

ANNEX VI

Survey items

The Pilot Interview

Evaluation of survey items for a set of mental health indicators

General introduction for the interviewer:

This interview is part of a pilot implementation project to establish future mental health indicators for the European Union. The set of proposed mental health indicators comprises survey scales, which are to be tested for their feasibility and comparability regarding the data collection in practice in this series of interviews. Likewise, this series of interviews enables the evaluation of whether these survey scales provide a measure of variability between the Member States. The pilot implementation survey is to be conducted by telephone interviews in 5 EEA countries. The sample size is in each country 400 finalised interviews.

The participating countries will analyse and report the problems (non-response, drop-out, lack of data etc.) in the collection of the data. The problems in data collection will be compared and analysed between the countries.

The present series of interviews are based on a data sheet, which itself comprises of several independent survey scales used commonly in health or mental health surveys. These scales are (in the order presented in the data sheet):

1. Sense of mastery scale
2. LOT-R (measure for optimism)
3. A. Andrews single item question on happiness, B. SF-36: energy, vitality measure; MHI-5 (Measure of psychological distress in the SF-36)
4. Impairment: Role limitation items of the SF-36, question on lost work days
5. Oslo 3-item social support scale
6. Social isolation scale
7. LTE (List of threatening events)
8. Major depression episode from the CIDI-SF (Composite International Diagnostic Interview Short Form)
9. Suicide attempts measure from the CIDI
10. Generalised Anxiety measure from the CIDI-SF (Composite International Diagnostic Interview Short Form)
11. CAGE scale (Measure for excessive alcohol use)
12. Self-reported use of mental health services from CIDI

Rating the scales:

The scales are rated in versatile ways. Some are presented with only two choices for answers some with, say, six. The CIDI is rated by counting the number of certain symptoms, not directly by summing up a score as is done in, say, the measure of social support.

Section 1. Sense of mastery: Respondents are asked to indicate the extent of their agreement with each of the items. The agreement is ranked on a five-point scale ranging from “strongly agree” (0) to “strongly disagree” (4): Strongly agree=0, Agree=1, Neutral=2, Disagree=3, or Strongly disagree=4.

Section 2. Optimism: Negatively worded items (**i.e. items 2,4 and 5**) are reverse coded before scoring. Responses to these items are then summed with the participants' responses to Items 1,3, and 6 to compute an overall optimism score. Respondents are asked to indicate the extent of their agreement with each of the items, using the following response format: 0=strongly disagree, 1=disagree, 2=neutral, 3=agree, and 4=strongly agree. Thus, scores in principle can range from 0 to 24. Values for each item are given in the cells of the table.

Section 3. Psychological well-being: Respondents are asked to indicate the extent of their agreement with each of the items. The answers to the items range from "all of the time" (6); "most of the time" (5); "a good bit of the time" (4); "some of the time" (3); "a little of the time" (2) and to "none of the time" (1). The score value for each item is given in brackets.

Counting the score of well-being: $(a+e+g+i - 4)/20 \times 100$

Psychological distress: Respondents are asked to indicate the extent of their agreement with each of the items. The answers to the items range from "all of the time" to "none of the time": How much time during the past month: All of the time, Most of the time, A good bit of the time, Some of the time, A little of the time, and None of the time. The score value for each item is in the cells of the table.

Counting the score of psychological distress: $(b+c+d+f+h - 5)/25 \times 100$

Section 4. Impairment: Role limitation due to emotional problems in the SF-36 scale: Answer to each item is rated "yes" (1) or "no"(2). There is one question lost workdays. Answer to each this is rated "yes" (0) or "no"(1).

Counting the score for role limitation: $(A+B+C - 3)/3 \times 100$

Section 5. Social support: The intention of the scale is to measure the perceived aspect of social support. Each alternative has a value (on the left column) that is summarised to give the total score, which ranges from 3 to 14.

Section 6. Social isolation: The questions are rated into simple "yes" or "no" categories, "Yes" (0), "No" (1). Those, who answer "no" to one or more questions, are classified in the socially isolated group.

Section 7. Life events: List of threatening events (LTE): The answers to the items on this scale are classified in simple "yes" or "no" categories. "Yes" (1), "No" (0).

Section 8. The current interview is used to categorise respondents according to the criteria of a DSM-IV major depressive episode. The respondents are evaluated in the interview as indicated by their responses to stem series for major depression on either dysphoric mood (A1-A1a-A1b) or anhedonia, i.e. the inability to enjoy things (A9-A9a-A9b). Note that each series of questions requires the respondent to report two weeks of this symptom lasting at least most of the day, at least almost every day. Either denying the existence of the symptom or denying persistence leads to a skip-out to next section of the interview and the respondent receives a probability of caseness equal to zero. If the respondent endorses the A1-A1a-A1b stem series, an additional seven questions are asked. The respondent's major

depression (MD) score is then calculated as the sum of positive responses to each of these seven symptom series. The computerised version will guide you through the process and present you with the skip-rules and possible options. The probability of a true diagnosis of major depression is related to the MD score. The respondents will be classified into either probable cases or probable non-cases on whether they have a MD score of 3 or more (**range 0-7**). **Diagnostic requirement: stem question + at least 3 additional symptoms (“yes” response).**

Section 9. Suicide attempt: Items from the CIDI: Rate “Yes” (1), “No” (0).

Section 10. In the current interview we used to categorise respondents according to the criteria of a DSM-IV Generalised Anxiety Disorder (GAD). In contrast to other CIDI-SF sections, this section allows for full diagnostic assessment. This means that if the diagnostic requirements are fulfilled the respondent receives a probability of caseness equal to one. Otherwise, the respondent receives a probability of caseness equal to zero. It is not possible to assign intermediate probabilities of caseness based on this assessment.

The diagnostic stem requirement for GAD is met when the respondent reports a period of feeling worried, tense, or anxious (B1 or B1a=1) that lasted at least 6 months (B2a or B2b \geq 6 months). Respondents who do not report an anxious period lasting at least 6 months are skipped out of the section and receive a probability of caseness equal to zero. If an anxious period of sufficient duration is endorsed (B3=1), further qualifiers are asked to determine whether the period was excessive (B4=1), lasted more days than not (B5=1), and involved worrying about more than one thing (B6=2 or B8=1), all of which are necessary qualifiers for DSM-IV GAD criterion A. Lack of control over these worries (criterion B) is then assessed in a series of three questions (B7=1 or B9=1 or B10=1). The types of physiological symptoms that characterize the worried, tense, or anxious period (criterion c) are then assessed in questions B12a-g.

A probability of caseness is one, if the period of anxiousness lasted 6 months or more (B3 = 1), the qualifiers of criteria A and B were met, and the subject endorsed at least three symptoms in B12 series.

Section 11. Excessive alcohol use: CAGE method, subject is inquired, “Yes” (1), “No” (0). Range of scores is thus between 0 and 4. For men a score of 3 or more signifies and for women a score of 2 or more “heavy drinking”.

Section 12. Self-reported use of mental health services: “Yes” (1), “No” (0).

Skip rules:

It is important to follow the skip rules that are presented in the CIDI-SF scale. Use of these rules will avoid given each subject a comprehensive interview. Only the ones that answer positively to a stem question will be interviewed in more detail. Most of the subjects of the interview may belong to the former group and, say, from half to only a third into the latter group. The CIDI-SF uses a stem-branch logic in which a small number of initial diagnostic stem questions are used in each section to skip-out people who are least likely to be cases before they are asked further symptom questions. In this interview CIDI-SF is used to yield a likelihood of a diagnosis of major depression and generalised anxiety disorder.

Read aloud: Please, take note to read aloud to the respondent **the introduction (in bold italics)** to each section.

Data on the interview:

1. Country conducted in: (circle one option)

1. Finland,
2. France,
3. Germany
4. The Netherlands
5. Norway

2. Date of the interview: |__|__|(day) |__|__|(mo) |__|__|(year)

3. Time of start of the interview: |__|__|hour |__|__|minute

THE INTERVIEW STARTS HERE:

Introduction to the person to be interviewed (TO BE READ ALOUD): “This interview is meant to test some aspects of your psychological well-being and health. We are collecting a sample of several hundreds of these interviews in 4 EU countries and Norway. All information you give is strictly confidential. Your phone number was derived randomly from a number databank. No data enabling your identification, your name, birth date etc., are stored into the systems. All data will be dealt with on a group level.”

Personal data:

Sex of the subject: 1. Male,
2. Female

“I will first inquire some background data concerning yourself”:

Your age: _____

Marital status: _____ (never married, married, cohabiting, widowed, divorced)

Work status: _____ (employed, unemployed, retired, housewife, student, other e.g. military service)

Education: _____ elementary level (only elementary school or respective); secondary level (high school; professional education etc.); tertiary (university graduate)

Household composition: “how many people live in your household?”

Under 18 years old _____ 18 years or older _____

1. Sense of mastery

Time starting this section of the interview: |__|__| hour |__|__| minute

Introduction to section 1. (READ ALOUD): “I would like you to tell me whether you “strongly agree”, “agree”, “agree and disagree as much”, “disagree”, or “strongly disagree” with the following statements.”

	I Strongly disagree	Disagree	Disagree and agree as much	Agree	I strongly agree
I have little control of the things happening to me.					
There is no way for me to solve some of my problems.					
There is not much I can do to have important things in my life changed					
Often, I feel helpless in dealing with life's problems					
Sometimes, I feel I am the plaything of life					

2. Optimism

Introduction to section 2 (READ ALOUD):): “I would like you to tell me whether you “strongly agree”, “agree”, “agree and disagree as much”, “disagree”, or “strongly disagree” with the following statements.”

	I strongly disagree	Disagree	Disagree and agree as much	Agree	I strongly agree
In uncertain times, I usually expect the best.	0	1	2	3	4
*If something can go wrong for me, it will.	4	3	2	1	0
I'm always optimistic about my future.	0	1	2	3	4
*I hardly ever expect things to go my way.	4	3	2	1	0
*I rarely count on good things happening to me.	4	3	2	1	0
Overall, I expect more good things to happen to me than bad	0	1	2	3	4

3. Psychological well-being and distress

Time starting this section of the interview: |__|__| hour |__|__| minute

A.

In the following questions, choose one of the given options.

“Would you describe yourself as being usually”:

- 1) Happy and interested in life?
- 2) Somewhat happy?
- 3) Somewhat unhappy?
- 4) Unhappy with little interest in life?
- 5) So unhappy that life is not worthwhile?

B.

“These questions are about how you feel and how things have been with you **during the past month**. For each question, please indicate the one answer that comes closest to the way you have been feeling. There are altogether six options to choose from: all of the time, most of the time, a good bit of the time, some of the time, a little of the time, none of the time”

How much time during the past month?	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
a) Did you feel full of life?	6	5	4	3	2	1
b) Have you felt particularly nervous?	6	5	4	3	2	1
c) Have you felt so down in the dumps nothing could cheer you up?	6	5	4	3	2	1
d) Have you felt calm and peaceful?	1	2	3	4	5	6
e) Did you have lots of energy?	6	5	4	3	2	1
f) Have you felt downhearted and miserable?	6	5	4	3	2	1
g) Did you feel worn out?	1	2	3	4	5	6
h) Have you been happy?	1	2	3	4	5	6
i) Did you feel tired?	1	2	3	4	5	6

4. Impairment

Introduction to section 8 (READ ALOUD): “During the last 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?”

Role limitation	YES	NO
A) Cut down on the amount of time you spent on work or other activities?	1	2
B) Accomplished less than you would like?	1	2
C) Didn't do work or other activities as carefully as usual?	1	2

Lost work days

4. D.

During the last year did you have to cut down your activities so that you lost work days due to problem related to mental health or use of alcohol or drugs

1 0

Time of finishing this section of the interview: |__|__| hour |__|__| minute

5. Social support

Time starting this section of the interview: |__|__| hour |__|__| minute

Introduction to section 4 (READ ALOUD): “In the following I will make 3 questions about how you experience your social relationships. Choose one of the options I give for each question.”

- 1) How many people are so close to you that you can count on them if you have serious personal problems (choose one option)?
 1. None
 2. 1 or 2
 3. 3-5
 4. More than 5

- 2) How much concern do people show in what you are doing (choose one option)?
 5. A lot of concern and interest
 4. Some concern and interest
 3. Uncertain
 2. Little concern and interest
 1. No concern and interest

- 3) How easy is it to get practical help from neighbours if you should need it (choose one option)?
 5. Very easy
 4. Easy
 3. Possible
 2. Difficult
 1. Very difficult

6. Social isolation

Introduction to section 5 (READ ALOUD): “In the following I continue asking you about your social relations. I will make 4 questions and you can answer to each by merely stating, “yes” or “no”.

	YES	NO
1) Do you have someone you can confide in, or talk to about your private feelings or concerns?	0	1
2) Do you have someone you can really count on to help you out in a crisis situation?	0	1
3) Do you have someone you can really count on to give you advice when you are making important personal decisions?	0	1
4) Do you have someone who makes you feel loved and cared for?	0	1

7. Life events

Introduction to section 6 (READ ALOUD: “In the following I will inquire about events that may or may not have happened to you during **the last year**. You may give the answer by simply stating, “yes” or “no” to each item. Have any of the following events or problems happened to you during the last 12 months?”

	NO (=0)	YES (=1)
You yourself suffered a serious physical illness, injury or assault		
A serious illness, injury or assault happened to a close relative		
Your parent, child or spouse died		
A close family friend or another relative (aunt, cousin, grandparent) died		
You had a separation due to marital difficulties		
You broke off a steady relationship		
You had a serious problem with a close friend, neighbour or relative		
You became unemployed or were seeking work unsuccessfully for more than one month		
You were sacked from your job		
You had a major financial crisis		
You had problems with the police and a court appearance		
Something you valued was stolen or lost		

Time of finishing this section of the interview: |__|__| hour |__|__| minute

8. Depression

Time starting this section of the interview: |__|__| hour |__|__| minute

A1. During the past 12 months, was there ever a time when you felt sad, blue, or depressed for two weeks or more in a row?

1. Yes 5. No 6. I was on medication/anti-depressants

If NO or "I was on medication" skip to question A9

A1a. For the next few questions, please think of the two-week period during the past 12 months when these feelings were worst. During that time did the feelings of being sad, blue, or depressed usually last all day long, most of the day, about half the day or less than half the day?

1. All day long 2. Most 3. About half 4. Less than half (If less than half the day skip to A9)

A1b. During those two weeks, did you feel this way every day, almost every day or less often?

1. Every day 2. Almost every day 3. Less often (if "less often" then skip to A9)

A1c. During those two weeks did you lose interest in most things like hobbies, work, or activities that usually give you pleasure?

1. Yes 5. No

A1d. Thinking about those same two weeks, did you feel more tired out or low on energy than is usual for you?

1. Yes 5. No

A2. Did you gain or lose weight without trying, or did you stay about the same? (If "stay about the same" or "on diet" skip to A3)

Interviewer: If R asks "Are we still talking about the same two weeks?" Answer "Yes"

1. Gain 2. Lose 4. Stay about the same 5. Was on diet (If "stay about the same" or "was on diet" Go => A3)

A2a. About how much did you gain/you lose/your weight change?
_____ Kilograms

Interviewer: Accept a range response

A2b. Interviewer: Did R's weight change by 5 kilograms or more?

1. Yes 5. No

A3. Did you have more trouble falling asleep than you usually do during those two weeks?

1. Yes 5. No =>(If NO skip to A4)

A3a. Did that happen every night, nearly every night, or less often during those two weeks?

1. Every night 2. Nearly every night 3. Less often

A4. During those two weeks, did you have a lot more trouble concentrating than usual?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

A5. People sometimes feel down on themselves, no good or worthless. During that two-week period, did you feel this way?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

A6. Did you think a lot about death – either your own, someone else's, or death in general during those two weeks?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

Go to =>section 9

A9. During the past 12 months, was there ever a time lasting two weeks or more when you lost interest in most things like hobbies, work, or activities that usually give you pleasure?

1. Yes 5. No 6. I was on medication (if “NO” or “I was on medication/antidepressants”, skip => section 9)

A9a. For the next few questions, please think of the two-week period the past 12 months when you had the most complete loss of interest in things. During that two-week period, did the loss of interest usually last all day long, most of the day, about half of the day, or less than half the day?

1. All day long 2. Most 3. About half 4. Less than half
(If “less than half the day”, skip =>section 9)

A9b. Did you feel this way every day, almost every day, or less often during the two weeks?

1. Every day 2. Almost every day 3. Less often (If “less often”, skip =>section 9)

A9c. During those two weeks, did you feel tired out or low on energy than is more usual for you?

1. Yes 5. No

A10. Did you gain or lose weight without trying, or did you stay about the same?

Interviewer: If R asks: “Are we still talking about the same two weeks?” Answer: “Yes”

1. Gain 2. Lose 4. Stay about the same 5. Was on diet

If “about the same” or “on diet”, skip => A11.

A10a. About how much did you gain/you lose/your weight change

_____ Kilograms

Interviewer: Accept a range response

A10b. Interviewer: Did R’s weight change by 5 kilograms or more?

1. Yes 5. No

A11. Did you have more trouble falling asleep than you usually do during those two weeks?

1. Yes 5. No If “NO”, skip to=>A12

A11a. Did that happen every night, nearly every night, or less often during those two weeks?

1. Every night 2. Nearly every night 3. Less often

A12. During those two weeks, did you have a lot more trouble concentrating than usual?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

A13. People sometimes feel down on themselves, no good, or worthless. Did you feel this way during that two-week period?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

A14. Did you think a lot about death – either your own, someone else's, or death in general during those two weeks?

Interviewer: If R asks: "Are we still talking about the same two weeks?" Answer: "Yes"

1. Yes 5. No

9. Suicide attempts

	YES	NO
Have you ever attempted suicide?	1	0
If yes, then inquire: "Was this the first time you attempted suicide?"	1	0

10. Generalised Anxiety Disorder

B1. During the past 12 months, did you ever have a period lasting one month or longer - when most of the time you felt worried, tense, or anxious?

1. Yes 5. No

B1a. People differ a lot in how they worry things. Did you have a time in the past 12 months when you worried a lot more than most people would in your situation?

1. Yes 2. No If "NO" => skip to SECTION 10.

B2. Has that period ended or is it still going on?

1. Ended => B2a 2. Still going on => B2b

B2a. How many months or years did go on before it ended?
 _____ MONTHS OR _____ YEARS OR 89: "All my life" or "As long as I can remember"

B2b. How many months or years has it been going on?
 _____ MONTHS OR _____ YEARS OR 89: "All my life" or "As long as I can remember"

B3. Interviewer checkpoint:

1. B2a/B2b is 6 months or longer, "all my life", "as long as I can remember" => B4
 2. B2a/B2b is less than 6 months SKIP to SECTION 10.

B4. During that period, was your/is your worry stronger than in other people?

1. Yes 5. No

B5. Did/do you worry most days?

1. Yes 5. No

B6. Did/Do you usually worry about one particular thing, such as your job security or the failing heart of a loved one, or more than one thing?

1. One thing 2. More than one thing

B7. Did/Do you find it difficult to stop worrying?

1. Yes 5. No

B8. Did/Do you ever have different worries on your mind at the same time?

1. Yes 5. No

B9. How often was/is your worry so strong that you couldn't/can't put it out of your mind no matter how hard you tried/try – often, sometimes, rarely or never?

1. Often 2. Sometimes 3. Rarely 4. Never

B10. How often did/do you find it difficult to control your worry – often, sometimes, rarely, or never?

1. Often 2. Sometimes 3. Rarely 4. Never

B12. When you were/are worried or anxious, were/are you also.....

	Yes (1)	No (5)
B12a. Restless?		
B12b. Were/are you keyed up or on edge?		
B12c. Were/are you easily tired?		
B12d. Did/Do you have difficulty keeping your mind on what you were doing?		
B12e. Were/Are you more irritable than usual?		
B12f. Did/Do you have tense, sore or aching muscles?		
B12g. Do/Did you have trouble falling asleep or staying asleep?		

Time of finishing this section of the interview: |__|__| hour |__|__| minute

11. Alcohol dependency

Introduction to section 11 (READ ALOUD): “The next topic is alcohol use.”

	YES	NO
C = Have you tried to cut down your drinking?	1	0
A = Have the people close to you been annoyed by your drinking?	1	0
G = have you had feelings of guilt due to drinking?	1	0
E = Have you needed an eye-opener in the morning?	1	0

12. Self-reported use of services due to mental health problems

	YES	NO
A) Did you seek help from somebody due to an mental health problem during the last 12 months?	1	0
If yes; indicate who:		
1) General practitioner	1	0
2) Psychiatrist	1	0
3) Psychologist	1	0
4) Nurse	1	0
5) Social worker	1	0
6) Psychotherapist not mentioned previously	1	0
7) Other health care professional	1	0
8) Clergy	1	0
9) Counsellor	1	0
10) Traditional healer	1	0
11) Someone working in natural medicine	1	0
12) Other	1	0
If yes to any question (1-12), then inquire: Was this the first time in your life you received help due to mental health problems?	1	0
C) Lastly, I want to ask you about your possible treatment for mental health problems during the last 12 months		
1) Have you been admitted to hospital due to mental health problems?	1	0
2) Have you taken any drugs due to mental health problems?	1	0
3) Have you received psychotherapy due to mental health problems?	1	0

Time of finishing the interview: |__|__| hour |__|__| minute

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