

THE FOLLOWING QUESTIONS ARE ABOUT DEPRESSION.

115. HAVE YOU SEEN, READ OR HEARD ANYTHING IN THE MEDIA ABOUT DEPRESSION IN THE LAST 12 MONTHS?

- Yes ₁
 No ₂ → Q.117
 Refused to answer ₃ → Q.117
 Don't know ₉ → Q.117

116. CAN YOU TELL ME WHAT YOU RECALL?

Interviewer: Probe for up to five responses. For each response ask "Can you remember the name of the health professional or organisation associated with this media report?"

Probe question: And can you recall anything else in the media about depression?

Probe question: Can you remember the names of any other health professionals or organisations associated with this media report?

Information Recalled	Health Professional/Organisation
(i)	
(ii)	
(iii)	
(iv)	
(v)	

117. HAVE YOU HEARD OF ANY ORGANISATIONS RELATED TO DEPRESSION?

- Yes ₁
 No ₂ → Q.119

Refused to answer ₃ → Q.119
Don't know ₉ → Q.119

118. CAN YOU TELL ME/REMEMBER THE NAMES OF ANY OF THESE ORGANISATIONS?

Interviewer: Probe fully. If 'beyondblue' is not mentioned → Q.119
If 'beyondblue' is mentioned → Q.121

(i) Record first response:

(ii) Record other responses:

(iii) Record probed responses:

119. HAVE YOU HEARD OF THE ORGANISATION CALLED 'BEYONDBLUE: THE NATIONAL DEPRESSION INITIATIVE'?

Yes ₁ → Q.121
No ₂
Refused to answer ₃
Don't know ₉

120. IT IS AN INITIATIVE ASSOCIATED WITH JEFF KENNETT. HAVE YOU HEARD OF IT?

Yes ₁
No ₂ → Q.122
Refused to answer ₃ → Q.122
Don't know ₉ → Q.122

121. WHAT HAVE YOU SEEN, READ OR HEARD ABOUT 'BEYONDBLUE'?

Interviewer: Probe fully

(iv) Record first response:

(v) Record other responses:

(vi) Record probed responses:

122. AND FINALLY, HAVE YOU HEARD OF THE ORGANISATION
CALLED 'THE MELLOW YELLOW INSTITUTE'?

- | | | |
|-------------------|--------------------------|---|
| Yes | <input type="checkbox"/> | 1 |
| No | <input type="checkbox"/> | 2 |
| Refused to answer | <input type="checkbox"/> | 3 |
| Don't know | <input type="checkbox"/> | 9 |

ATTACHMENT:

PROMPT CARDS

Prompt Card 1

John is 30 years old. He has been feeling unusually sad and miserable for the last few weeks. Even though he is tired all the time, he has trouble sleeping nearly every night. John doesn't feel like eating and has lost weight. He can't keep his mind on his work and puts off making decisions. Even day to day tasks seem too much for him. This has come to the attention of John's boss who is concerned about his lowered productivity.

Prompt Card 2

Mary is 30 years old. She has been feeling unusually sad and miserable for the last few weeks. Even though she is tired all the time, she has trouble sleeping nearly every night. Mary doesn't feel like eating and has lost weight. She can't keep her mind on her work and puts off making decisions. Even day to day tasks seem too much for her. This has come to the attention of Mary's boss who is concerned about her lowered productivity.

Prompt Card 3

John is 24 and lives at home with his parents. He has had a few temporary jobs since finishing school but is now unemployed. Over the last six months he has stopped seeing his friends and has begun locking himself in his bedroom and refusing to eat with the family or to have a bath. His parents also hear him walking about his bedroom at night while they are in bed. Even though they know he is alone, they have heard him shouting and arguing as if someone else is there. When they try to encourage him to do more things, he whispers that he won't leave home because he is being spied upon by the neighbour. They realise he is not taking drugs because he never sees anyone or goes anywhere.

Prompt Card 4

Mary is 24 and lives at home with her parents. She has had a few temporary jobs since finishing school but is now unemployed. Over the last six months she has stopped seeing her friends and has begun locking herself in the bedroom and refusing to eat with the family or to have bath. Her parents also hear her walking about her bedroom at night while they are in bed. Even though they know she is alone, they have heard her shouting and arguing as if someone else is there. When they try to encourage her to do more things, she whispers that she won't leave home because she is being spied upon by the neighbour. They realise she is not taking drugs because she never sees anyone or goes anywhere.

Prompt Card 5

John is 30 years old. He has been feeling unusually sad and miserable for the last few weeks. Even though he is tired all the time, he has trouble sleeping nearly every night. John doesn't feel like eating and has lost weight. He can't keep his mind on his work and puts off making decisions. Even day to day tasks seem too much for him. This has come to the attention of John's boss who is concerned about his lowered productivity. John feels he will never be happy again and believes his family would be better off without him. To stop the pain, John has been thinking of ways to end his life.

Prompt Card 6

Mary is 30 years old. She has been feeling unusually sad and miserable for the last few weeks. Even though she is tired all the time, she has trouble sleeping nearly every night. Mary doesn't feel like eating and has lost weight. She can't keep her mind on her work and puts off making decisions. Even day to day tasks seem too much for her. This has come to the attention of Mary's boss who is concerned about her lowered productivity. Mary feels she will never be happy again and believes her family would be better off without her. To stop the pain, Mary has been thinking of ways to end her life.

Prompt Card 7

John is 44 years old. He is living in a boarding house in an industrial area. He has not worked for years. He wears the same clothes in all weathers and has left his hair to grow long and untidy. He is always on his own and is often seen sitting in the park talking to himself. At times he stands and moves his hands as if to communicate to someone in nearby trees.

He rarely drinks alcohol. He speaks carefully using uncommon and sometimes made-up words. He is polite but avoids talking with other people. At times he accuses shopkeepers of giving information about him to other people. He has asked his landlord to put extra locks on his door and to remove the television set from his room. He says spies are trying to keep him under observation because he has secret information about international computers systems which control people through television transmitters. His landlord complains that he will not let him clean the room which is increasingly dirty and filled with glass objects. John says he is using these “to receive messages from space”.

Prompt Card 8

Mary is 44 years old. She is living in a boarding house in an industrial area. She has not worked for years. She wears the same clothes in all weathers and has left her hair to grow long and untidy. She is always on her own and is often seen sitting in the park talking to herself. At times she stands and moves her hands as if to communicate to someone in nearby trees. She rarely drinks alcohol. She speaks carefully using uncommon and sometimes made-up words. She is polite but avoids talking with other people. At times she accuses shopkeepers of giving information about her to other people. She has asked her landlord to put extra locks on her door and to remove the television set from her room. She says spies are trying to keep her under observation because she has secret information about international computers systems which control people through television transmitters. Her landlord complains that she will not let him clean the room which is increasingly dirty and filled with glass objects. Mary says she is using these “to receive messages from space”.

Prompt Card 9

1.	2.	3.
HELPFUL	NEITHER HELPFUL NOR HARMFUL	HARMFUL

PEOPLE WHO COULD HELP

GP or family doctor

Chemist (Pharmacist)

Counsellor

Social Worker

Telephone counselling service (eg Lifeline)

Psychiatrist

Psychologist

Family

Close Friends

Naturopath or Herbalist

The clergy, a minister or priest

Self

Prompt Card 10

1.

HELPFUL

2.

**NEITHER HELPFUL
NOR HARMFUL**

3.

HARMFUL

MEDICINES

Vitamins, minerals, tonics, herbal medicines

Pain relievers (eg aspirin, codeine, panadol)

Anti-depressants

Antibiotics

Sleeping pills

Anti-psychotics

Tranquillisers (eg valium)

Prompt Card 11

1.

HELPFUL

2.

**NEITHER HELPFUL
NOR HARMFUL**

3.

HARMFUL

OTHER TREATMENTS

Become more physically active

Read about people with similar problems

Get out and about more

Relaxation, stress management, meditation, yoga

No alcohol

Psychotherapy

Hypnosis

Be admitted to a psychiatric ward

ECT (Electro-convulsive therapy)

Have an occasional drink

Go on a special diet or avoid certain foods

Prompt Card 12

1.

HELPFUL

2.

**NEITHER HELPFUL
NOR HARMFUL**

3.

HARMFUL

OTHER TREATMENTS

Consulting a web site for information

Consulting an expert via email or the web

Consulting a book that gives information

Information from an educator

Prompt Card 13

1. **FULL RECOVERY WITH NO FURTHER PROBLEMS**
2. **FULL RECOVERY, BUT PROBLEMS WOULD PROBABLY RE-OCCUR.**
3. **PARTIAL RECOVERY**
4. **PARTIAL RECOVERY, BUT PROBLEMS WOULD PROBABLY RE-OCCUR**
5. **NO IMPROVEMENT**
6. **GET WORSE**

Prompt Card 14

- | | | |
|--|---|--|
| 1. | 2. | 3. |
| MORE LIKELY
THAN OTHER
PEOPLE | JUST AS LIKELY
AS OTHER
PEOPLE | LESS LIKELY
THAN OTHER
PEOPLE |

LONG TERM OUTCOMES AFTER GETTING HELP

To be violent

To drink too much alcohol

To take illegal drugs

To have poor friendships

To attempt suicide

To be understanding of other people's feelings

To have a good marriage

To be a caring parent

To be a productive worker

To be creative or artistic

Prompt Card 15

1.	2.	3.	4.	5.
STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE

STATEMENTS ABOUT THEIR PROBLEM

People with a problem like this could snap out of it if they wanted

A problem like this is a sign of personal weakness

Their problem is not a real medical illness

People with a problem like this are dangerous

It is best to avoid people with a problem like this so that you don't develop this problem

People with a problem like this are unpredictable

If I had a problem like this I would not tell anyone

I would not employ someone if I knew they had this problem

I would not vote for a politician if I knew they had suffered a problem like this.

Prompt Card 16

1.	2.	3.	4.	5.
STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE

STATEMENTS ABOUT THEIR PROBLEM

Most people believe that people with a problem like this could snap out of it if they wanted

Most people believe that a problem like this is a sign of personal weakness

Most people believe that their problem is not a real medical illness

Most people believe that people with a problem like this are dangerous

Most people believe it is best to avoid people with a problem like this so that you don't develop this problem

Most people believe that people with a problem like this are unpredictable

If they had a problem like this most people would not tell anyone

Most people would not employ someone they knew had suffered a problem like this

Most people would not vote for a politician they knew had suffered a problem like this