

Annex 1: Questionnaire for the prevalence of Anxiety and Depression among people with non-communicable diseases

(The doctor/pharmacist in the health facility will explain how to fill out the questionnaire, and if the participants want to ask questions about the research and/or want additional information they can contact the researcher via his contacts mentioned below).

Do you agree to participate in the research: a) Yes b) No

Which district:

- Afrin
- Jinderes
- Dana
- Maaret Tamsrin

Part 1: Demographical information:

- Age:
- Sex:
- Place of residence: a) camp b) outside the camp
- Marital status: a) Married b) single c) widowed d) divorced
- Employment status: a) Employed b) Unemployed
- If employed, what is it?
- Economic status: a) Income is higher than spending b) Income is lower than spending c) Income equals spending.
- Educational attainments: a) Uneducated b) Primary c) Middle school d) Secondary e) University (institute or university)
- Type of chronic disease: a) cardiovascular b) cancer c) chronic respiratory diseases e) diabetes. And when has it been diagnosed.
- Personal and family history of mental illnesses: a) Yes b) No
- If yes, what is it?

Part 2: Hospital Anxiety and Depression Scale (HADS)

Hospital Anxiety and Depression Scale (HADS)

**Tick the box beside the reply that is closest to how you have been feeling in the past week.
Don't take too long over your replies: your immediate is best.**

D	A		D	A	
		I feel tense or 'wound up':			I feel as if I am slowed down:
3		Most of the time	3		Nearly all the time
2		A lot of the time	2		Very often
1		From time to time, occasionally	1		Sometimes
0		Not at all	0		Not at all
		I still enjoy the things I used to enjoy:			I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much	0		Not at all
1		Not quite so much	1		Occasionally
2		Only a little	2		Quite Often
3		Hardly at all	3		Very Often
		I get a sort of frightened feeling as if something awful is about to happen:			I have lost interest in my appearance:
3		Very definitely and quite badly	3		Definitely
2		Yes, but not too badly	2		I don't take as much care as I should
1		A little, but it doesn't worry me	1		I may not take quite as much care
0		Not at all	0		I take just as much care as ever
		I can laugh and see the funny side of things:			I feel restless as I have to be on the move:
0		As much as I always could	3		Very much indeed
1		Not quite so much now	2		Quite a lot
2		Definitely not so much now	1		Not very much
3		Not at all	0		Not at all
		Worrying thoughts go through my mind:			I look forward with enjoyment to things:
3		A great deal of the time	0		As much as I ever did
2		A lot of the time	1		Rather less than I used to
1		From time to time, but not too often	2		Definitely less than I used to
0		Only occasionally	3		Hardly at all
		I feel cheerful:			I get sudden feelings of panic:
3		Not at all	3		Very often indeed
2		Not often	2		Quite often
1		Sometimes	1		Not very often
0		Most of the time	0		Not at all
		I can sit at ease and feel relaxed:			I can enjoy a good book or radio or TV program:
0		Definitely	0		Often
1		Usually	1		Sometimes
2		Not Often	2		Not often
3		Not at all	3		Very seldom

Please check you have answered all the questions

The researcher's contact information:

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