

QUESTIONNAIRE

PREVALENCE, SOCIO-DEMOGRAPHIC AND CLINICAL PREDICTORS OF LOW SELF-ESTEEM AMONG OLDER PERSONS WITH DEPRESSION IN A TERTIARY HOSPITAL.

SECTION A: SOCIO-DEMOGRAPHY

1. Age at last birthday_____Years
2. Gender: Male [☐] Female [☐]
3. Ethnic group: Yoruba [☐] Igbo [☐] Hausa [☐] Others specify _____
4. Marital Status: single [☐] Cohabiting [☐] Married [☐] separated [☐] Divorced [☐] Widowed [☐]
5. Family Type: Monogamous [☐] polygamous [☐]
6. Highest Level of education: No formal Education [☐] Primary [☐] secondary [☐] Tertiary [☐] Post Graduate [☐]
7. Current Employment Status: Student [☐] Unemployed [☐] Employed [☐]
8. If employed, type of employment: Self-employed [☐] Government employee (☐) Non-government (company) employee (☐) Others specify.....
9. Average income: <N50,000 [☐] N50,000 - <N100,000 [☐] N100,000 - <N150,000 [☐] N150,000 -N200,000 [☐] >N200,000.
10. Occupation: Professional (☐) skilled (☐) Unskilled (☐)
11. Religion: Christianity [☐] Islam [☐] African traditional Religion [☐] Others [☐]
12. Number of years post-retirement

SECTION B: LIFE STYLE PRACTICES

13. Have you ever smoked cigarette? Yes [☐] No [☐]

If NO go to 13

14. Are you currently smoking? Yes [] No []
15. How long have you been smoking? _____
16. How many sticks do you smoke per day? _____ (Pack years _____)
17. For how long have you stopped smoking? _____
18. Do you take alcohol? (a) Yes () (b) No (). If No, move to 20.
19. If yes, what type do you currently take or have you ever taken in the past?
(You can tick more than one option) (a) Beer () (b) Stout () (c) Red wine ()
(d) Gin () (e) Whiskey () Palm wine () others specify.....
20. How much alcohol do you consume in a week?
(1 unit of alcohol= 1 glass of wine= ½ bottle of beer= 1 shot of gin/whiskey)
21. Are you involved in any form of exercise? (a) YES () (b) NO ()
If NO, please go to Section C
22. If YES, what type of exercise do you do? Strolling () Brisk Walking ()
Aerobics () Weight Lifting () others, specify.....
23. How many times in a week are you involved in this exercise.....
24. How many minutes do you do this exercise in a day.....

SECTION C: MEDICAL HISTORY

25. Have you ever been told you have Hypertension? Yes [] No []. If NO go to 28
26. For how long have you been hypertensive? _____
Have you ever been told by your doctor you have any of the following?
27. Diabetes Yes [] No []
28. Obesity Yes [] No []

29. Osteo-arthritis Yes[] No[]

30. Others(please specify) -----

None – No other medical condition Yes []

SECTION D: Rosenberg Self- Esteem scale

		Strongly Disagree	Disagree	Agree	Strongly Agree
1.	On the whole, I am satisfied with myself.	0	1	2	3
2.	* At times, I think I am no good at all.	0	1	2	3
3.	I feel that I have a number of good qualities.	0	1	2	3
4.	I am able to do things as well as most other people.	0	1	2	3
5.	* I feel I do not have much to be proud of.	0	1	2	3
6.	* I certainly feel useless at times.	0	1	2	3
7.	I feel that I'm a person of worth, at least on an equal plane with others.	0	1	2	3
8.	* I wish I could have more respect for myself.	0	1	2	3
9.	* All in all, I am inclined to feel that I am a failure.	0	1	2	3
10.	I take a positive attitude toward myself.	0	1	2	3

Total

SECTION E: Geriatric Depression Scale

Instructions: Circle the answer that best describes how you felt over the past week.

1. Are you basically satisfied with your life? Yes no
2. Have you dropped many of your activities interests? yes no
3. Do you feel that your life is empty? yes no
4. Do you often get bored? Yes no
5. Are you in good spirits most of the time? yes no
6. Are you afraid that something bad is going to happen to you? Yes no
7. Do you feel happy most of the time? Yes no
8. Do you often feel helpless? Yes no
9. Do you prefer to stay at home, rather than going out and doing things? Yes no
10. Do you feel that you have more problems with memory than most? Yes no

11. Do you think it is wonderful to be alive now? Yes no
12. Do you feel worthless the way you are now? Yes no
13. Do you feel full of energy? yes no
14. Do you feel that your situation is hopeless? Yes no
15. Do you think that most people are better off than you are? yes no

TOTAL -----