



Supplementary Material

Article Title: A Pilot Randomized Clinical Trial Evaluating the Impact of Genetic Counseling for Serious Mental Illnesses

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List of Supplementary Material for the article

1. [eAppendix 1](#) Supplementary Method, including Knowledge and Risk Perception Questionnaire

Disclaimer

This Supplementary Material has been provided by the author(s) as an enhancement to the published article. It has been approved by peer review; however, it has undergone neither editing nor formatting by in-house editorial staff. The material is presented in the manner supplied by the author.

eAppendix 1.

Methods

Design

Choice of Outcome Measures

Knowledge has been used frequently as an outcome measure for GC, and relates to the aspect of GC that involves “education about inheritance, testing, management, prevention, resources and research”. Risk perception is particularly important in the context of psychiatric GC because previous studies have shown that families consistently overestimate RRs and, moreover, choose not to have children on the basis of these erroneous risk estimates^{13-15,24}. Perceived control over illness is an outcome measure that has been postulated as useful for studies of the impact of GC as it relates to the goal of promoting adaptation to a condition²². Last, internalized stigma has been described as the facet of stigma that is the most damaging but is also posited to be potentially modifiable²⁵. Decreased internalized stigma has been proposed as an outcome of GC for families affected by SMI^{7,8,10} and recent work supports this, as described in the introduction^{14,15}.

Knowledge and Risk Perception Questionnaire

Risk Perception Question

If you had to guess what the chance would be for a child of yours to become affected with the same mental illness that you have, what would that chance be? (Please write your guess whichever way you like – for example, you might write your guess as: X in 100 or X%)

Usefulness Questions

Was the genetic counseling appointment/educational brochure useful to you?

- ☐ Very useful
- ☐ Quite useful
- ☐ Somewhat useful
- ☐ Not very useful
- ☐ Not at all useful

(T2) What did you like most about the appointment?

(T3) Has what you liked most about genetic counseling changed since your appointment?
If so, please write what you like most now about it below:

Have you shared some of what you learned in genetic counseling/the educational brochure with others?

☐

Yes

☐

No

If yes, who did you share information with?

☐

My partner

☐

A relative of mine who has a mental illness

☐

A relative of mine who does not have a mental illness

☐

A friend of mine who has a mental illness

☐

A friend of mine who has a relative with a mental illness

☐

A friend of mine who does not have any relatives with a mental illness

☐

Other (please specify)_____

Knowledge Questions

The questions on this page ask about what you know about genes and mental illness.
Please answer each question by ticking only one box (Star* denotes the correct answer).

1) The genetic make-up that a person is born with is entirely responsible for deciding whether or not a person develops an illness like schizophrenia or bipolar disorder.

☐

True

☐

False*

☐

Don't know

2) Aspects of a person's environment (e.g. stressful life events, diet, drug use) influence whether or not a person develops an illness like schizophrenia or bipolar disorder.

☐

True*

☐

False

☐

Don't know

3) If a person is genetically vulnerable to developing schizophrenia or bipolar disorder, then they will certainly develop the illness.

☐

True

☐

False*

☐

Don't know

4) It is likely that everyone has some amount of genetic vulnerability to illnesses like schizophrenia and bipolar disorder.

- ☐ True*
- ☐ False
- ☐ Don't know

5) The way a person's genes work in their body might cause the chemicals in their brain to become imbalanced.

- ☐ True*
- ☐ False
- ☐ Don't know

6) Genetic tests can/will be able to predict exactly who will, and who will not, develop a mental illness.

- ☐ True
- ☐ False*
- ☐ Don't know

For Knowledge and Risk Perception Questionnaire:

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