Attitudes, Confidence, Barriers, and Current Practice of Managing Depression in Patients with COPD in Saudi Arabia: A National cross-sectional survey

You are invited to participate in a research study entitled “Attitudes, Confidence, Barriers, and Current Practice of Managing Depression in Patients with COPD in Saudi Arabia: A National cross-sectional survey.” This study aims to 1) investigate the views of physicians on recognizing and managing depression in patients with COPD, 2) assess the current practice and confidence of managing depression in COPD, and 3) explore the barriers and facilitators linked to physicians’ practice.

Be informed that your identity will be completely anonymous and no personal identifying information will be collected and there are no consequences for refusing to participate, your participation is voluntary. This survey will only take 5-7 minutes to complete. The questionnaire will be deleted after all data have been collected. We hope that you participate in the study.

By answering “Yes” to the following question, you voluntarily agree to participate in this study and give your consent to use your anonymous data for research purposes.

Are you happy to participate in the study?
- Yes
- No
Section 1: Professional background

1. Gender:
   - Male
   - Female

2. What is your professional background?
   - General Practitioner GP
   - Pulmonologist/Respiratory Medicine
   - Family Medicine
   - Internal Medicine

3. Geographical location
   - Eastern region
   - Central region
   - Western region
   - Southern region
   - Northern region

4. What is your primary place of work?
   - Governmental Hospital
   - Private Hospital
   - Other

5. How many years of experience do you have caring for individuals with COPD?
   - ≤ 1 year
   - 1-4 years
   - 5–9 years
   - ≥ 10 years
6. On average, how many people with COPD do you see each month?

☐ Never
☐ ≤ 10 patients
☐ 11- 30 patients
☐ ≥ 31 patients

7. What is the average time (minutes per assessment) you spend with each person with COPD?

☐ ≥ 60 minutes
☐ 11-20 minutes
☐ 21-30 minutes
☐ 31- 40 minutes
☐ 41 – 50 minutes
☐ 51 – 60 minutes
☐ ≥ 60 minutes
☐ NA

8. Have you ever received any specific training for managing depression?

☐ Yes ☐ No
## Section 2: Doctors’ views about depression in patients with COPD

How much do you agree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression develops as a consequence to the limitations of the physical illness.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>The best way to improve depression is to improve control of COPD symptoms.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>In patients with COPD and depression, the priority is treatment of COPD.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>It is frequently difficult to convince COPD patients that their depression needs treatment.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
</tr>
<tr>
<td>There is little value in routinely screening for depression in COPD patients</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Depression exacerbates the symptoms of COPD</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Depression impairs patient self-management of COPD</td>
<td>☐</td>
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</table>
Section 3: Current practice

1. Do you aim to identify possible depression as part of patient management for patients with COPD?
   - [ ] Yes
   - [ ] No

2. When assessing patients with COPD, how often do you use a depression screening tool (for example, the two questions from the patient Health Questionnaire -2 (PHQ-2): “during the last month, have you often been bothered by feeling down, depressed or hopeless?” and “during the last month, have you often been bothered by having little interest or pleasure in doing things?”
   - [ ] Never
   - [ ] Rarely
   - [ ] Sometimes
   - [ ] Often
   - [ ] Always

3. If you suspect a patient with COPD is depressed, what actions are you more likely to do: Tick all that apply.
   - [ ] Use a formal diagnostic questionnaire to confirm the diagnosis
   - [ ] Provide a referral to mental health services (e.g. counselling)
   - [ ] Provide information about depression
   - [ ] Discuss referral with the patient
   - [ ] Discuss with a family member
   - [ ] Discuss their feeling with them
   - [ ] Provide medications (e.g. Antidepressant)

If other, please specify_________________
# Section 4: Confidence in working with patients with COPD and depression

Tick the number that best describes how confident you feel in working with patients with COPD and depression.

<table>
<thead>
<tr>
<th></th>
<th>Not confident</th>
<th>Slightly confident</th>
<th>Somewhat confident</th>
<th>Fairly confident</th>
<th>Completely confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. In <em>asking</em> patients about their feelings or mood …</td>
<td></td>
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<tr>
<td>2. In <em>listening</em> to patients talk about their feelings or mood, I feel …</td>
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<tr>
<td>3. In being able to <em>recognize</em> that a patient might be depressed, I feel …</td>
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<td>4. In knowing which <em>signs</em> to look for to tell if a patient might be depressed, I feel …</td>
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<tr>
<td>5. In knowing if a patient might have depression or is just <em>dissatisfied with their current situation</em>, I feel …</td>
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<tr>
<td>6. In discussing my concerns about possible depression with a patient’s <em>family members</em>, I feel …</td>
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<td>7. In <em>providing education</em> on the link between COPD and depression, I feel …</td>
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<tr>
<td>8. In <em>providing education</em> on possible treatment <em>strategies</em> for depression, I feel …</td>
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<tr>
<td>9. In <em>directing</em> a patient who might be depressed to appropriate services or agencies, I feel …</td>
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</tbody>
</table>
Section 5: Barriers and facilitators to working with patients with COPD and depression

1- What are the most common barriers to identifying and managing depression in patients with COPD? Please tick all that apply.

☐ Lack of time to screen every patient
☐ High workload
☐ Limited knowledge about depression
☐ Poor training about identifying and managing depression in people with COPD
☐ The absence of standard procedures for managing depression in people with COPD
☐ Patient’s visits are targeted to their physical illness (e.g. COPD) rather than emotional well-being
☐ The environment in the workplace is not suitable for private discussion
☐ Patients’ reluctance to discuss their feeling
☐ Culture barriers make it difficult to discuss depression with the patient

If other, please specify_________________

2- What factors facilitate your ability to identify and manage depression in patients with COPD? Please tick all that apply.

☐ Having enough time to spend with each patient
☐ Reasonable workload
☐ Adequate knowledge about depression
☐ Appropriate training about identifying and managing depression in people with COPD
☐ The presence of standard procedures for managing depression in people with COPD
☐ Suitable workplace environment for private discussion
☐ Patients’ willingness to discuss their feeling
☐ Patients’ acceptance to treatments (e.g. Psychological and pharmacological therapies)

If other, please specify_________________