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Physical activity as a treatment for depression

FOLLOW-UP QUESTIONNAIRE

12-month, face-to-face listing - 1.1.08

- take your time and read each of the questions carefully
- if you are unsure about how to answer a question, please give the best answer you can
- for most of the questions, you need to tick the box next to the answer that is best for you - like this:

no 1

yes 2

- sometimes you have to write a number in a box - like this:

30 mins

- there is no need to write your name on the questionnaire
- please ask the researcher if you need any help

SECTION 7: Your use of health services

This final section asks for information about your recent use of health services and care resulting from mental health problems including depression and self-harm. Please answer each question by ticking the appropriate box. Please tick only ONE box for each question.

63: During the PAST FOUR MONTHS, which of the following HOSPITAL or other SECONDARY CARE SERVICES have you used, because of MENTAL HEALTH PROBLEMS?

	no	yes
a) NHS hospital for an overnight stay	1	2
b) A&E (Casualty) department	1	2
c) NHS outpatient or community mental health team clinics	1	2
d) private hospitals	1	2
e) other if yes, please specify:	1	2

64: During the PAST FOUR MONTHS, which of the following have visited you AT HOME?

	no	yes
a) community support worker	1	2
b) mental health nurse	1	2
c) occupational therapist	1	2
d) social worker	1	2
e) other if yes, please specify:	1	2

65: During the PAST FOUR MONTHS, which of the following have given you ADDITIONAL HELP, because of MENTAL HEALTH PROBLEMS?

	no	yes
a) home help / home care worker	1	2
b) day centre / drop-in / social club	1	2
c) self-help group	1	2
d) other if yes, please specify:	1	2

66: During the PAST FOUR MONTHS, which of the following tasks have you had ADDITIONAL HELP FROM FRIENDS OR RELATIVES with, because of MENTAL HEALTH PROBLEMS?

	no	yes
a) child care	1	2
b) help in and around the house (e.g. cooking, cleaning)	1	2
c) help outside the house (e.g. shopping, transport)	1	2
d) other if yes, please specify:	1	2

67: During the PAST FOUR MONTHS, which of the following have you used?

	no	yes
a) counsellor/psychotherapist	1	2
b) psychologist	1	2
c) complementary or alternative therapist	1	2
d) NHS Direct	1	2
e) NHS Walk-in Centre	1	2
f) any other community based health service professionals, e.g. a district nurse or a physiotherapist if yes, please specify:	1	2

68: During the PAST FOUR MONTHS, approximately how much money have you spent, in total, on OVER-THE-COUNTER TREATMENTS or REMEDIES, for MENTAL HEALTH PROBLEMS?

I have spent approximately £ :

I have not spent anything on over-the-counter treatments or remedies

69: Do you pay NHS prescription charges?

no	yes
1	2

70: During the PAST FOUR MONTHS, approximately how much money have you received, in total, in disability payments, because of MENTAL HEALTH PROBLEMS?

I have received approximately £ :

I have not received anything as disability payments

71: During the PAST FOUR MONTHS, have you had any TIME OFF WORK, because of MENTAL HEALTH PROBLEMS?

no	yes
1	2

72: During the PAST FOUR MONTHS, has ANYONE TAKEN TIME OFF WORK TO CARE FOR YOU, because of MENTAL HEALTH PROBLEMS?

no	yes
1	2

73: When you visit your GP, do you usually travel by car, van or motorbike?

no	yes
1	2

74: Approximately, how many miles is the return journey by car, van or motorbike?

the return journey is approximately miles

75: For each visit to your GP, approximately how much money do you spend on parking? If you do not spend anything, please tick the box below.

I spend approximately £ :

I do not spend anything on parking

76: When you visit your GP, do you usually travel by taxi, train or bus?

no	yes
1	2

77: Approximately, how much is the return fare by taxi, train or bus?

the return fare is approximately £ :

- were there any questions that you meant to go back and complete?
- check that you have answered all the questions that you were asked to
- return this questionnaire to the researcher when you are finished

This questionnaire is totally private and confidential.

Your answers will only be seen by the TREAD research team.

THANK YOU