

Annex 1: questionnaire on prevalence of depression	
A: socio-demographic characteristics	
1. Academic level
2. Age
3. Gender	A. Male () B. Female ()
4. Ethnic group	A. Igbo () B. Yoruba ()
	C. Hausa () D. Ijaw ()
	E. Others, specify
5. Marital status	A. Single () B. Married ()
6. Religion	A. Christianity () B. Islam ()
	C. Traditional religion ()
7. Who is paying your school fees in the medical school?	A. Parents () B. Self ()
	C. Family members () D. Siblings ()
	E. Husband () F. Scholarship ()
8. Do you have an academic adviser?	A. Yes () B. No ()
	C. Don't know ()
9. Are you sure of graduating from medical school?	A. Yes () B. No ()
	C. Don't know ()
10. Are you afraid some of you may not graduate from medical school?	A. Yes () B. No ()
	C. Don't know ()
B: assessment of depression (circle as appropriate)	
11. Sadness	0. I do not feel sad
	1. I feel sad
	2. I am sad all the time and I can't snap out of it
	3. I am so sad and unhappy that I can't stand it
12. Pessimism	0. I am not particularly discouraged about the future
	1. I feel discouraged about the future
	2. I feel I have nothing to look forward to
	3. I feel the future is hopeless and that things cannot improve
13. Past failure	0. I do not feel like a failure
	1. I feel I have failed more than the average person
	2. As I look back on my life, all I can see is a lot of failures
	3. I feel I am a complete failure as a person
14. Loss of pleasure	0. I get as much satisfaction out of things as I used to
	1. I don't enjoy things the way I used to
	2. I don't get real satisfaction out of anything anymore
	3. I am dissatisfied or bored with everything
15. Guilty feeling	0. I don't feel particularly guilty
	1. I feel guilty a good part of the time
	2. I feel quite guilty most of the time
	3. I feel guilty all of the time
16. Punishment feeling	0. I don't feel I am being punished
	1. I feel I may be punished
	2. I expect to be punished
	3. I feel I am being punished
17. Self-dislike	0. I don't feel disappointed in
	1. I am disappointed in myself
	2. I am disgusted with myself
	3. I hate myself

18. Self-criticalness	0. I don't feel I am any worse than anybody else
	1. I am critical of myself for my weaknesses or mistakes
	2. I blame myself all the time for my faults
	3. I blame myself for everything bad that happens
19. Suicidal thoughts	0. I don't have any thoughts of killing myself
	1. I have thoughts of killing myself, but I would not carry them out
	2. I would like to kill myself
	3. I would kill myself if I had the chance
20. Crying	0. I don't cry any more than usual
	1. I cry more now than I used to
	2. I cry all the time now
	3. I used to be able to cry, but now I can't cry even though I want to
21. Agitation	0. I am no more irritated by things than I ever was
	1. I am slightly more irritated now than usual
	2. I am quite annoyed or irritated a good deal of the time
	3. I feel irritated all the time
22. Loss of interest	0. I have not lost interest in other people
	1. I am less interested in other people than I used to be
	2. I have lost most of my interest in other people
	3. I have lost all of my interest in other people
23. Indecisiveness	0. I make decisions about as well as I ever could
	1. I put off making decisions more than I used to
	2. I have greater difficulty in making decisions more than I used to
	3. I can't make decisions at all anymore
24. Worthlessness	0. I don't feel that I look any worse than I used to
	1. I am worried that I am looking old or unattractive
	2. I feel there are permanent changes in my appearance that make me look unattractive
	3. I believe that I look ugly
25. Loss of energy	0. I can work about as well as before
	1. It takes an extra effort to get started at doing something
	2. I have to push myself very hard to do anything
	3. I can't do any work at all
26. Change in sleep pattern	0. I can sleep as well as usual
	1. I don't sleep as well as I used to
	2. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
	3. I wake up several hours earlier than I used to and cannot get back to sleep
27. Irritability	0. I don't get more tired than usual
	1. I get tired more easily than I used to
	2. I get tired from doing almost anything
	3. I am too tired to do anything
28. Change in appetite	0. My appetite is no worse than usual
	1. My appetite is not as good as it used to be
	2. My appetite is much worse now
	3. I have no appetite at all anymore
29. Fatigue I get tired easily on exertion	0. I do not get tired at all
	1. I get tired easily sometimes
	2. I get tired easily most of the time
	3. I get tired easily all the time
30. Lack of concentration	0. I am no more worried about my health than usual
	1. I am worried about physical problems like aches, pains, upset stomach, or constipation
	2. I am very worried about physical problems and it's hard to think of much else

	3. I am so worried about my physical problems that I cannot think of anything else
31. Loss of interest in sex	0. I have not noticed any recent change in my interest in sex
	1. I am less interested in sex than I used to be
	2. I have almost no interest in sex
	3. I have lost interest in sex completely
C: coping mechanism for low mood	
32. What do you do when you were in low mood? (tick as much as possible)	
Smoke cigarettes	()
Use of stimulants	()
Drink more alcohol	()
Tell my parents/relatives	()
Discuss with friends and classmates	()
I wish it away	()
Talk with priests/pastors	()
Leave school	()
Crying	()
Opt for sex	()
Sleep	()
Eat repeatedly	()
Others specify