

A Mixed-Methods Investigation of Facilitators to Accessing and Utilising Mental Health Services amongst Sri Lankan Australians

Amanda Daluwatta, Kathryn Fletcher, Chris Ludlow, Ariane Virgona & Greg Murray

Supplementary material

Table S1. The proportion of the Sri Lankan Australian sample endorsing Facilitator Set items and the mean score for each item ($N = 262$)

Item number/ Facilitator	% (n)				Mean (Std. Deviation)
	Not at all	A Little	Quite a Lot	A Lot	
1 Having interpreters and translation services available	36.6 (96)	13.7 (36)	16.8 (44)	32.8 (86)	1.46 (1.28)
2 Having positive past experiences with help-seeking	3.8 (10)	9.2 (24)	26.3 (69)	60.7 (159)	2.44 (0.81)
3 Reading about positive results of help-seeking	3.8 (10)	10.3 (27)	31.3 (82)	54.6 (143)	2.37 (0.82)
4 Having social support or encouragement from family and friends	2.3 (6)	5.3 (14)	23.7 (62)	68.7 (180)	2.59 (0.70)
5 Having trust in the provider and their confidentiality processes	1.9 (5)	5.0 (13)	19.8 (52)	73.3 (192)	2.65 (0.67)
6 Having positive relationships with mental health professionals	0.8 (2)	6.9 (18)	21.0 (55)	71.4 (187)	2.63 (0.65)
7 Being provided with education about the available services	2.3 (6)	9.5 (25)	27.9 (73)	60.3 (158)	2.46 (0.76)
8 Perceiving the mental health problem as serious	3.1 (8)	8.0 (21)	23.3 (61)	65.6 (172)	2.52 (0.77)
9 The community having positive attitudes towards seeking help	2.7 (7)	8.0 (21)	15.6 (41)	73.7 (193)	2.60 (0.75)
10 Having a compatriot (i.e. someone with lived experience of the mental illness)	4.2 (11)	13.7 (36)	30.9 (81)	51.1 (134)	2.29 (0.86)
11 Being provided with more mental health literacy	5.0 (13)	13.4 (35)	24.8 (65)	56.9 (149)	2.34 (0.89)
12 Being provided with culturally appropriate mental health interventions that are sensitive to my culture	12.6 (33)	9.5 (25)	22.1 (58)	55.7 (146)	2.21 (1.06)
13 Having a dual-culture practitioner, that is a professional who has the same ethnicity as me	18.3 (48)	13.7 (36)	23.7 (62)	44.3 (116)	1.94 (1.15)
14 Being provided with online adjuncts to traditional approaches	20.6 (54)	26.0 (68)	26.7 (70)	26.7 (70)	1.60 (1.09)
15 Being provided with mental health information in Sinhalese or Tamil etc.	30.5 (80)	15.3 (40)	15.6 (41)	38.5 (101)	1.62 (1.27)
16 Including my family in the therapeutic process	25.2 (66)	28.2 (74)	21.4 (56)	25.2 (66)	1.47 (1.12)
17 Reducing stigma beliefs held within the community	7.3 (19)	5.7 (15)	16.8 (44)	70.2 (184)	2.50 (0.90)
18 Incorporating my religious beliefs into therapy	35.1 (92)	23.7 (62)	19.8 (52)	21.4 (56)	1.27 (1.16)

Note: 'Not at all' = 0; 'a little' = 1; 'quite a lot' = 2; 'a lot' = 3

A Mixed-Methods Investigation of Facilitators to Accessing and Utilising Mental Health Services amongst Sri Lankan Australians

Amanda Daluwatta, Kathryn Fletcher, Chris Ludlow, Ariane Virgona & Greg Murray

Table S2. The proportion of the Sri Lankan Australian sample endorsing Intervention Set items and the mean score for each item ($N = 262$)

Item number/ Recommendation	% (n)				Mean (Std. Deviation)
	Not at all	A Little	Quite a Lot	A Lot	
1 Raising community awareness of mental health conditions	0.4 (1)	5.7 (15)	14.9 (39)	79.0 (207)	2.73 (0.58)
2 Providing the community with psychoeducation workshops or “group talks”	5.0 (13)	12.6 (33)	23.7 (62)	58.8 (154)	2.36 (0.89)
3 A screening tool that assess symptoms of depression that are specific to Sri Lankan Australians	3.8 (10)	9.5 (25)	24.0 (63)	62.6 (164)	2.45 (0.82)
4 A website that contains depression literacy, psychoeducation, and debunks myths held within the Sri Lankan Australian community about depression	3.8 (10)	12.2 (32)	21.4 (56)	62.6 (164)	2.43 (0.85)
5 Pamphlets providing depression information specific to the Sri Lankan Australian community	4.6 (12)	20.2 (53)	26.3 (69)	48.9 (128)	2.19 (0.92)
6 Guidelines for health professionals working with Sri Lankan Australians who have depression	4.6 (12)	10.3 (27)	21.0 (55)	64.1 (168)	2.45 (0.86)
7 A public stigma reduction intervention	2.3 (6)	8.4 (22)	15.6 (41)	73.7 (193)	2.61 (0.74)

Note: ‘Not at all’ = 0; ‘a little’ = 1; ‘quite a lot’ = 2; ‘a lot’ = 3