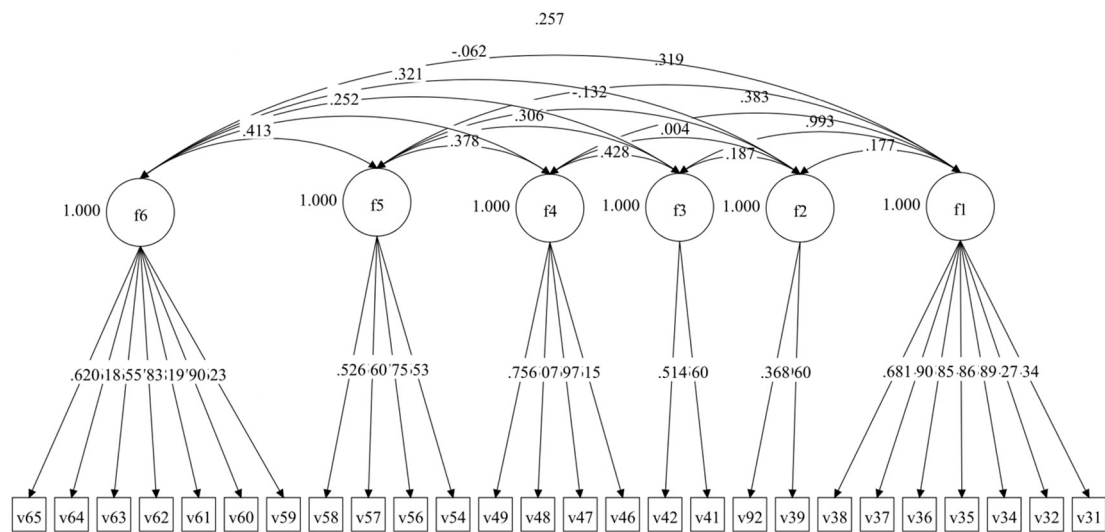


Figure S1. Representation of the confirmatory factor analyses