

The Depression Map Questionnaire

Depression is not a single, uniform difficulty best treated with a one-size-fits-all approach. Instead, the techniques most likely to be helpful depend on the kind of depression a person has, the symptoms they are experiencing, and the risk factors that seem to have brought it about.

In this questionnaire you are asked to rate a series of simple statements about your experience of depression. Place your ratings in the space beside each statement.

Use a scale of 1 to 5:

- 1 Disagree strongly. This statement is not at all true.
- 2 Mostly disagree. This statement is only a little or occasionally true of me.
- 3 This statement applies to me some of the time.
- 4 Agree. This statement describes me moderately well.
- 5 Strongly agree. This statement fits me extremely well.

Ignore the numbers (e.g., 9-1) beside each item for now.

- 9-1 ___ I just can't seem to get myself moving.
- 9-1 ___ I set goals for myself, but I never seem to reach them.
- 9-1 ___ When I manage to do things, I feel discouraged at how much remains to be done.
- 10-1 ___ It's hard to keep track of all the medical treatments I've tried.
- 10-1 ___ When I see a healthcare provider I often forget to raise some of the questions or concerns that I've been having.
- 10-2 ___ I haven't told my family physician about my mood problems.
- 10-2 ___ I'm wondering whether my mood problem is caused by another illness.
- 10-3 ___ I've had longstanding mood problems, but I've never consulted a psychiatrist.
- 10-3 ___ I'm not sure my mood problem has ever been properly diagnosed.
- 10-4 ___ My diet isn't very well-balanced.
- 10-4 ___ I'd like to get some professional advice about proper nutrition.
- 10-5 ___ I have questions about the side effects of medication I'm taking, or the way my different medications might interact.
- 10-5 ___ I'd like a more complete explanation of my medication than my physician usually gives me.

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- 10-6 I'd like to have a broad assessment of the factors that might be influencing my depression.
- 10-6 I'd like to see a professional trained in evidence-based psychotherapy.
- 10-7 I'd like more information on the different types of therapists available.
- 10-7 I'd like to see a therapist about my depression.
- 10-8 I'm thinking about seeking a referral to a community mental health clinic.
- 10-8 I'd like to see a multidisciplinary team including physicians and other professionals.
- 10-9 I think my work pays for therapy.
- 10-9 I want a therapist but can't really afford one.
- 10-10 Sometimes I think I'm at serious risk of harming myself.
- 10-10 There are times when I'm desperate and my regular care providers aren't available.
- 10-11 I'm wondering whether I should be in hospital for my mood problem.
- 10-11 My healthcare provider has suggested hospitalization.
- 10-12 I'd like to learn more about depression from the internet.
- 10-12 I want to hear about depression from people who have been through it.
- 10-13 I don't know anyone who's been through depression.
- 10-13 I'd like to join some kind of support group for depression.
- 11-1 If I try psychotherapy, I want it to give me specific ideas about what to do.
- 11-1 I'd like therapy to help me overcome my negative thinking.
- 11-2 My depression seems linked to difficult relationships in my life.
- 11-2 I'd like therapy to help me understand and improve my relationships with others.
- 11-3 The aftereffects of traumatic events seem related to my depression.
- 11-3 There are events in my past that I can't bear to think about.
- 11-4 I'd like to develop an understanding of my past and my childhood.
- 11-4 My depression seems clearly related to the way I was raised.
- 11-5 My relationship with my partner is one of my biggest stresses.

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- 11-5 If my partner and I could work out our problems, I think the depression might ease.
- 11-6 There are no creative outlets in my life right now.
- 11-6 In the past, creative activities have helped my mood a great deal.
- 11-7 I'm so overwhelmed by my situation; I just need someone to talk to.
- 11-7 I could deal with my problems myself if I just had a little support.
- 12-1 I'm having a hard time eating because of my depression.
- 12-1 My mood problems seem related to the way I eat.
- 12-2 I haven't been getting much exercise lately.
- 12-2 In the past I've usually felt better when I've been more physically active.
- 12-3 I've been having a hard time sleeping.
- 12-3 My sleep schedule isn't very regular.
- 12-4 I drink more than two cups of coffee (or four cups of tea) each day.
- 12-4 I drink a lot of caffeinated soft drinks such as colas.
- 12-5 I spend a lot of time indoors away from natural light.
- 12-5 I seem to get more depressed during the winter.
- 12-6 I still drink (or use recreational drugs), even though I'm depressed.
- 12-6 I may have a drug or alcohol problem.
- 12-7 I was raised to think that doing things for the fun of it was silly or inappropriate.
- 12-7 I don't do anything fun anymore.
- 13-1 I seem to have a particularly severe (or recurrent) form of depression.
- 13-1 I'm open to trying a medication to help with my mood.
- 13-2 I'd prefer to try an herbal antidepressant.
- 13-2 I'm interested in St. John's wort for depression.
- 13-3 I think I may have some nutritional deficiencies that relate to my depression.
- 13-3 I'm intrigued by the more "natural" approaches to depression treatment.
- 13-4 I have severe depression and various medications haven't helped.
- 14-1 I'm not really aware of my negative thinking.

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- 14-1 I seem to react to events more negatively than most people.
- 14-2 People have told me I blow things out of proportion.
- 14-2 Minor events seem to produce big emotional responses in me.
- 14-3 I put myself down a lot.
- 14-3 I seem to talk myself into despair sometimes.
- 14-4 My attitude seems to trip up my emotions.
- 14-4 My beliefs and assumptions are a big part of the problem.
- 14-5 I think negatively during depression, but I'm not sure how it happens.
- 14-5 In my mind I seem to distort what's really going on in my life.
- 14-6 I think about how I should be and I realize I don't measure up.
- 14-6 My life doesn't seem to go the way I think it should.
- 14-7 When things go badly, I tend to blame myself.
- 14-7 When things go well, I never seem to feel any better.
- 14-8 I'm a perfectionist.
- 14-8 I worry that other people expect too much of me.
- 14-9 I can't help thinking negative thoughts.
- 14-9 I'd like to learn how to talk back to my negativity.
- 14-10 I worry about things a lot.
- 14-10 When I start worrying about something I find it difficult to stop.
- 14-11 My memory and concentration are really affected by the depression.
- 14-11 I can't seem to make decisions lately.
- 15-1 I want to put a halt to my negative emotions.
- 15-1 My emotions seem childish, wrong, or dangerous.
- 15-2 I've been under a lot of stress lately.
- 15-2 I need to learn how to handle stress more effectively.
- 15-3 Fear seems to play a big role in my depression.
- 15-3 I find it extremely difficult to face my fears.
- 15-4 I've been quite irritable or angry lately.

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- 15-4 When I become very angry, I have a hard time letting go of it.
- 15-5 I'm easily overwhelmed.
- 15-5 When I feel overwhelmed I tend to give up and stop trying.
- 15-6 At times I feel overcome by guilt.
- 15-6 I feel intensely ashamed of myself.
- 15-7 Hope is the one thing I hang onto during depression.
- 15-7 I seem to get my hopes up then have them crushed, which makes me feel worse.
- 15-8 When I feel better I have a hard time trusting that my mood won't just crash again.
- 15-8 When I'm feeling well, I worry that the depression is lurking around the corner.
- 15-9 When my mood dips, I become very afraid that I'll slide right back to the bottom.
- 15-9 I want to get better steadily, without setbacks.
- 16-1 There doesn't seem to be enough time in the week to do everything.
- 16-1 My life seems filled with things I don't actually enjoy or think are worthwhile.
- 16-2 I usually try to give 100% to everything I do.
- 16-2 I get frustrated when I'm not operating at peak efficiency.
- 16-3 Work occupies a more central role in my life than it should.
- 16-3 I think burnout at work is part of my problem.
- 16-4 I often seem to be right on the edge financially.
- 16-4 I'm deep in debt.
- 16-5 My life is usually too rushed to let me slow down and relax.
- 16-5 I'm always running from place to place trying to keep up with my life.
- 16-6 There's a stack of paper at home (or work) that I haven't been facing.
- 16-6 The list of small errands and tasks I have to do seems endless.
- 16-7 The news affects me deeply right now.
- 16-7 I'm a news addict; I constantly read or tune into the news.
- 16-8 I spend most of my life in an urban environment.
- 16-8 Nature seems to exert a calming influence on me.

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- 17-1 I have acquaintances, but few deep friendships.
- 17-1 I don't seem to spend much time with friends.
- 17-2 Some good friends seem to have drifted out of my life the past few years.
- 17-2 Since I became depressed, I've been deserted by people I thought would support me.
- 17-3 I don't really know very many people.
- 17-3 I need to expand my social circle and meet some new people.
- 17-4 There are specific things friends could help me with during depression.
- 17-4 Some of the people in my life would like to help but don't know how.
- 17-5 When I'm depressed it seems that all I can talk about is how I'm feeling.
- 17-5 When I'm depressed I pretend I'm fine.
- 17-6 It's hard for me to stand up for myself.
- 17-6 I wind up doing a lot of things because it's hard for me to say 'no.'
- 17-7 I have children to take care of.
- 17-7 I've noticed that during depression it's harder to be a good parent.
- 17-8 What I really want is a romantic partner.
- 17-8 My depression has had a negative impact on my relationship with my partner.
- 18-1 Nothing seems important or meaningful to me right now.
- 18-1 I used to have a sense of meaning and purpose in my life, but it's gone.
- 18-2 I think that the values of society may contribute to my depression.
- 18-2 I've tried "fitting in" for much of my life, but that hasn't given me a sense of purpose.
- 18-3 I think my mood problem is partly a mid-life crisis.
- 18-3 I became disillusioned about my life before the depression began.
- 18-4 I've committed myself to my path in life and I can't change it now.
- 18-4 I'm feeling trapped by the decisions I made in the past.
- 18-5 Depression is just an illness; I won't learn anything valuable from it.

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- 18-5 _____ I suspect that having depression could somehow change parts of my life for the better.
- 18-6 _____ I feel a need for spirituality in my life.
- 18-6 _____ Religion and spirituality have played no part in my life lately.
- 18-7 _____ I seem very self-involved; I'd like get involved in something bigger.
- 18-7 _____ When I'm focused on a larger cause, my mood seems somewhat better.
- 18-8 _____ I haven't had a real vision for my life's purpose lately.
- 18-8 _____ I think I'd feel better if I had a general plan for my life.