

## Appendix

Supplementary Table 1. English version of the Family Stigma Stress Scale (FSSS)

### Family Stigma Stress Scale

*Instructions: Please read through the following statements and rate each statement from 1 (strongly disagree) to 7 (strongly agree).*

		Strongly Disagree	Disagree	Agree	Strongly Agree
1	Prejudice against my relative with mental illness has a negative impact on my future.	1	2	3	4
2	Prejudice against my relative with mental illness has harmful or bad consequences for me.	1	2	3	4
3	Prejudice against my relative with mental illness affects many areas of my life.	1	2	3	4
4	Prejudice against my relative with mental illness has a severe impact on my life.	1	2	3	4
5	I am prepared to deal with prejudice against my relative with mental illness.	1	2	3	4
6	I have the resources I need to handle problems posed by prejudice against my relative with mental illness.	1	2	3	4
7	I will do the best I can to deal with prejudice against my relative with mental illness.	1	2	3	4
8	I am able to rise up and meet the demands posed by prejudice against my relative with mental illness.	1	2	3	4

Supplementary Table 2. Test-retest reliability of the Family Stigma Stress Scale (FSSS) in different timeframes

<b>Factor Item#</b>	<b>Two to four weeks (n = 112)</b>	<b>Four to eight weeks (n = 47)</b>	<b>Eight to twelve weeks (n = 37)</b>
<b>Perceived harm</b>	<b>.569</b>	<b>.749</b>	<b>.547</b>
F1	.453	.590	.396
F2	.387	.651	.399
F3	.532	.584	.410
F4	.405	.739	.400
<b>Perceived coping resources</b>	<b>.526</b>	<b>.567</b>	<b>.540</b>
F5	.408	.377	.571
F6	.442	.418	.532
F7	.405	.096	.282
F8	.404	.642	.280

*Note:* Different participants were re-tested at different intervals after the baseline assessment (total N=196).