

OPTIONAL: UNDERSTANDING TEEN DEPRESSION

Questionnaire | KEY

ID # _____
 Age _____ Male Female Prefer not to say

Correct answers are highlighted and valued at 1, incorrect answers are valued at 0.

Circle YES or NO.

- | | | |
|---------------------------------------------------------------------------|----------------|---------------|
| 1. Depression is rare in adolescence. | YES | NO [1] |
| 2. Depression can run in families. | YES [1] | NO |
| 3. Depression almost always leads to suicide. | YES | NO [1] |
| 4. Depression is marked by a chemical imbalance in the brain. | YES [1] | NO |
| 5. Knowing the signs of depression can save a life. | YES [1] | NO |
| 6. I can tell a person is depressed by looking at them. | YES | NO [1] |
| 7. The abuse of alcohol and drugs can be a sign of depression. | YES [1] | NO |
| 8. Someone who is experiencing extreme stress always develops depression. | YES | NO [1] |
| 9. Depression is a treatable illness. | YES [1] | NO |
| 10. A person with depression always feels sad. | YES | NO [1] |
| 11. I know someone with depression (myself, friend, family member, etc.). | YES | NO |
- [not scored]

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

In the next series of questions, the hope is to see a change in attitude as it relates to less stigma and stereotypes.

- | | | | | |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------|----------|-------|---------------------------|
| 12. I think if someone really wanted to, they could fix their depression on their own. | Strongly disagree [4] | 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 [4] |
| 14. If I had depression, I would know what to do to get help for myself. | Strongly disagree | Disagree | Agree | Strongly agree [4] |

Ideal attitudes are highlighted and valued at 4, other attitudes are valued at 3, 2 and 1 consecutively from the ideal attitude.

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 [4] |
| 16. I would talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree [4] |
| 17. My friends would want me to talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree [4] |
| 18. My family would want me to talk to a counselor or other adult at school. | Strongly disagree | Disagree | Agree | Strongly agree [4] |
| 19. I know adults who could help a friend thinking of suicide. | Strongly disagree | Disagree | Agree | Strongly agree [4] |
| 20. My school has people who can help students going through hard times. | Strongly disagree | Disagree | Agree | Strongly agree [4] |
| 21. I can think of an adult who I trust enough to help a suicidal friend. | Strongly disagree | Disagree | Agree | Strongly agree [4] |

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Fill in the blank.

[5 points possible]
Needs at least five from different categories from the following:

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

1. Sad, depressed or irritable mood
2. Loss of interest or pleasure in favorite activities
3. Significant weight loss or gain, or change in eating habits
4. Change in sleep patterns
5. Feeling sped up or slowed down
6. Fatigue or loss of energy
7. Feelings of worthlessness or guilt
8. Trouble concentrating or making decisions
9. Repeated thoughts of death, suicide or acts of self-harm

[1 point possible]
Needs the following:

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

2 weeks or longer

[3 points possible]
Needs any three from the following:

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

1. Getting adequate sleep (8 – 10 hours)
2. Eating three nutritious meals per day
3. Three or more days of exercise
4. Avoiding drugs and alcohol
5. Taking care of sickness
6. Engaging in activities that bring happiness (or: *sports, reading, music, drawing, journaling, art, etc.*)
7. Spending time with favorite people
8. Relaxation exercises (or: *deep breathing, bubble bath, walk in nature, etc.*)
9. Maintaining reasonable expectations and boundaries
10. Asking for help

[1 point possible]
Needs the following:

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

They may be embarrassed or ashamed of their depression.

[2 points possible]
Needs two of the following:

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

1. Expressions of not wanting to be around anymore in person, in art, in writing, over the phone/computer, etc.
2. Giving away personal possessions
3. Interest in music, movies, writing, etc. about death or dying

[1 point possible]
Needs the following:

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

Tell an adult immediately.

TOTAL: 63 points possible