

**What do you think about depression?
A values and attitudes questionnaire**

Please read the following statements and circle the number that most closely matches what you think about each statement. We will discuss these later.

“I think...” not	Definitely	Maybe	Maybe	No Way!
1. People who get depression should exercise more willpower.	1	2	3	4
2. People with depression should avoid anti-depressants.	1	2	3	4
3. Depression is an illness.	1	2	3	4
4. Young people don't really get depression – it's just hormones.	1	2	3	4
5. Depression should not be discussed with young people – they'll all become depressed.	1	2	3	4
6. Young people with depression must have problems at home.	1	2	3	4
7. Women are more likely to be affected by depression than men.	1	2	3	4
8. People with depression can get over it by themselves.	1	2	3	4
9. High achieving young people are less likely to be affected by depression.	1	2	3	4
10. I can stop people from having depression by being there.	1	2	3	4

What do you think about depression? Some comments

1. A person who is depressed lacks energy and concentration and therefore finds simply exercising more willpower very difficult to do without support and encouragement.
2. Antidepressants currently prescribed by many GPs are non-addictive and have been shown to be very effective as part of a treatment programme for those with moderate to severe depression. Decisions concerning medication are best made in consultation with a medical professional.
3. Depression is a serious medical illness, and is known as a 'mood disorder'. It is not just everyday sadness, and it does not mean that a person is 'weak'.
4. Young people are in a high risk category for developing depression: approximately 1 in 5 teenagers suffer from depression.
5. Information in itself will not make a person become depressed. Rather it is crucial in enabling a person who is depressed to begin to recognise the symptoms. Does talking about cancer cause cancer, for example?
6. There are many causes of depression and everyone's story is different. A young person may become depressed as a result of many factors, such as bereavement, being bullied, or through drug/alcohol abuse. Sometimes there is no parental reason.
7. Women are twice as likely to be diagnosed with depression as men, but that doesn't mean they are twice as likely to be affected by depression as men. Women are, generally speaking, more likely to talk to their doctor about health concerns than men. Furthermore, those who work, live or socialize with a person who has depression are affected too!
8. People with mild depression that lasts no longer than six months may recover without treatment. However the longer depression is undiagnosed or untreated the harder it is to recover by oneself. The depressed person needs professional support and the love and support of friends and family in order to make a successful recovery.
9. Just because someone is a 'high achiever' does not mean they are less likely to be affected by depression. It is thought that those who are perfectionists and set themselves very high standards in their work and academic lives are more likely to develop depression and stress than those who are more laid back about life. However whether the person actually develops depression or not will depend on many other factors.
10. You can't stop a person from having depression simply by your presence, any more than you can stop someone developing the flu by spending time with them. However you can support them, take an interest and help them through their illness.

True / False Quiz

Read each of the following statements in turn and decide whether you think it is true or false. If you think a statement is true write T in the box, if you think it is false write F.

1. Depression is the most common of all mental health problems.

2. Doing some form of regular physical activity while you are depressed does not help.

3. If you've been feeling 'down in the dumps' because you haven't been selected to play for your team, it is likely you have depression.

4. Depression is the most treatable of all mental health problems.

5. Young people hardly ever get depressed.

6. If you have a parent with depression, you will probably get depression too.

7. The things that you experience, or that happen to you when you are growing up can cause you to become depressed.

8. If you think you've had symptoms of depression for a few weeks or more, you should wait a bit longer to see if it gets better.

9. If you think a friend is depressed, it is up to you to help him/her get better.

10. Depression is treated with psychotherapy or anti-depressants or both.

True / False Quiz

1. Depression is the most common of all mental health problems.

True – 1 in 4 people will have depression at some stage in their lives.

2. Doing some form of regular physical activity while you are depressed does not help.

False – it should help but we must remember that a person who is depressed finds it hard to motivate themselves.

3. If you've been feeling 'down in the dumps' because you haven't been selected to play for your team, it is likely you have depression.

False – this may be a normal reaction to the disappointment .

4. Depression is the most treatable of all mental health problems.

True – the majority of people who have depression and seek help recover immediately.

5. Young people hardly ever get depressed.

False – it is estimated that at least 20% of teenagers get at least mild depression.

6. If you have a parent with depression, you will probably get depression too.

False – you might inherit a greater tendency to develop depression but this depends on other circumstances as well.

7. The things that you experience, or that happen to you when you're growing up can cause you to become depressed.

True – but remember that everybody reacts differently to events and situations.

8. If you think you've had symptoms of depression for a few weeks or more, you should wait a bit longer to see if it gets better.

False – you should see a doctor as the depression becomes worse.

9. If you think a friend is depressed, it is up to you to help him/her get better.

False – it is up to the professionals, although your friend will need support.

10. Depression is treated with psychotherapy or anti-depressants or both.

True – psychotherapy can help with the underlying problems and the antidepressants, which are not addictive, are a very effective treatment for the symptoms.