

National Suicide research Foundation: Baseline questionnaire for the General Public

(Via telephone and estimated time to complete: average 15 minutes
Pilot study showed a min. 8minutes & max. 80 minutes)

Call record

[The respondent shall be called 5 number of times before considering the call N/A]

Call outcome codes:

CI = Completed Interview
 PC = Partially Completed
 RI = Refused Interview
 II = Impossible: e.g. Language Barrier, hard of hearing
 BNCI = Business Number Completed Interview
 BNPC = Business Number Partially Completed
 BNRI = Business Number Refused Interview
 NA = No Answer
 BS = Busy Signal
 LD = Line Disconnected
 WN = Wrong Number
 NC = Number Changed
 MM = Message Machine
 CB = Call Back (Write Date, Time & Respondent's First Name)

Date	Call Outcome Code	Date & Time for Call Back
Day 1 _____	_____	_____
Day 2 _____	_____	_____
Day 3 _____	_____	_____
Day 4 _____	_____	_____
Day 5 _____	_____	_____

Interview name: _____

Time interview started: _____ ended: _____

Person actually interviewed (Respondent named in Directory)	
County of residence	
Gender (please circle)	MALE FEMALE NOT KNOWN
AGE (please circle or fill in)	
a) Ensure what age the caller is over 18 years of age	YES NO
b) Age	_____ YEARS OLD / NOT KNOWN
Do you mind me asking what type of sector are you working in? (Please tick/fill in job/position)	
Voluntary Sector	
Public (Govt.) Sector	
Private Sector	
Student	
Volunteer	
Other	
Don't Know	
Missing Answer	

Question 1

The following are eight short statements about depression, which you may answer if you, totally disagree, partially disagree, partially agree or totally agree.

[Ensure the participant understands and continue]

Opinions and attitudes to depression

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Undecided</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
Depression is a real disorder	1	2	3	4	5
Depression can be treated	1	2	3	4	5
Use of antidepressants can change someone's personality	1	2	3	4	5
The causes of depression are unknown	1	2	3	4	5
If somebody is suffering from depression, it is his/her own fault	1	2	3	4	5
If you are suffering from depression, you have to pull yourself together for getting over it	1	2	3	4	5
Antidepressants have side-effects	1	2	3	4	5
Antidepressants are addictive	1	2	3	4	5

Question 2

If you suffer from depression, this can be due to different causes. To what extent do you agree or disagree that the following causes are related to the development of depression?

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Undecided</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
Wrong lifestyle	1	2	3	4	5
Problems with other individuals	1	2	3	4	5
Disorder of brain metabolism	1	2	3	4	5
Stroke of fate (e.g. death of relative)	1	2	3	4	5
Heredity	1	2	3	4	5
Environmental poisons	1	2	3	4	5
Influence by the mass media (television, papers)	1	2	3	4	5
Today's achievement-orientated society	1	2	3	4	5
Loss of self-discipline	1	2	3	4	5
Weakness of character	1	2	3	4	5

Question 3

A depression can affect experience and behaviour in different ways. Which symptoms do you think are typical of depression?

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Undecided</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
Compulsive grooming	1	2	3	4	5
Physical complaints (e.g. sleeping disturbances)	1	2	3	4	5
Hallucinations	1	2	3	4	5
Feelings of guilt	1	2	3	4	5
Loss of pleasure	1	2	3	4	5

Question 4

There are different ways of treating depression. To what extent do you agree or disagree that the following are effective in the treatment of depression?

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Undecided</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
Talk to friends	1	2	3	4	5
Go on holiday	1	2	3	4	5
Take barbiturates and sedatives ¹	1	2	3	4	5
Contact a psychotherapist ²	1	2	3	4	5
Contact a doctor	1	2	3	4	5
Pull yourself together	1	2	3	4	5
Eat chocolate or sweet things	1	2	3	4	5
Light therapy ³	1	2	3	4	5
Take antidepressants	1	2	3	4	5
Activities (e.g. sports)	1	2	3	4	5
Contact a non-medical practitioner/alternative medical practitioner ⁴	1	2	3	4	5

¹ Barbiturates are medicines that act on the central nervous system and cause drowsiness and can control seizures. Although barbiturates have been used to treat nervousness and sleep problems, they have generally been replaced by other medicines for these purposes. Sedative - Medicine that has a calming effect and may be used to treat nervousness or restlessness

² Psychotherapist - An individual, who practices psychotherapy. Psychotherapy - The treatment of mental and emotional disorders through the use of psychological techniques designed to encourage communication of conflicts and insight into problems, with the goal being relief of symptoms, changes in behaviour leading to improved social and vocational functioning, and personality growth. A Psychotherapist can be a psychiatrist (only therapists who can prescribe drugs), psychologist, psychiatric nurse, or psychiatric social worker.

³ Light therapy - the use of strong light for the treatment of depression and gloom (as in seasonal affective disorder) called also light treatment

⁴ A non-medical professional practising holistic medicine such as Homeopathy or Chinese medicine

Question 5

How successfully can a depression be treated by a:

	Very successful	Quite successful	Moderately	Less successful	Not successful at all
A) Family Doctor/GP	1	2	3	4	5
B) Psychiatrist ⁵	1	2	3	4	5
B) Psychotherapist	1	2	3	4	5

- Thank you for answering the previous statements, now would it be possible to ask you a few more questions about attitudes towards suicide. This should take roughly 15 minutes to finish and we would be very grateful if it was possible for you to complete.
- The following questions concern your opinion about suicide. As in the previous section, there are no 'right' or 'wrong' answers!*
- Please note that some questions may appear similar but for the purpose of completeness of the questionnaire it would be helpful if you could answer them all.

ATTITUDES TO SUICIDE

		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1	It is always possible to help a person with suicidal thoughts.					
2	Suicide can be justified.					
3	Taking one's own life is among one of the worst things to do to one's relatives.					
4	Most suicide attempts are impulsive <u>actions</u> (by nature).					
5	Suicide is an <u>acceptable means</u> to terminate an incurable <u>disease</u> .					
6	Once a person has made up his/her mind about taking his/her own life no one can stop him/her					

⁵ A physician who specializes in psychiatry. The branch of medicine that deals with the diagnosis, treatment, and prevention of mental and emotional disorders. A main aspect of their profession is that they can prescribe drugs.

		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
7	Many suicide attempts are made because of revenge or to punish someone else.					
8	People who take their own lives are usually mentally ill.					
9	It is everyone's responsibility to try to stop someone from dying by suicide.					
10	When a person dies by suicide it is something that he/she has considered for a long time.					
11	There is a risk of evoking suicidal thoughts in a person's mind if you ask about it.					
12	People who make suicidal threats seldom complete suicide.					
13	Suicide is a subject that one should not talk about.					
14	Loneliness could for me be a reason to take my life.					
15	Almost everyone <u>has at one time or another thought</u>					
16	There <u>may be</u> situations where the only reasonable resolution is suicide.					
17	I could say that I would take my life without actually meaning to.					
18	Suicide can sometimes be a relief for those left behind (friends & family).					

		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
19	Suicides among young people <u>are particularly puzzling</u> since they have <u>everything to live for.</u>					
20	I would consider the possibility of taking my life if I were to suffer from a severe, incurable, disease.					
21	A person once they have suicidal thoughts will never let them go					
22	Suicide happens without warning.					
23	Most people avoid talking about suicide					
24	If someone wants to commit suicide it is his or her business and we should not interfere.					
25	It is mainly loneliness that drives people to suicide.					
26	A suicide attempt is <u>essentially</u> a cry for help.					
27	On the whole, I do not understand how people can take their lives.					
28	Usually relatives have no idea					
29	A person suffering from a severe, incurable, disease expressing wishes to die should get that help to do so.					
30	I am prepared to help a person in a suicidal crisis by making contact.					

		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
31	I can understand that people suffering from a severe, incurable disease dies by suicide.					
32	People who talk about suicide do not die by suicide.					
33	People have the right to take their own lives.					
34	Most suicide attempts are caused by conflicts with a close person.					
35	I would like to get help to take my own life if I were to suffer from a severe, incurable, disease.					
36	Suicide can be prevented.					

Closing statements:

Ask if they **would like to add anything else in relation to the survey**, which they think the interview has failed to mention, or which they may have strong opinions on themselves?

Ask the respondent if they **have any questions** and if they **would like to request any further information on the topics covered in the survey through the post.** _____

© nsrf