

Overcoming Depression

Your Name: _____

Date completed: _____

The purpose of this short questionnaire is to help us to understand your views about depression and ways of overcoming depression. Please read each of the following statements and decide how characteristic or descriptive each is of you – from ‘*very like me or agree strongly*’ through to ‘*very unlike me or disagree strongly*’.

Place a tick in one of the columns for each statement to indicate how much you currently agree with it – *for example*:

Statement	disagree strongly	disagree	neither agree nor disagree	agree	agree strongly
I should be able to cope with depression on my own		✓			

If any of the statements do not apply to you, then skip them and move on. Work through this questionnaire as quickly as you can and please remember to give your own opinion.

Statement	disagree strongly	disagree	neither agree nor disagree	agree	agree strongly
I should be able to cope with depression on my own					
when I have a difficult problem, I try to think of a practical solution					
when I am feeling low, I try to think about pleasant events					
If something goes wrong, I tend to blame myself					
when an unpleasant thought is bothering me, I try to think about something pleasant					
often I cannot overcome unpleasant thoughts that bother me					
I often find it difficult to overcome my feelings without help from other people					
I can't be depressed – I've no reason to be					
often by changing the way I think about things, I am able to change my feelings					
when I am depressed, I try to keep myself busy with things that I enjoy					
I cannot stop thinking about mistakes I have made in the past					
no-one can help me with my depression					

Statement	disagree strongly	disagree	neither agree nor disagree	agree	agree strongly
although it makes me feel bad, I cannot stop thinking about things going wrong in the future					
when I have to do something that makes me feel anxious, I try to visualise how I will overcome my anxieties while doing it					
when I have a difficult decision to make, I tend to put off making the decision					
being depressed is a weakness – it's not a proper illness					
when my motivation is low, I try to make a plan for the day and set myself some goals					
when I am in a low mood, I try to act cheerful so my mood will change					
when I have a difficult problem, I usually feel overwhelmed by it					
there's nothing I can do about making things better for myself					
my depression will get better by itself					

Please use the space below to make a note of any other thoughts or concerns that you have about depression or your efforts to overcome depression. Your doctor or mental health professional will spend time discussing this with you.