

UNDERSTANDING TEEN DEPRESSION

Questionnaire

ID # _____
 Age _____ Male Female Prefer not to say

Circle YES or NO.

- | | | |
|---|-----|----|
| 1. Depression is rare in adolescence. | YES | NO |
| 2. Depression can run in families. | YES | NO |
| 3. Depression almost always leads to suicide. | YES | NO |
| 4. Depression is marked by a chemical imbalance in the brain. | YES | NO |
| 5. Knowing the signs of depression can save a life. | YES | NO |
| 6. I can tell a person is depressed by looking at them. | YES | NO |
| 7. The abuse of alcohol and drugs can be a sign of depression. | YES | NO |
| 8. Someone who is experiencing extreme stress always develops depression. | YES | NO |
| 9. Depression is a treatable illness. | YES | NO |
| 10. A person with depression always feels sad. | YES | NO |
| 11. I know someone with depression (myself, friend, family member, etc.). | YES | NO |

Circle the statement that most closely identifies your level of agreement.

- | | | | | |
|--|-------------------|----------|-------|----------------|
| 12. I think if someone really wanted to, they could fix their depression on their own. | Strongly disagree | Disagree | Agree | Strongly agree |
| 13. If I thought my friend had depression or was thinking of suicide, I would know what to do to get help for that friend. | Strongly disagree | Disagree | Agree | Strongly agree |
| 14. If I had depression, I would know what to do to get help for myself. | Strongly disagree | Disagree | Agree | Strongly agree |

If I were really upset and needed help:

- | | | | | |
|---|-------------------|----------|-------|----------------|
| 15. I believe a counselor or other adult at school could help me. | Strongly disagree | Disagree | Agree | Strongly agree |
| 16. I would talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree |
| 17. My friends would want me to talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree |
| 18. My family would want me to talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree |
| 19. I know adults who could help a friend thinking of suicide. | Strongly disagree | Disagree | Agree | Strongly agree |
| 20. My school has people who can help students going through hard times. | Strongly disagree | Disagree | Agree | Strongly agree |
| 21. I can think of an adult who I trust enough to help a suicidal friend. | Strongly disagree | Disagree | Agree | Strongly agree |

Questionnaire

Fill in the blank.

22. List five different symptoms that a teen might have in order to be diagnosed with depression:

1. _____
2. _____
3. _____
4. _____
5. _____

23. How long does someone need symptoms to be diagnosed with depression?

24. List three healthy ways that every teen could take care of their mental health, reduce stress and stay balanced.

1. _____
2. _____
3. _____

25. How might stigma prevent someone with depression from seeking out help?

26. List two warning signs that would indicate someone may be considering suicide:

1. _____
2. _____

27. If you found out a friend was considering suicide or self-harming, what would you do?

