

## Source log

Research question: Breaking stigma and face up to mental illness

### 1. Category: Web-based sources

CARS score: 18

Reading level: 14-15 yrs. old (9th to 10th graders)

Note: This source refers to the fact that most of the violent acts committed by people with severe mental illness occur when they do not receive treatment. I can use this source in my research paper to point out that people with mental illness who are under treatment are not a danger to people.

#### Work Cited

Carroll, Heather. "People with Untreated Mental Illness 16 Times More Likely to Be Killed By Law Enforcement." *Treatment Advocacy Center*,  
[www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement-](http://www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement-)

### 2. Category: Choice source(primary source)

CARS score: 13

Reading level: College graduate(16th grade)

Note: The speaker shared his experience of suffering from mental illness and hoped that people with mental illness could face up to their mental illness through his speech. I will quote his words in my research paper, and encourage mental patients to face themselves bravely in my research paper.

#### Work Cited

Delle, Sangu. "There's No Shame in Taking Care of Your Mental Health." *TED*,  
[www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health](http://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health).

### 3. Category: Data

CARS score: 20

Reading level: College graduate(15th grade)

Note: This data is on the prevalence of crime and violence during the 10-year follow-up period following the first psychotic episode. After treatment, the overall prevalence of violence among the mentally ill gradually dropped to a level close to that of the general population.

Work Cited

J., Bjørkly, S., Auestad, B., Barder, H., Evensen, J., Ten Velden Hegelstad, W., et al. (2014). Treatment and violent behavior in persons with first episode psychosis during a 10-year prospective follow-up study. *Schizophrenia Research*, 156, 272–276./mentalhealth/learn/index.htm.

4. Category: Newspaper

CARS score: 17

Reading level: College graduate(17th grade)

Note: This Newspaper points out that adolescents' tendency to commit suicide has increased in the face of the pandemic. It also suggests how parents can help adolescents with suicidal tendencies.

Work Cited

Klass, Perri. "How to Help When Adolescents Have Suicidal Thoughts." *The New York Times*, The New York Times, 6 Feb. 2021, [www.nytimes.com/2021/02/06/well/family/suicidal-ideation-kids-resilience.html](http://www.nytimes.com/2021/02/06/well/family/suicidal-ideation-kids-resilience.html)

5. Category: Web-based source

CARS score: 18

Reading level: 14-15 yrs. old (9th to 10th graders)

Note: This is from the website of the Centers for Disease Control and Prevention, and it shows that mental illness is a very common illness in the United States.

Work Cited

"Learn About Mental Health - Mental Health - CDC." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 26 Jan. 2018, [www.cdc.gov/Langeveld](http://www.cdc.gov/Langeveld),

6. Category: Choice source( Journal article)

CARS score: 20

Reading level: 14-15 yrs. old (9th to 10th graders)

Note: This article analyzes people's attitudes towards mental illness. Also, a questionnaire survey on mental illness was provided in this article.

Work Cited

*Small Area Deprivation and Stigmatising Attitudes towards ...*  
[www.researchgate.net/publication/332886895\\_Small\\_area\\_deprivation\\_and\\_stigmatising\\_attitudes\\_towards\\_mental\\_illness\\_a\\_multilevel\\_analysis\\_of\\_Health\\_Survey\\_for\\_England\\_2014\\_data](http://www.researchgate.net/publication/332886895_Small_area_deprivation_and_stigmatising_attitudes_towards_mental_illness_a_multilevel_analysis_of_Health_Survey_for_England_2014_data).

7. Category: Article

CARS score: 18

Reading level: 17-18 yrs. old (12th graders)

Note: The article reflects and explains cultural factors that contribute to stigmatizing behavior and attitudes towards people with mental illness, relatives, and mental illness.

Work Cited

*Stigma of Mental Illness and Cultural Factors in Pacific ...*  
[bmcp psychiatry.biomedcentral.com/track/pdf/10.1186/s12888-020-02991-5.pdf](http://bmcp psychiatry.biomedcentral.com/track/pdf/10.1186/s12888-020-02991-5.pdf).

8. Category: Article

CARS score: 19

Reading level: College graduate(17th grade)

Note: This article points out that mental patients are stigmatized in society, which leads to mental patients' estrangement from social contact.

Work Cited

Tomar, Nikhil, et al. "Internalized Stigma and Its Correlates among Justice-Involved Individuals with Mental Illness." *International Journal of Mental Health*, vol. 49, no. 2, 2019, pp. 201–211., doi:10.1080/00207411.2019.1703358.

9. Category: Primary source

CARS score: 14

Reading level: College graduate(16th grade)

Note: Kitty Westin is the founder of the Anna Westin Foundation, spends much of her time speaking to groups, offering support and mentoring to people with eating disorders, and advocating for ending discrimination against people with eating disorders. Readers can know more about people with mental health conditions through this Ted Talk video.

Work Cited

Westin, Kitty. "Breaking the Stigma and Shame of Mental Illness." *TED*,  
[www.ted.com/talks/kitty\\_westin\\_breaking\\_the\\_stigma\\_and\\_shame\\_of\\_mental\\_illness](http://www.ted.com/talks/kitty_westin_breaking_the_stigma_and_shame_of_mental_illness)

10. Category: eBook

CARS score: 19

Reading level: College graduate(15th grade)

Note: This is an online psychology textbook from OpenStax. This book explains the symptoms and causes of various mental illnesses. Through this book, I can introduce different types of mental illnesses to the audience.

Work Cited

"15.1 What Are Psychological Disorders? - Psychology 2e." *OpenStax*,  
[openstax.org/books/psychology-2e/pages/15-1-what-are-psychological-disorders](https://openstax.org/books/psychology-2e/pages/15-1-what-are-psychological-disorders)