

Depression: asking the right questions



Depression: Asking the Right Questions

Your opportunity to influence research into depression

A James Lind Alliance Research Priority Setting Partnership

Information about the survey

Why do we need your help?

We want to improve care, support and treatment for people affected by depression. Depression affects not just individuals, but their families, carers, friends, colleagues and health and social care professionals too. We are asking all of these people to respond to our survey.

We know that you may have questions about depression. This is your unique opportunity to tell us what they are and so influence research. We value your input and would like to hear your questions.

Who do we want to hear from?

If you...

- Have experienced depression of any kind, at any point in your life;
- Are caring for a friend or family member who has experienced depression at any point in their lives;
- Are a family member, friend or colleague of someone who is living with or has experienced depression;
- Work as a health or social care professional or volunteer with people who are receiving care for depression;

...**we want to hear from you.**

Your experience and knowledge, as someone who has been directly affected by depression, will help us identify the most important questions that need to be researched.

What are we asking you to do?

We would like you to think about your own experiences of depression – and what might have been on your mind when living or working with this experience. What do you want to know more about? What questions do you have that you been unable to find an answer to?

Please write your questions in this short survey. It should only take you about 10 minutes to complete and your responses will be kept confidential. There is the opportunity to tell us your name and contact details if you wish, but this will never be linked back to the questions you submit. Please send your completed survey to xxxxxx or xxxxxx, MQ: Transforming mental health, 4th Floor West, 1-5 Clerkenwell Road, London, EC1M 5PA

What will we do with your question(s):

All the questions we receive will be gathered, grouped by topic and checked against published research to see if they have already been answered.

The questions to which the answers are not known will be ranked to find out which are the most important. This process involves those directly affected by depression, family members, carers and health and social care professionals. If you are interested in taking part in this, tell us in section two of the survey.

This process generates a 'top 10' list of research questions. These will be published and shared publicly.

We will then work together with researchers and research funders to promote our priority questions. We hope the questions will inform and guide researchers. We want the questions to improve the link between researchers and people affected by depression. And we want to see research made even better with our input.

Our ultimate goal is that your priority questions inform future research. By working together, we can help improve treatment and care for people living with depression.

There may already be answers to some of the questions you submit. If so, we aim to report back here on the website.

What is depression?

Depression is more than simply feeling unhappy or fed up for a few days

We all go through spells of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. Depression goes by many names: The Blues, Walking the Black Dog. The symptoms can range from lasting feelings of sadness and hopelessness, to losing interest in the things you used to enjoy and feeling very tearful. There can be physical symptoms too. The symptoms can vary in how severe they are. If you think you may be depressed it's important to see your GP. There are treatments and support available.

The symptoms of depression can be complex and vary. They can include:

- Low mood
- Loss of enjoyment or pleasure
- Thoughts of unworthiness, even worthlessness
- Thoughts of self-harm or suicide
- Loss of energy
- Loss of appetite or overeating
- Sleep disturbance
- Poor concentration

Many of us experience some of these symptoms at different times. If you experience some of these symptoms for most of the day, every day for more than two weeks, you may be depressed. It is important to ask for help from your GP.

This survey uses the word 'depression' to describe a range of symptoms from persistent low mood to clinical depression. We'd like to hear about the whole range.

Consent

By participating in this survey, you are agreeing to allow us to anonymously publish your questions in our project reports. If you choose to provide your name in part two of the survey, we will not publish it.

By participating in this survey, you are agreeing to allow us to use information anonymously from your survey responses such as your age, sex or employment status to better understand and describe our survey participants.

Your participation in this survey is subject to the [privacy policies of MQ; Transforming Mental Health](#), the sponsor of the project. These policies have been reviewed and approved by the Steering Group of the Depression: ARQ Partnership.

Please note that there are rare circumstances under which the Depression: ARQ Partnership will have a duty to share information provided in this survey with the relevant body, such as where abuse and/or criminal activity is disclosed, or where an individual is at risk to themselves or others (including, but not limited to, children or vulnerable adults).

We are sorry but we are unable to respond to specific personal questions that you may have about your own, or another person's care. If you need further support with any issues raised by filling out this survey, please see [NHS Choices](#).

Depression: Asking the Right Questions Survey

Section 1a – What are your questions about depression?

Your question(s) can be about anything that you think is important to do with depression. We are interested in every aspect of depression – from diagnosis, to care, treatment and recovery. Questions about cause and prevention are welcome too.

- Send us as many questions as you like

Section 1b - It would be helpful to know a little more about you.

1b. Which of the following categories best describes you? (please tick all that apply). We need your answer so we can fully process your questions.

- I have experienced symptoms of depression.
- I have been diagnosed with depression.
- I am a carer, family member, partner, friend or colleague of someone who has experienced depression.
- I am a health or social care professional working with people who have depression.
- I am a volunteer working with people experiencing depression.

2. To help us learn more about what it is like to live with depression, we'd like to know a bit more about you.

If you have, or have had depression, please move to question 2.

If you are a healthcare professional or volunteer please move to question 3.

If you are a friend, family member or carer, please move to question 4.

2a. If you have, or have had, depression, which of the following best describes you? (please tick one)

- I have experienced the symptoms of depression but have not sought professional help.
- I have been diagnosed with depression, but have not received specific treatment for it.
- I have been diagnosed with depression and have received treatment(s) (tick all that apply).
- Antidepressant medication
 - Psychotherapy eg CBT (Cognitive behaviour therapy)/counselling
 - ECT (Electro-convulsive therapy)
 - Other, please specify _____

2b. We are interested in learning more about what it is like to live with depression when it occurs with other health problems.

Do you have another mental health condition?

- No
- Yes. Please specify _____

Do you have any another health condition?

- No
- Yes. Please specify _____

Please move to question 4.

3. If you are a health or social care professional or volunteer, please tell us your role:

- GP
- Psychiatrist
- Other Medical Specialty
- Clinical Psychologist
- Counsellor/Therapist/PWP
- Nurse

- Allied Healthcare Professional
- Social Worker
- Occupational Therapist
- Benefits Manager
- Volunteer
- Other, please describe _____

Please move to question 4.

4a. Please tell us your age:

- 16-24
- 25-40
- 41-65
- Over 65 years old
- Prefer not to answer

4b. Please tell us your sex:

- Female
- Male
- Prefer not to answer

4c. Please tell us a bit about your heritage by ticking the box that most closely reflects your ethnic group.

- White
- Black/African/Caribbean/Black British
- Mixed/Multiple ethnic groups
- Asian/Asian British
- Other, please specify _____
- Prefer not to answer

4d. Please tell us about your current employment status.

- I am currently working full time
- I work part-time or intermittently
- I am a student

- I have not worked in the last 8 weeks
- I have not worked in the last year
- I have never worked
- Prefer not to answer

4e. Where do you live?

- England
- Scotland
- Wales
- Northern Ireland
- Republic of Ireland
- Prefer not to answer
- Other (please specify) _____

Section 2 – Staying in touch with you after you finish the survey

If you would like more information about the next stage of the project, or to receive a report of the results, please fill in your details below.

Would you like more information about the next stage of the project, where the research questions will be prioritised?

- Yes
- No

Would you like us to keep in touch and send you a report of the results of the project in mid 2015?

- Yes
- No

If you answered 'Yes' to either of the options above, please enter your contact details below. Your contact details will be stored securely and confidentially, in accordance with the Data Protection Act.

Name: _____
Email: _____
Phone number: _____

Please tick how you would prefer us to contact you:

- By email

By phone

If you have any questions or comments about this survey, please don't hesitate to contact us.
Email: xxxxxxxxxxxxx

If you would like more information about any issues raised by the survey, please see our website www.depressionarg.org for further support.

You can help us by passing details of this survey on to anyone who you think might be interested.

Thank you once again.