

General population survey

The subproject 1.1 (awareness programme) of the German Research Network on Depression, Suicidality targets at the optimisation of diagnosis and therapy of depression and suicidality on primary care level in the city of Nuremberg. As one of several measures, a comprehensive public information campaign comprising press releases, public events, advertisement aims

- (1) to enhance the acceptance of the awareness programme,
- (2) to sensitise medical practitioners,
- (3) to realise the knowledge transfer to the broad public.

Parts of the knowledge to be transferred are information on

- (1) prevalence,
- (2) severity code,
- (3) causes,
- (4) symptoms and
- (5) treatment methods of depressive disorders, as well as
- (6) the announcement of regional help offers and support measures.

The information campaign aims to impart the following core messages:

- (1) Many people suffer from depression.
- (2) At any time, depressive disorders also have somatic causes (that means to suffer from depression isn't a shame).
- (3) Depression is a severe disease.
- (4) When suffering from depression, it is needed to consult a doctor.
- (5) Depression can successfully be treated.
- (6) Antidepressants are not addictive, don't change one's personality, have only minor side effects and take effect in the long run.

The evaluation of the awareness programme takes place by assessing changes in comparison with the initial situation both in Nuremberg (intervention region) and Wuerzburg (control region) and in comparison of the two regions with each other. Particularly, the effectiveness of the information campaign is to be measured by a telephone survey of representative samples of the population in Nuremberg and Wuerzburg.

A longitudinal design with three measuring points (panel survey) is recommended. After a baseline measuring before the beginning of the campaign in Nuremberg (September / October 2000) the survey should be repeated twice at intervals of 12 months.

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DATE OF INTERVIEW

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Day			Month			Year			

REGION OF SURVEY

- 1 Nuremberg
 0 Wuerzburg

People get ill from while to while. Sometimes it's about a minor, but sometimes about a more severe disease. How do you estimate the following diseases? Do you perceive this disease as very severe (4), severe (3), less severe (2) or not severe at all (1)?

- influenza**
- hay fever**
- backache**
- diabetes**
- cancer**
- caries**
- depression**
- aids**

Do you think that the topic depression is currently more talked about in public?

- 1 yes
 0 no

There are different opinions regarding „depression“. To what extent do you agree to the following statements? Please indicate in each case whether you agree completely (3), in parts (2) or not at all (1).

- „In fact, depression isn't a real disease.“**
- „If somebody is suffering from depression, it is his/her own fault.“**
- „If you are suffering from depression, you have to pull yourself together for getting over it.“**
- „Without external support you are at the mercy of a depression.“**
- „Depression is a disease, such as asthma or diabetes, which ought to be treated by a doctor or psychotherapist.“**

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If you suffer from depression, this can be due to different causes. Which of the following causes do you regard as very important (5), quite important (4), moderately (3), less important (2) or not important at all (1).

- wrong lifestyle**
- problems with fellow men**
- disorder of brain metabolism**
- stroke of fate (e. g. death of relative)**
- heredity**
- wrong alimentation**
- environmental poisons**
- stimulus satiation by media**
- our today's achievement-orientated society**
- loss of self-discipline**
- weakness of character**

A depression can affect experience and behaviour in different ways. What do you think, which symptoms are typical for a depression?

compulsive grooming?

- 1 **yes**
0 **no**

physical complaints (e. g. sleep disturbances, loss of appetite)?

- 1 **yes**
0 **no**

hallucinations?

- 1 **yes**
0 **no**

feelings of guilt?

- 1 **yes**
0 **no**

loss of pleasure?

- 1 **yes**
0 **no**

There are different ways of treating depression. Which of the following possibilities do you regard as very appropriate (3), moderately (2) or not appropriate (1).

- talk to friends**
- go on holiday**
- take barbiturates and sedatives**
- contact a psychotherapist**
- contact a doctor**
- pull yourself together**
- eat chocolate or sweet things**
- light therapy**
- take antidepressants**
- autogenic training**
- a lot of sports**
- contact a non-medical practitioner**

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REMARK: ONLY IN THE FIRST INTERVIEW

Do you think that you can talk frankly about mental problems to your doctor?

1 yes

0 no

What do you mean: How successfully can a depression be treated by a doctor or psychotherapist? Do you think very good (5), quite good (4), moderately (3), less good (2) or not good at all (1)?

Among other treatment methods, the doctor treats depression with special drugs called antidepressants. What do you think:

Do antidepressants have side-effects?

2 strong

1 moderate

0 slight

Are antidepressants addictive?

1 yes

0 no

Do antidepressants change one's personality?

1 yes

0 no

If you take antidepressants, do you stay the same?

1 yes

0 no

Is there anybody in your family or circle of friends who has already been treated for depression??

1 yes

0 no

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Have you recently seen or heard something about depression?

- 1 yes → NEXT QUESTION
0 no

What did you see or hear?

_____ (PLAINTEXT)

Where did you notice about depression?

CODING BY INTERVIEWER. MULTIPLE ANSWERS POSSIBLE.

- newspaper
- posters in the city
- posters in GP waiting room
- posters in the tramway
- infoscreen in subway
- cinema
- at the bus-stop, advertising panels
- public information events
- art exhibition
- congregation
- employment centre
- school
- GP
- friends
- radio
- TV
- internet
- municipality
- other,
e.g. _____ (PLAINTEXT)

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Some questions asking for how depression is dealt with in the public

Did you ever hear about the „Alliance Against Depression“?

- 1 Yes
0 No → NEXT QUESTION

Where did you notice about the „Alliance Against Depression“?

CODING BY INTERVIEWER KODIERT. MULTIPLE ANSWERS POSSIBLE.

- newspaper
- posters in the city
- posters in GP waiting room
- posters in the tramway
- infoscreen in subway
- cinema
- at the bus-stop, advertising panels
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- TV
- internet
- municipality
- other,
e.g. _____ (PLAINTEXT)

SOCIO-DEMOGRAPHIC INFORMATION

Gender

- 0 female
1 male

How old are you?

_____ Years

Actual family status

CODING BY INTERVIEWER.

- 1 married, lives with partner
- 2 lives with partner, not married
- 3 divorced, lives apart and without partner
- 4 widowed and without partner
- 5 lives alone (has never been married)

Do you have children?

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_____ Children

How many persons live in your household?
_____ Persons

What is your highest school leaving certificate?
CODING BY INTERVIEWER.

- 1 still in school
- 2 CSE
- 3 secondary school level
- 4 general qualification for university entrance
- 5 university diploma
- 6 no graduation

What is your current occupation?

- 1 still in training
- 2 employed
- 3 on release
- 4 housewife/ -man
- 5 unemployed
- 6 pensioner
- 7 early retirement/disabled
- 8 other

Do you work within the health system?

- 1 Yes
- 0 No

What is your native language?

- 1 German
- 0 other

If other: _____ (PLAINTEXT)