

Supplementary File S1: Questionnaire

Supplementary File S1 contains the full questionnaire used for data collection.

Instructions for Completing the Questionnaire

1. This questionnaire is designed to analyze the mental health of adolescents and the self-help approach of the Health Belief Model of Education on the mental health of adolescents in Bangun Rejo Village to improve access to health services.
2. Check the box next to the answer that best reflects your current situation and/or the number that corresponds to your feelings over the past week for each statement in the column based on the alternatives.
3. Try not to skip any questions when answering these questions.
4. Mark [✓] the answer that reflects your current situation.
5. How to Score:
 Score 0: None or Never
 Score 1: Experienced to some extent/occasionally
 Score 2: Often
 Score 3: Very much experienced, or almost all the time.

ANXIETY ASSESSMENT QUESTIONNAIRE

1. The anxiety measurement method used is the Depression Anxiety Stress Scale (DASS) method, combined with the ability of adolescents to apply the Self Help Approach Method of Education Health Beliefs Towards Adolescent Mental Health Conditions
2. The Depression Anxiety Stress Scale (DASS) is a 42-item self-report scale designed to measure negative emotional states such as depression, anxiety, and stress.

No	Assessment Aspects	Scor			
		0	1	2	3
ANXIETY ASSESSMENT QUESTIONNAIRE					
1	Getting angry over trivial matters				
2	Dry mouth				
3	Unable to see the positive side of a situation				
4	Feeling short of breath				
5	Feeling weak when doing activities				
6	Tending to overreact to situations				
7	Weakness in limbs				
8	Difficulty relaxing				
9	Excessive anxiety in situations, but feeling relieved when the problem is over				
10	Pessimistic				
11	Easily irritated				
12	Feeling like a lot of energy is being wasted due to anxiety				
13	Feeling sad and depressed				
14	Impatient				
15	Fatigue				

16	Loss of interest in many things (e.g., eating)				
17	Feeling unworthy				
18	Easily offended				
19	Excessive sweating (e.g., sweaty palms)				
20	Fear without a clear reason				
21	Feeling that life is not happy				
22	Difficulty resting				
23	Difficulty swallowing				
24	Unable to enjoy the things I do				
25	Changes in heart activity and pulse without stimulation by physical exercise				
26	Feeling hopeless and desperate				
27	Easily angry				
28	Easily panicked				
29	Difficulty calming down after something upsets me				
30	Fear of being hindered by tasks that cannot be done				
31	Difficulty feeling enthusiastic about something				
32	Difficulty tolerating distractions from what I am doing				
33	Being in a tense state				
34	Feeling worthless				
35	Unable to accept anything that prevents you from completing what you are doing				
36	Fear				
37	No hope for the future				
38	Feeling that life is meaningless				
39	Easily anxious				
40	Worried that your current situation may cause you to panic				
41	Trembling				
42	Difficulty taking the initiative in doing something				

QUESTIONNAIRE ON THE SELF-HELP APPROACH TO THE HEALTH BELIEF EDUCATION METHOD IN RELATION TO THE MENTAL HEALTH OF ADOLESCENTS

The Self-Help Approach Health Belief Education Method is a model that examines individual health beliefs/convictions in determining whether or not to engage in health behaviors. Several factors of the Health Belief Model are cognitive-based (such as beliefs and attitudes) and relate to the thought processes involved in individual decision-making that determine how healthy an individual is.

No	Assessment Aspects	Scor			
		0	1	2	3
Self-Help Approach: The Effect of Health Belief Education on Adolescent Mental Health					
1	I can calm myself down when I feel anxious.				
2	I am able to practice deep breathing techniques when I feel anxious.				
3	I am open to talking to others when I feel depressed.				
4	I seek information on how to cope with anxiety.				
5	I try to improve and maintain healthy routines (getting enough sleep, eating regularly, exercising) to maintain my mental health.				
6	I believe that anxiety can hurt my health.				
7	I feel it is important to maintain mental health from adolescence.				
8	I am confident that I can overcome anxiety with the right help.				
9	I feel ashamed or afraid to seek help for mental health issues.				
10	I believe that mental health information and education can help me be healthier emotionally.				