

Questionnaire

**for the assessment of knowledge and attitudes about the topic
„depression among the elderly“**

ID

We would like to ask you to complete this questionnaire that assesses your perception of the topic “depression”. For recognising you anonymously, we would like to use a code which doesn’t include any personal data and which cannot be retraced.

Code (date of birth of mother)

If your mother would have been born at 1912, May 16th, the code would be:

16	05	1912
Day	Month	Year

Please now fill in **your code**, that is **the date of birth of your mother**, into the empty boxes:

Day	Month	Year

1. There are different opinions regarding „depression“. We are interested in your view. To what extent do you agree to the following statements?

Three-scaled: *agree completely/ agree in parts/ don't agree at all*

agree completely	agree in parts	don't agree at all	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	„In fact depression is not a real disease.“
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	„If somebody is suffering from depression, it is his/her own fault.“
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	„If you are suffering from depression, you have to pull yourself together for getting over it.“
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	„Without external support you are at the mercy of depression.“
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	„Depression is a disease, such as e.g. asthma and diabetes, which should be treated by a doctor or psychotherapist.“

2. If you suffer from depression, this can be due to different causes. To what extent do you estimate the importance of the following causes in regard to the development of depression?

Five-scaled: *very important, quite important, moderately, less important or not important at all*

very important	quite important	moderately	less important	not important at all	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	wrong lifestyle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	problems with fellow men
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	disorder of brain metabolism
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	stroke of fate (e.g. death of relative)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	heredity
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	wrong alimentation
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	environmental poisons
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	stimulus satiation by media
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	our today´s achievement-orientated society
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	loss of self-discipline
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	weakness of character

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

compulsive grooming?

- Yes
 No

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

- Yes
 No

hallucinations?

- Yes
 No

feelings of guilt?

- Yes
 No

loss of pleasure?

- Yes
 No

4. There are different ways of treating depression. To what extent do you estimate the appropriateness of the following possibilities?

Three-scaled: *very good/ moderately/ not applicable*

very good	moderately	not applicable	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>talk to friends</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>go on holiday</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>take barbiturates and sedatives</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>contact a psychotherapist</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>contact a doctor</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>pull yourself together</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>eat chocolate or sweet things</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>light therapy</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>take antidepressants</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>autogenic training</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>a lot of sports</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>contact a non-medical practitioner</i>

5. What do you mean: How successfully do you think a depression can be treated by a doctor or psychotherapist?

Five-scaled: *very good, quite good, moderately, less good or not good at all?*

very good	quite good	moderately	less good	not good at all
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Mostly, the doctor treats the depression in older adults with special drugs called antidepressants. What is your opinion:

Do antidepressants have side-effects?

strong	moderate	slight
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are antidepressants addictive?

yes	no
<input type="checkbox"/>	<input type="checkbox"/>

Do antidepressants change one's personality?

yes	no
<input type="checkbox"/>	<input type="checkbox"/>

If you take antidepressants, do you stay the same?

yes	no
<input type="checkbox"/>	<input type="checkbox"/>

7. How often did you point out possible depressive affections of residents to the treating doctor within the last two months?

Please indicate the concrete number:

8. There are different attitudes towards suicidality in older adults. What do you think:

Four-scaled: *completely agree/ agree in parts/ agree just a little bit/ don't agree at all*

completely agree	agree in parts	agree just a little bit	don't agree at all	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Suicidality in older adults is more acceptable than in younger people
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mostly suicidality is a result of a psychiatric disease
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When you are advanced in years, life can be as worth living as in earlier life.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Suicidality should be addressed openly and directly vis-à-vis the affected person.

9. How often did you point out suicidality of residents to the treating doctor within the last two months?

Please indicate the concrete number:

Finally, for statistical purposes we would like to obtain some information on your vocational background. Please answer the following questions by marking with a cross the appropriate statement:

(Asking for gender, age, native language and different types of qualification)

Thank you very much for your cooperation!