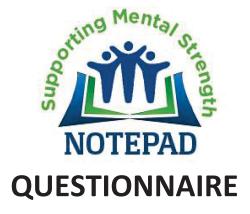


Registered charity number: 1087774







Introduction to the questionnaire

Keele University are doing a research study about depression and anxiety in older adults. We are interested in finding out about YOU and YOUR experiences.

The following pages ask you a range of questions about your health and well-being, your feelings and your emotions.

We understand that it is not always easy to choose an option that describes exactly what you are feeling, and if you are unsure which response to give, please choose the response that comes closest to how you feel.

Please choose ONE response from the options provided. Please answer all of the questions, there are no right or wrong answers. The answers that you do give will be treated in the **strictest confidence**.

star	ise return this booklet to us in the <u>pre-paid</u> envelo <u>np.</u>	pe provid	ded. <u>You</u>	do not ne	ed a	
-	ou would like further information, or have any questact a member of the NOTEPAD research team at or by email at					
Thank you for your help with this research study						
SE	CTION A. Questions about your mod	od			(PHQ-9)	
Dlo			15.00			
	ase choose ONE answer for each question and					
Ove	er the <u>last 2 weeks</u> how often have you been both blems?			e followin	g	
Ove	er the <u>last 2 weeks</u> how often have you been both blems?			More than half the days	g Nearly every day	
Ove pro	r the <u>last 2 weeks</u> how often have you been both	ered by a	Several	More than half	Nearly	
Ove	er the <u>last 2 weeks</u> how often have you been both blems? Little interest or pleasure in doing	ered by a	Several	More than half	Nearly	
Ove	tr the last 2 weeks how often have you been both blems? Little interest or pleasure in doing things	ered by a	Several	More than half	Nearly	
Ove	Little interest or pleasure in doing things Feeling down, depressed, or hopeless Trouble falling or staying asleep, or sleeping	ered by a	Several	More than half	Nearly	

6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down				
7.	Trouble concentrating on things, such as reading the newspaper or watching television				
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual				
9.	Thoughts that you would be better off dead or of hurting yourself in some way				
SE					
	CTION B. Questions about your stres	SS			(GAD-7)
	ase choose ONE answer and mark with a 'X'	SS			(GAD-7)
Plea	ase choose ONE answer and mark with a 'X' or the last 2 weeks how often have you been both		ny of the	followin	
Plea	ase choose ONE answer and mark with a $'X'$		ny of the Several days	More than half the	
Plea	ase choose ONE answer and mark with a 'X' or the last 2 weeks how often have you been both	ered by a	Several	More than	g Nearly
Ove prol	ase choose ONE answer and mark with a 'X' or the last 2 weeks how often have you been bother blems? Feeling nervous, anxious or on	ered by a	Several	More than half the	g Nearly

4.	Trouble relaxing				
5.	Being so restless that it is hard to sit still				
6.	Becoming easily annoyed or irritable				
7.	Feeling afraid as if something awful might happen				
SECTION C. Questions about you Are you: Male Female					
. A ì	re you: Male Female	<u> </u>		(dd/mr	m/yyyy)
. A	re you: Male Female			(dd/mr	m/yyyy)





The NOTEPAD research study: Consent to contact

Thank you for completing this questionnaire. By completing this questionnaire, I confirm that I have read the enclosed Participant Information Sheet (Version 2.0, 18/08/2016) and would be happy for a member of the NOTEPAD research team to contact me to discuss the study further.

Please complete the following details:							
Title:	Forename:	Surname:					
Address:							
Post code:							
Telephone numbers:							
Home:		Mobile:					
Email address	:						
The most convenient time to contact me is (please tick your choice):							
Morning Afternoon Evening Anytime Please return this questionnaire in the pre-paid envelope provided. If you have any queries please contact a member of the NOTEPAD research team at Keele University by telephone.							
If you have any queries please contact a member of the NOTEPAD research team at Keele University by telephone on the Note of t							

ID Label:	