

Thank you for agreeing to participate in our study!

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- Please make sure that you read all the instructions carefully.
- Completing the pack is voluntary and you may withdraw from the study at any time and for any reason without needing to provide an explanation.
- If there are any questions that you do not wish to answer on the questionnaires, feel free to leave them blank.
- Data will be held securely and in the strictest of confidence.

Name: \_\_\_\_\_

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**1. Age:**

**2. Gender:**  Male

Female

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**3. Nationality:**

- Asian or Asian British
- Black or Black British
- Chinese
- White
- Mixed
- Any other ethnic group:

**4. Occupation:**

- Private sector
- Public sector
- Health Service
- Voluntary sector/charities
- Self-employed
- Not employed
- Other:

**5. Education:**

- None
  - Primary school
  - Secondary school
  - University degree
  - Other:
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## Part 1

### **INSTRUCTIONS:**

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling the **PAST WEEK, INCLUDING TODAY!** Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one. **Be sure to read all the statements in each group before making your choice.**

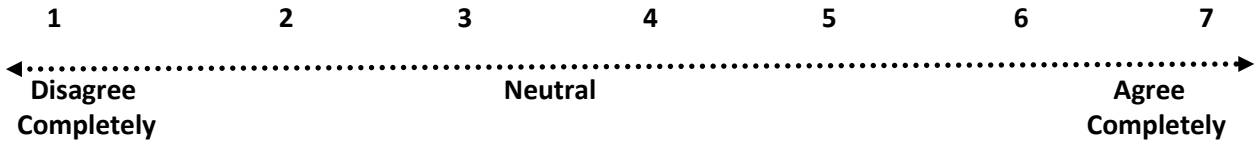
- |           |  |           |   |
|-----------|--|-----------|---|
| <b>1</b>  | 0 I do not feel sad.<br>1 I feel sad.<br>2 I am sad all the time and I can't snap out of it.<br>3 I am so sad or unhappy I can't stand it.   | <b>12</b> | 0 I have not lost interest in other people.<br>1 I am less interested in other people than I used to be.<br>2 I have lost most of my interest in other people.<br>3 I have lost all of my interest in other people.   |
| <b>2</b>  | 0 I am not particularly discouraged about the future.<br>1 I feel discouraged about the future.<br>2 I feel I have nothing to look forward to.<br>3 I feel that the future is hopeless and that things Cannot improve. | <b>13</b> | 0 I make decisions about as well as I ever could.<br>1 I put off making decisions more than I used to.<br>2 I have greater difficulty in making decisions than before.<br>3 I can't make decisions at all anymore.  |
| <b>3</b>  | 0 I do not feel like a failure.<br>1 I feel I have failed more than the average person.<br>2 As I look back on my life, all I can see is a lot of Failures.<br>3 I feel I am a complete failure as a person.           | <b>14</b> | 0 I don't feel I look any worse than I used to.<br>1 I am worried that I am looking old or unattractive.<br>2 I feel that there are permanent changes in my appearance that make me look unattractive.<br>3 I believe that I look ugly.   |
| <b>4</b>  | 0 I get as much satisfaction out of things as I used to.<br>1 I don't enjoy things the way I used to.<br>2 I don't get real satisfaction out of anything anymore.<br>3 I am dissatisfied or bored with everything.     | <b>15</b> | 0 I can work about as well as before.<br>1 It takes an extra effort to get started at doing something.<br>2 I have to push myself very hard to do anything.<br>3 I can't do any work at all.  |
| <b>5</b>  | 0 I don't feel particularly guilty.<br>1 I feel guilty a good part of the time.<br>2 I feel quite guilty most of the time.<br>3 I feel guilty all of the time.   | <b>16</b> | 0 I can sleep as well as usual.<br>1 I don't sleep as well as I used to.<br>2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.<br>3 I wake up several hours earlier than I used to and cannot get back to sleep.   |
| <b>6</b>  | 0 I don't feel I am being punished.<br>1 I feel I may be punished.<br>2 I expect to be punished.<br>3 I feel I am being punished.  | <b>17</b> | 0 I don't get more tired than usual.<br>1 I get tired more easily than I used to.<br>2 I get tired from doing almost anything.<br>3 I am too tired to do anything.  |
| <b>7</b>  | 0 I don't feel disappointed in myself.<br>1 I am disappointed in myself.<br>2 I am disgusted with myself.<br>3 I hate myself.  | <b>18</b> | 0 My appetite is no worse than usual.<br>1 My appetite is not as good as it used to be.<br>2 My appetite is much worse now.<br>3 I have no appetite at all anymore.   |
| <b>8</b>  | 0 I don't feel I am any worse than anybody else.<br>1 I am critical of myself for my weaknesses or Mistakes.<br>2 I blame myself all the time for my faults.<br>3 I blame myself for everything bad that happens.      | <b>19</b> | 0 I haven't lost much weight, if any, lately.<br>1 I have lost more than 5 pounds. I am purposely trying to lose<br>2 I have lost more than 10 pounds weight by eating less.<br>3 I have lost more than 15 pounds. Yes__ No__   |
| <b>9</b>  | 0 I don't have any thoughts of killing myself.<br>1 I have thoughts of killing myself, but I would not Carry them out.<br>2 I would like to kill myself.<br>3 I would kill myself if I had the chance.                 | <b>20</b> | 0 I am no more worried about my health than usual.<br>1 I am worried about physical problems such as aches and pains; or upset stomach; or constipation.<br>2 I am very worried about physical problems and it's hard to think of much else.<br>3 I am so worried about my physical problems that I cannot think about anything else. |
| <b>10</b> | 0 I don't cry any more than usual.<br>1 I cry more now than I used to.<br>2 I cry all the time now.<br>3 I used to be able to cry, but now I can't cry even Though I want to.  | <b>21</b> | 0 I have not noticed any recent changes in my interest in sex.<br>1 I am less interested in sex than I used to be.<br>2 I am much less interested in sex now.<br>3 I have lost interest in sex completely.  |
| <b>11</b> | 0 I am no more irritated now than I ever am.<br>1 I get annoyed or irritated more easily than I used to.<br>2 I feel irritated all the time now.<br>3 I don't get irritated at all by the things that used to          |           |   |

Irritate me.

**Part 2**

**INSTRUCTIONS:**

- Please try to answer all questions.
- Please remember there are no right or wrong answers.
- Work as quickly as possible and do not think too much about the questions.
- Circle the answer that you believe describes you best.

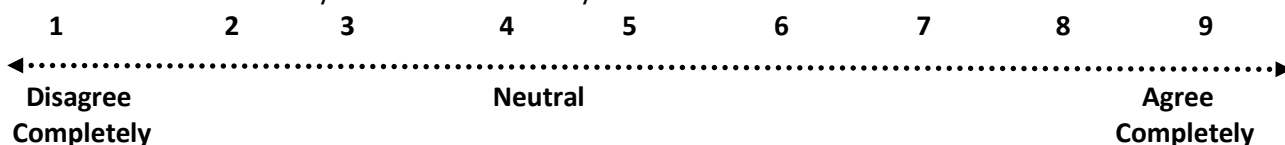


1. Expressing my emotions with words is not a problem for me.	1	2	3	4	5	6	7
2. I often find it difficult to see things from another person’s viewpoint.	1	2	3	4	5	6	7
3. On the whole, I’m a highly motivated person.	1	2	3	4	5	6	7
4. I usually find it difficult to regulate my emotions.	1	2	3	4	5	6	7
5. I generally don’t find life enjoyable.	1	2	3	4	5	6	7
6. I can deal effectively with people.	1	2	3	4	5	6	7
7. I tend to change my mind frequently.	1	2	3	4	5	6	7
8. Many times, I can’t figure out what emotion I’m feeling.	1	2	3	4	5	6	7
9. I feel that I have a number of good qualities.	1	2	3	4	5	6	7
10. I often find it difficult to stand up for my rights.	1	2	3	4	5	6	7
11. I’m usually able to influence the way other people feel.	1	2	3	4	5	6	7
12. On the whole, I have a gloomy perspective on most things.	1	2	3	4	5	6	7
13. Those close to me often complain that I don’t treat them right.	1	2	3	4	5	6	7
14. I often find it difficult to adjust my life according to the circumstances.	1	2	3	4	5	6	7
15. On the whole, I’m able to deal with stress.	1	2	3	4	5	6	7
16. I often find it difficult to show my affection to those close to me.	1	2	3	4	5	6	7
17. I’m normally able to “get into someone’s shoes” and experience their emotions.	1	2	3	4	5	6	7
18. I normally find it difficult to keep myself motivated.	1	2	3	4	5	6	7
19. I’m usually able to find ways to control my emotions when I want to.	1	2	3	4	5	6	7
20. On the whole, I’m pleased with my life.	1	2	3	4	5	6	7
21. I would describe myself as a good negotiator.	1	2	3	4	5	6	7
22. I tend to get involved in things I later wish I could get out of.	1	2	3	4	5	6	7
23. I often pause and think about my feelings.	1	2	3	4	5	6	7
24. I believe I’m full of personal strengths.	1	2	3	4	5	6	7
25. I tend to “back down” even if I know I’m right.	1	2	3	4	5	6	7
26. I don’t seem to have any power at all over other people’s feelings.	1	2	3	4	5	6	7
27. I generally believe that things will work out fine in my life.	1	2	3	4	5	6	7
28. I find it difficult to bond well even with those close to me.	1	2	3	4	5	6	7
29. Generally, I’m able to adapt to new environments.	1	2	3	4	5	6	7
30. Others admire me for being relaxed.	1	2	3	4	5	6	7

### Part 3

#### INSTRUCTIONS:

- Please try to answer all questions.
- Please remember there are no right or wrong answers.
- Work as quickly as possible and do not think too much about the questions.
- Circle the answer that you believe describes you best.



1. I have been turning to work or other activities to take my mind off things	1	2	3	4	5	6	7	8	9
2. I have been concentrating my efforts on doing something about the situation I am in.	1	2	3	4	5	6	7	8	9
3. I have been saying to myself this isn't real.	1	2	3	4	5	6	7	8	9
4. I have been using alcohol and drugs to make myself feel better	1	2	3	4	5	6	7	8	9
5. I have been getting emotional support from others.	1	2	3	4	5	6	7	8	9
6. I have been giving up trying to deal with it.	1	2	3	4	5	6	7	8	9
7. I have been taking action to try to make the situation better.	1	2	3	4	5	6	7	8	9
8. I have been refusing to believe that it has happened.	1	2	3	4	5	6	7	8	9
9. I have been saying things to let my unpleasant feelings escape.	1	2	3	4	5	6	7	8	9
10. I have been getting help and advice from other people.	1	2	3	4	5	6	7	8	9
11. I have been using alcohol and or other drugs to help me get through it.	1	2	3	4	5	6	7	8	9
12. I have been trying to see it in a different light, to make it seem more positive.	1	2	3	4	5	6	7	8	9
13. I have been criticizing myself.	1	2	3	4	5	6	7	8	9
14. I have been trying to come up with a strategy about what to do.	1	2	3	4	5	6	7	8	9
15. I have been getting comfort and understanding from someone.	1	2	3	4	5	6	7	8	9
16. I have been giving up the attempt to cope.	1	2	3	4	5	6	7	8	9
17. I have been looking for something good in what is happening.	1	2	3	4	5	6	7	8	9
18. I have been making jokes about it.	1	2	3	4	5	6	7	8	9
19. I have been doing something to think about it less, such as going to the movies, watching TV, reading, daydreaming, sleeping, and shopping.	1	2	3	4	5	6	7	8	9
20. I have been accepting the reality of the fact that it has happened.	1	2	3	4	5	6	7	8	9
21. I have been expressing my negative feelings.	1	2	3	4	5	6	7	8	9
22. I have been trying to find comfort in my religion or spiritual beliefs.	1	2	3	4	5	6	7	8	9
23. I have been trying to get advice or help from other people about what to do.	1	2	3	4	5	6	7	8	9
24. I have been learning to live with it.	1	2	3	4	5	6	7	8	9
25. I have been thinking hard about what steps to take.	1	2	3	4	5	6	7	8	9
26. I have been blaming myself for things that happened.	1	2	3	4	5	6	7	8	9
27. I have been praying or meditating.	1	2	3	4	5	6	7	8	9
28. I have been making fun of the situation.	1	2	3	4	5	6	7	8	9

## Part 4

### **INSTRUCTIONS:**

Read each statement and select the appropriate response to indicate how you feel right now, that is, at this very moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.



1. I feel pleasant.	1	2	3	4
2. I feel nervous and restless.	1	2	3	4
3. I feel satisfied with myself.	1	2	3	4
4. I wish I could be as happy as others seem to be.	1	2	3	4
5. I feel like a failure.	1	2	3	4
6. I feel rested.	1	2	3	4
7. I am calm, cool and collected.	1	2	3	4
8. I feel that difficulties are piling up so that I cannot overcome them.	1	2	3	4
9. I worry too much over something that really doesn't matter.	1	2	3	4
10. I am happy.	1	2	3	4
11. I have disturbing thoughts.	1	2	3	4
12. I lack self-confidence.	1	2	3	4
13. I feel secure.	1	2	3	4
14. I make decisions easily.	1	2	3	4
15. I feel inadequate.	1	2	3	4
16. I feel content	1	2	3	4
17. Some unimportant thought runs through my mind and bothers me.	1	2	3	4
18. I take disappointments so keenly that I can't put them out of my mind	1	2	3	4
19. I am a steady person.	1	2	3	4
20. I get in a state of tension and turmoil as I think over my recent concerns and interests.	1	2	3	4

## Part 5

### **INSTRUCTIONS:**

Please answer the questions below as accurately as possible.

Have you ever been diagnosed with depression?	No	Yes	Not Sure
Have you ever been diagnosed with any type of anxiety disorder?	No	Yes	Not Sure
Have you ever received treatment for any psychiatric symptoms or mental illness in the past?	No	Yes	Not Sure
If yes, what treatments have you received?			

Thank you very much for your time!

