

## Depression

### RFQs

- When did all of this start? What do you think is behind all of this? Did something particularly difficult for you, happen at that time? Some people lose a parent or experience abuse for example? Did something like that happen to you, maybe?
- Would you mind giving me a score out of 10 for your mood. A score of ten would mean that you couldn't feel happier (do you ever feel like that?) and a score of zero would mean that you would be planning to walk out of here, and kill yourself, no matter what we do to help you today.
- It would be helpful for me to ask you about some, less than helpful, habits that can be linked with depression. What is your relationship with alcohol like? What about recreational drugs? Do you use any other substances? That might include pain killers or sedatives from us, or from health shops?
- Before we decide how to help you, can I also check: have you ever been particularly high in your mood, or over-confident? Does bipolar disease, or manic-depression run in your family?
- Would you say that food dominates your life?

Would you mind filling in this screening questionnaire to make sure that you are not prone to bipolar disease?

I'd like to ask some questions about your relationship with food (if you diagnose depression in women or young men):

- Have you ever felt so uncomfortably full that you have had to make yourself **Sick**?
- Do you ever worry you have lost **Control** over how much you eat?
- Have you recently lost or gained more than **One** stone in a three-month period?
- Do you believe yourself to be **Fat** when others say you are too thin?
- Would you say that **Food** dominates your life?

**Score 1 point for every 'yes' answer: scores of  $\geq 2$  indicate possible eating disorder.**

### Safety net:

These tablets (SSRIs) usually make you less anxious quite quickly. There is a small risk that these tablets could make you more worked up or agitated initially. If that does happen; stop them straight away and let us know. There is a remote risk of suicidal thoughts being triggered. If so, contact us urgently or phone the crisis team on this number.

You also need to know of the tiny increased risk of bleeding from the gut or stomach, so please don't take ibuprofen or anti-inflammatory drugs, with this medicine without our involvement. And do let us know if you have black tarry poo or persistent upper tummy pain.

Do let us know if your mood is getting particularly dark. Feel free to talk to us on the phone, or to make an urgent appointment with the duty doctor, or to call the crisis team, on this number.