

APPENDIX

Interview lead questions:

Part 1: Onset of depression

1. Prior to becoming depressed, what did you know about adolescent depression?
2. At what age did you begin to have the depression linked to your adolescent depression?
3. Could you identify any reasons/stressors which could have led to your first depressive episode?
4. Could you elaborate further? (How did they lead to the depression, were there any other contributing factors?)
5. Can you please describe the depressive symptoms which you experienced?
6. Which of these symptoms affected you most?
7. What did you try to do to make these symptoms go away?
8. How helpful were these method to you?
9. To whom did you turn for help later on in your depression?
10. What was the reason you decided to ask for help from this person/ these people?
11. How helpful were these people to you?
12. Who suggested to you to seek help from a mental health professional/ psychiatrist?
13. Before coming to see us, what did you think of seeing a psychiatrist?
14. What did your family / friends say when they knew you had to see a psychiatrist?

Part II: After Diagnosis was given

15. What was going through your mind when you found out that you suffered from a depressive illness?
16. How did you feel about being diagnosed with a depressive illness?
17. Where you prescribed any medication?
18. What was your view on about taking medication?
19. What was your family's view on you taking medication?
20. After taking medications, did you experience any issues such as side effects?

21. What was the main struggle about taking the medications?
22. Did you receive therapy from the psychologist?
23. How long/ how many sessions did you have?
24. What elements of it were helpful?
25. What elements of it were not as helpful?
26. Did you miss any sessions?
27. What were the reasons for missing the sessions?
28. How did you feel about sharing your personal problem with an unfamiliar person?

Part III: Looking Back

29. Looking back, what helped you to get better?
30. What would you have done differently – when feeling depressed, when coming for treatment, when on treatment regularly?
31. What would you have done the same - when feeling depressed, when coming for treatment, when on treatment regularly?
32. Is there a concern that you will be depressed again at some point in the future?
33. What advice would you have for teens who are currently depressed?
34. What advice would you have for psychiatrist/ therapist in working with adolescents who are depressed?