

Supplement 4. Symptoms of depression

"When I'm feeling really, really quite down, I find it difficult to actually get on with people. I'm very, very on the - I don't know whether the offensive, would be the right word, in the sense that I tend to read into things too much. Or take things far too literally...And obviously the defences go out there as well, so yeah. I do things without actually realising that in the sense that I might actually snap at people. So my behaviour does change." (p1,M,acu)

"I don't want to do things, you know. I almost, I struggle to sort of do things to motivate myself to get work done, or you know, go out and do something. And I tend to sort of stop at home and make excuses to go out really, and that's generally how it happens..." (p3,M,acu)

"I do get an awful lot of headaches, which I've attributed to the side issues... I have suffered from headaches all my life... Since I had cancer... my migraines have become 10, 20, 30 times worse. And my headaches are 100 times worse... It's entirely possible...that it's linked to that (depression). But I couldn't just say for certain. I get terrible tension headaches, and I get bucket loads of back pain. It's a constant feature in my life, you know. Sadly it's probably what I would just term the norm these days." (p12,M,acu)

"Very fitful. Sometimes - it seems to be on a cycle and I keep saying I'm going to write this cycle down. Where I can't get to sleep. It's once every so often.... Sometimes it's terrible getting to sleep. And then I start thinking, which isn't helpful." (p8,F,acu)

"Some days I just think I don't want to go out that door. I don't want to talk to anybody.... I get a lot of fatigue anyway, so I'm tired and I haven't got the energy to think some days." (p10,F,acu)

"Everything around me was just black and negative... I would never allow myself go near that again." (p13,M,acu)

"I feel as if I've got a real heavy head, as if - not a headache as in a really painful headache, but it's just like I could just go and sit in a dark room and shut away for a time, to clear my head. It's just like it's a heavy feeling" (p21,F,acu)

"I also had a bowel disease called diverticulitis, and I had an operation and part of my bowel removed 2 years ago and that's caused me problems obviously before then and since then, because they've now found that I've still got it but in another part of the bowel... I've had IBS for many years, about 15 years. And obviously when I get down and depressed, that really kicks in and the diverticular disease I've had pain all the time from that and that tends to be managed by sort of diet and medication... the likelihood is I'd end up with a colostomy, which I don't want. I'm trying to sort of manage the disease without having another operation... My IBS is certainly related to depression yeah.... When I was looking after the old dears, as I call them, I was offered an operation twice and I turned it down because I didn't want to be, you know, incapacitated and not able to look after them. Once they passed on, I was then able to address my own health problems." (p26,M,coun)

I find that depends on my state of mind. How the day has been. If I'm feeling kind of happy and content with everything, then usually I get a full night's sleep. And if not, then it'll be up every couple of hours, just waking up for no apparent reason whatsoever..." (p28,M,coun)

"Everything's such an effort... At one point I didn't even get out of bed. I didn't even want to get out of bed. I'd sort the children out and then I'd just go back to bed because it just hurt so much.... before I received treatment and before I was diagnosed with post-traumatic stress, you know, you'd get them off to school and I'd just left work at that point, and I would go back to bed and do nothing..." (p32,F,coun)

"at the time when things were bad I would get a lot of stomach, sort of indigestion type pain. But that was at the time when we were really sort of dealing with the sort of intensity of it..."(p38,M,coun)

"the times when I don't feel good, my usual pattern would be to wake up like 4.00 am, something like that... well some nights having trouble getting to sleep, but more waking up and then not being able to get back to sleep" (p44,F,coun)

"I'd lost so much weight as well. I've never been an overweight person, but I've always kind of fluctuated between a 10 and a 12. But the amount of weight that I had lost, just in the sort of like 2 or 3 months, was really drastic, you know, the clothes were hanging off and I looked very gaunt in my face."(p46,F,coun)

"I didn't want - there were days when I just didn't want to go out of the house.... I was just constantly tired... there were days where I would get my little girl off to school and then come home and go to bed, and do very little before I had to go and pick her up." (p50,F,uc)

"If things aren't going too well generally here, then the arthritis seems worse. But whether that is psychosomatic or not I don't know I really don't know. ... one of the things I did say to the psychologist, and as bonkers as that sounds is, it's almost like the arthritis is punishing me for something I've done wrong." (p52,F,uc)

"I have got a lot of nightmares actually, that tend to wake me up... about three o' clock, something like that. It's a bit better now, but it did take me a long while to get back off to sleep. It wasn't as if I woke up and nodded back off again. I could be awake for a good hour... just wanted to turn my head off."(p57,F,uc)

"it's stopped me doing things I used to enjoy doing. I'm not - it's made me tired a lot of the time. Agitated, grumpy, short-tempered... I used to do a lot of reading, which I hardly do any reading now. I used to go out on bike rides and I don't do that anymore. I used to go swimming; I stopped doing that... I get tired a lot." (p58,M,uc)