

|                                  |   |
|----------------------------------|---|
| <b>Project Title</b>             | Validation of a modification to the PHQ-4 |
| <b>Status</b>                    | Conditional approval                      |
| <b>Email</b>                     | asf25@sussex.ac.uk                        |
| <b>Phone No.</b>                 |   |
| <b>Applicant Status</b>          | PG (Taught)                               |
| <b>Department</b>                | Psychology                                |
| <b>Supervisor</b>                | Makowski, Dominique                       |
| <b>Project Start Date</b>        | 18-Feb-2024                               |
| <b>Project End Date</b>          | 30-Sep-2024                               |
| <b>External Funding in place</b> | No  |
| <b>External Collaborators</b>    | No  |
| <b>Funder/Project Title</b>      |   |
| <b>Name of Funder</b>            |   |

## Ethical Review Application ER/ASF25/4 (continued)

### Project Description

This project takes the form of an online survey containing various questionnaires present in random order. Its main objective is to validate a modification of the PHQ-4 depression and anxiety questionnaire (Lowe et al., 2010), by testing the benefits of adding a new response option in the Likert scale in improving the questionnaire's sensitivity to mood fluctuations in the general (non-clinical) population.

This will be investigated by testing whether the correlation with established measures of depression and anxiety (BDI and STAI) is higher with the modified PHQ-4 as compared to the original version. The survey will also include questionnaires related to emotional and bodily awareness.

The survey, delivered online, will include the following parts:

Study information and consent form. See ethical considerations section below.

Standard demographic questions (age, gender, education level, etc.)

Mood difficulties antecedents: participants will be invited (but it will be explicitly marked as non-required) to tick from a list of issues if they have been diagnosed with any of them and if they are currently undergoing medical treatment related to them.

Then participants will then be invited to answer all questionnaires in random order:

- PHQ-4 (randomly assigned to be either the original or the modified version): The modified version simply adds a new response item - 'once or twice' - in between 'not at all' and 'several days' in the Likert scale.

- BDI-II (Beck, et al., 1996): self-report 21 item questionnaire with strong validity and reliability to measure depression

- STAI-5 (Zsido, 2020): This 5-items questionnaires measures anxiety. Changes will be made in the instructions from asking "how participants feel right now" to "over the past 2 weeks" to keep it consistent with the instructions of the PHQ-4 and BDI-II.

- Interoceptive questionnaires (such as the IAS, Murphy et al., 2019) with items pertaining to bodily functions and activity.

Finally, debriefing information will be provided, and participants will be given a final opportunity to withdraw their participation.

The key ethical issue is the nature of some of the questions that ask people to reflect and acknowledge their feelings and state of mind. Some people might find completing these types of questionnaires to cause them distress and negative emotions. If participants find the questionnaires distressing, they are invited to stop the study at any time without giving a reason. If they find that completing the questionnaire raises any concerns for them about their current levels of anxiety or depression, they are suggested to make an appointment with their GP to discuss strategies to help them manage, as well as discussing further sources of support. If they are a student at the University of Sussex, they are also suggested to contact the student life centre for counselling services and advice via email: [studentcentre@sussex.ac.uk](mailto:studentcentre@sussex.ac.uk), phone: +441273075700 or via their website: <https://student.sussex.ac.uk/centre/>. Otherwise, they can also seek helpful information about depression and anxiety on the NHS choices website: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/>

## Ethical Review Form Section A (ER/ASF25/4)

| Question   | Response |
|--|----------|
| >> Checklist   |          |
| A1. Will your study involve participants who are currently or potentially vulnerable or unable to give informed consent or in a dependent position (e.g. people under 18, people with learning difficulties, over-researched groups or people in care facilities)?   | No       |
| A2. Will participants be required to take part in the study without their consent or knowledge at the time (e.g. covert observation of people in non-public places), and / or will deception of any sort be used? Please refer to the British Psychological Society Code of Ethics and Conduct (or similar guidelines) for further information.  | No       |
| A3. Unless specifically and clearly consented (e.g. a media release form), will it be possible, through a research output, to identify participants in any way? (This does not include taking email details for participant prize draws or identifying participants from signed consent forms or holding identity encryption spreadsheets that are stored securely separate from the research data). | No       |
| A4. Might the study induce psychological stress or anxiety, or produce humiliation or cause harm or negative consequences beyond the risks likely to be encountered in the everyday life of the participants?  | No       |
| A5. Is there a risk that the research topic might lead to disclosures from the participant concerning their beliefs, involvement in illegal actions or any other activities that may represent a threat to themselves or others?   | No       |
| A6. Will the study involve collecting any personal special category information* in a form that could allow the participant/ participants to be identified?<br>[* identifiers relating to race, ethnic origin, politics, religion, trade union membership, philosophical beliefs, genetics, biometrics, health, sex life or sexual orientation]  | No       |
| A7. Will any drugs, placebos or other substances (such as food substances or vitamins) be administered as part of this study and will any invasive or potentially harmful procedures of any kind will be used?   | No       |
| A8. Will your project involve working with any substances and / or equipment which may be considered hazardous?  | No       |
| A9. Will your study involve the taking and/or storage of human tissue that falls under the Human Tissue Act (HTA)?<br><a href="http://www.sussex.ac.uk/staff/research/governance/erp_overview/humantissue">http://www.sussex.ac.uk/staff/research/governance/erp_overview/humantissue</a>  | No       |
| >> Risk Assessment   |          |
| A10. If you have answered Yes to ANY of the above questions, your application may be considered as HIGH risk. If, however you wish to make a case that your application should be considered as LOW risk please enter the reasons here. Researchers should note that SREOs or C-RECs may decide NOT to agree with the case that you have made.   |          |

| Ethical Review Form Section B (ER/ASF25/4)  |   |
|---|---|
| Question  | Response  |
| >> Data Collection and Analysis (Please provide full details)   |   |
| B1. PARTICIPANTS: How many people do you envisage will participate, who are they, and how will they be selected?  | Given the correlation nature of the study, we hope to collect a minimum of 50 participants per condition (100 in total).  |
| B2. RECRUITMENT: How will participants be approached and recruited?   | Participants will be recruited via convenience sampling (e.g., via social media), or via other recruitment platforms if available (e.g., SONA, Prolific). The samples from different methods of recruitment will be collected separately in case they are different (the incentive type - e.g., student credits - and amount - or lack thereof - will thus be known to mitigate its potential effect). As we aim at recruiting a diverse sample, there are no exclusion criteria. |
| B3. METHOD: What research method(s) do you plan to use; e.g. interview, questionnaire/self-completion questionnaire, field observation, audio/audio-visual recording?   | The study is composed of a series of questionnaires.  |
| B4. LOCATION: Where will the project be carried out e.g. public place, in researcher's office, in private office at organisation?   | Participants will be able to partake in the study online. However, we encourage participants to complete it in a quiet place with as little distraction as possible.  |
| B5. PARTICIPANT WELLBEING: Will the study involve engaging participants in the discussion of potentially distressing or sensitive topics? (e.g. sexual activity, drug use, ethnicity, political behaviour, potentially illegal activities). If so, please set out how you will manage the well-being of participants. | The study asks participants some personal questions about their feelings, personality and current state of mind, which might trigger negative feelings. Therefore, we give the participants an opportunity to quit the questionnaire at any time throughout the experiment. We also provide information about counselling and support services in both the study information sheet and the debrief sheet. Participant's data anonymity will be entirely ensured.                  |
| >> Confidentiality and Anonymity  |   |
| B6. Will questionnaires be completed anonymously and returned indirectly?   | Yes   |
| B7. Will research data only be identifiable by a unique identifier (e.g. code/pseudonym)? If Yes, please explain how this will be attributed in B11a below.   | N/A   |
| B8. Will lists of identity numbers or pseudonyms linked to names and/or addresses be stored securely and separately from the research data? If Yes, explain how this will occur in B11a below.  | N/A   |
| B9. Will all place names and institutions which could lead to the identification of individuals or organisations be changed unless this is consented to explicitly in the consent form?   | N/A   |
| B10. Will all personal information gathered be treated in strict confidence and never disclosed to any third parties?   | Yes   |
| B11. Can you confirm that your research records will be held in accordance with data protection regulations?<br>( <a href="http://www.sussex.ac.uk/ogs/policies/information/dpa">http://www.sussex.ac.uk/ogs/policies/information/dpa</a> )   | Yes   |

|  |  |
|--|--|
| B11a. Please explain how ANY identifiable personal and/or research data will be managed and securely stored ensuring that participants have given appropriate informed consent for this.   | There will be no identifiable information. |
| B12. Do you intend to use the research data for any purpose other than that for which consent is explicitly given? If so, please explain below   | No   |
| B12a. If you answered NO to any of the above in this section (or think more information could be useful to the reviewer) please explain here:  |  |
| >> Informed Consent and Recruitment of Participants  |  |
| B13. Will all respondents be given an Information Sheet and be given adequate time to read it before being asked to agree to participate?  | Yes  |
| B14. Will all participants taking part in an interview, focus group, observation (or other activity which is not questionnaire based) be asked to sign a consent form? If you are obtaining consent another way (such as verbally), please explain under B17 below.  | No   |
| B15. Will all participants self-completing a questionnaire be asked to show consent to participate by a specific and identifiable action? (Give details in B17 below)  | Yes  |
| B16. Will all participants be told that they can withdraw their participation at any time during the research and can ask for their data to be destroyed and/or removed from the project until it is no longer practical to do so?   | Yes  |
| B17. If you answered NO to any of the above in this section (or think more information will be useful to the reviewer) please explain here:  |  |
| >> Context   |  |
| B18. Is DBS (Disclosure and Barring Service) clearance necessary for this project? If yes, please ensure you complete the next question.   | No   |
| B19. Are any other ethical clearances or permissions (internal or external) required? Please see the help text (i) for further details.  | No   |
| B19a. If yes, please give further details including the name and address of the organisation. If other ethical approval has already been received please attach evidence of approval, otherwise you will need to supply it when ready. (You do not need to provide evidence of a current DBS check at this point).   |  |
| B20. Does the research involve any fieldwork - Overseas or in the UK?  | No   |
| B20a. If yes, where will the fieldwork take place? If undertaken overseas you must attach an OTSSRA form. In the event that the Foreign and Commonwealth Office has specific travel warnings in place for the country (ies) to be visited you will also need to provide a detailed risk assessment.<br><a href="https://www.gov.uk/foreign-travel-advice">https://www.gov.uk/foreign-travel-advice</a> |  |

|   |    |
|---|----|
| B21. Will any researchers be in a lone working situation?   | No |
| B21a. If yes, briefly describe the location, time of day and duration of the lone working. What precautionary measures will be taken to ensure safety of the researcher(s)? |    |
| >> Any further concerns   |    |
| B22. Are there any other ethical considerations relating to your project which have not been covered above?   | No |
| B22a. If yes, please explain:   |    |

# Informed Consent

## Invitation to Take Part

You are being invited to take part in a research study to further our understanding of Human psychology. Thank you for carefully reading this information sheet. This study is being conducted by Dr Dominique Makowski from the School of Psychology, University of Sussex, who is happy to be contacted (D.Makowski@sussex.ac.uk) if you have any questions.

## Why have I been invited and what will I do?

We are surveying adults to understand how mood fluctuations and mood disorders symptoms (or absence thereof) are expressed and what difficulties they can generate. This study contains various questionnaires about your personality, feelings and current state of mind. The whole experiment will take you **about 10 min** to complete. Please make you sure that you are in a quiet environment, and that you have time to complete it in one go.

## What will happen to the results and my personal information?

The results of this research may be written into a scientific publication. Your anonymity will be ensured in the way described in the consent information below. Please read this information carefully and then, if you wish to take part, please acknowledge that you have fully understood this sheet, and that you consent to take part in the study as it is described here.

## Consent

- I understand that by signing below I am agreeing to take part in the University of Sussex research described here, and that I have read and understood this information sheet
- I understand that my participation is entirely voluntary, that I can choose not to participate in part or all of the study, and that I can withdraw at any stage by closing the browser without having to give a reason and without being penalised in any way (e.g., if I am a student, my decision whether or not to take part will not affect my grades).
- I understand that since the study is anonymous, it will be impossible to withdraw my data once I have completed and submitted the test/questionnaire.
- I understand that my personal data will be used for the purposes of this research study and will be handled in accordance with Data Protection legislation. I understand that the University's Privacy Notice provides further information on how the University uses personal data in its research.
- I understand that my collected data will be stored in a de-identified way. De-identified data may be made publically available through secured scientific online data repositories.
- Please note that various checks will be performed to ensure the validity of the data. We reserve the right to withhold credit awards or reimbursement (if applicable) should we detect non-valid responses (e.g., random patterns of answers, instructions not read, ...).
- By participating, you agree to follow the instructions and provide honest answers. If you do not wish to participate, simply close your browser.

## BDI - II

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully. And then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).

### 1. Sadness

- 0. I do not feel sad.
- 1. I feel sad much of the time.
- 2. I am sad all the time.
- 3. I am so sad or unhappy that I can't stand it.

### 2. Pessimism

- 0. I am not discouraged about my future.
- 1. I feel more discouraged about my future than I used to.
- 2. I do not expect things to work out for me.
- 3. I feel my future is hopeless and will only get worse.

### 3. Past Failure

- 0. I do not feel like a failure.
- 1. I have failed more than I should have.
- 2. As I look back, I see a lot of failures.
- 3. I feel I am a total failure as a person.

### 4. Loss of Pleasure

- 0. I get as much pleasure as I ever did from the things I enjoy.
- 1. I don't enjoy things as much as I used to.
- 2. I get very little pleasure from the things I used to enjoy.
- 3. I can't get any pleasure from the things I used to enjoy.

### 5. Guilty Feelings

- 0. I don't feel particularly guilty.
- 1. I feel guilty over many things I have done or should have done.
- 2. I feel quite guilty most of the time.
- 3. I feel guilty all of the time.

### 6. Punishment Feelings

- 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.

### 7. Self-Dislike

- 0. I feel the same about myself as ever.
- 1. I have lost confidence in myself.
- 2. I am disappointed in myself.
- 3. I dislike myself.



8. Self-Criticalness

- 0. I don't criticize or blame myself more than usual.
- 1. I am more critical of myself than I used to be.
- 2. I criticize myself for all of my faults.
- 3. I blame myself for everything bad that happens.

9. Suicidal Thoughts or Wishes

- 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.

10. Crying

- 0. I don't cry anymore than I used to.
- 1. I cry more than I used to.
- 2. I cry over every little thing.
- 3. I feel like crying, but I can't.

11. Agitation

- 0. I am no more restless or wound up than usual.
- 1. I feel more restless or wound up than usual.
- 2. I am so restless or agitated, it's hard to stay still.
- 3. I am so restless or agitated that I have to keep moving or doing something.

12. Loss of Interest

- 0. I have not lost interest in other people or activities.
- 1. I am less interested in other people or things than before.
- 2. I have lost most of my interest in other people or things.
- 3. It's hard to get interested in anything.

13. Indecisiveness

- 0. I make decisions about as well as ever.
- 1. I find it more difficult to make decisions than usual.
- 2. I have much greater difficulty in making decisions than I used to.
- 3. I have trouble making any decisions.

14. Worthlessness

- 0. I do not feel I am worthless.
- 1. I don't consider myself as worthwhile and useful as I used to.
- 2. I feel more worthless as compared to others.
- 3. I feel utterly worthless.

15. Loss of Energy

- 0. I have as much energy as ever.
- 1. I have less energy than I used to have.
- 2. I don't have enough energy to do very much.
- 3. I don't have enough energy to do anything.

16. Changes in Sleeping Pattern

- 0. I have not experienced any change in my sleeping.
- 1a I sleep somewhat more than usual.
- 1b I sleep somewhat less than usual.
- 2a I sleep a lot more than usual.
- 2b I sleep a lot less than usual.
- 3a I sleep most of the day.
- 3b I wake up 1-2 hours early and can't get back to sleep.

17. Irritability

- 0. I am not more irritable than usual.
- 1. I am more irritable than usual.
- 2. I am much more irritable than usual.
- 3. I am irritable all the time.

18. Changes in Appetite

- 0. I have not experienced any change in my appetite.
- 1a My appetite is somewhat less than usual.
- 1b My appetite is somewhat greater than usual.
- 2a My appetite is much less than before.
- 2b My appetite is much greater than usual.
- 3a I have no appetite at all.
- 3b I crave food all the time.

19. Concentration Difficulty

- 0. I can concentrate as well as ever.
- 1. I can't concentrate as well as usual.
- 2. It's hard to keep my mind on anything for very long.
- 3. I find I can't concentrate on anything.

20. Tiredness or Fatigue

- 0. I am no more tired or fatigued than usual.
- 1. I get more tired or fatigued more easily than usual.
- 2. I am too tired or fatigued to do a lot of the things I used to do.
- 3. I am too tired or fatigued to do most of the things I used to do.

21. 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 am much less interested in sex now.
- 3. I have lost interest in sex completely.

Total Score: \_\_\_\_\_

THE PSYCHOLOGICAL CORPORATION

Harcourt Brace & Company

Copyright 1996, by Aaron T. Beck. All rights reserved.

## About your body sensations...

Below are several statements regarding how accurately you can perceive specific bodily sensations. Please rate on the scale how well you believe you can perceive each specific signal.

For example, if you often feel you need to urinate and then realise you do not need to when you go to the toilet you would rate your accuracy perceiving this bodily signal as low.

Please only rate how well you can perceive these signals without using external cues, for example, if you can only perceive how fast your heart is beating when you measure it by taking your pulse this would not count as accurate internal perception.

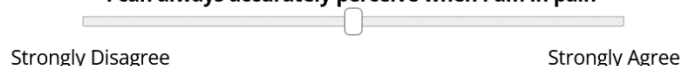
**I can always accurately perceive when something is going to be ticklish**



**I can always accurately perceive when I need to urinate**



**I can always accurately perceive when I am in pain**



**I can always accurately perceive when I am breathing fast**



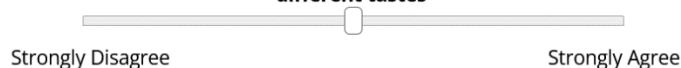
**I can always accurately perceive when I am going to pass wind**



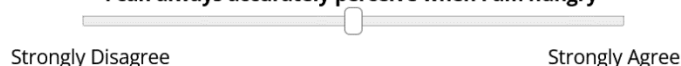
**I can always accurately perceive when my muscles are tired/sore**



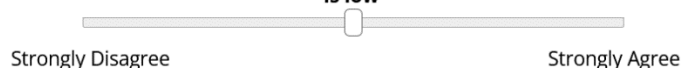
**I can always accurately perceive when I encounter different tastes**



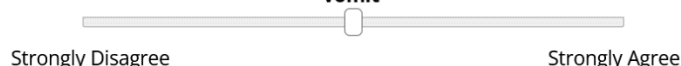
**I can always accurately perceive when I am hungry**



**I can always accurately perceive when my blood sugar is low**



**I can always accurately perceive when I am going to vomit**



**I can always accurately perceive when I need to  
defecate**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am sexually  
aroused**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am going to  
sneeze**

Strongly Disagree Strongly Agree

**I can always accurately perceive when someone is  
touching me affectionately rather than non-  
affectionately**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am going to  
burp**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am going to  
cough**

Strongly Disagree Strongly Agree

**I can always accurately perceive when my heart is  
beating fast**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am thirsty**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am hot/cold**

Strongly Disagree Strongly Agree

**I can always accurately perceive when something is  
going to be itchy**

Strongly Disagree Strongly Agree

**I can always accurately perceive when I am going to get  
a bruise**

Strongly Disagree Strongly Agree

Continue



## Multidimensional Assessment of Interoceptive Awareness - Version 2 (MAIA-2)

### Instructions:

Below you will find a list of statements. Please indicate how often each statement applies to you generally in daily life.

|    |   | Never | Very Rarely | Rarely | Occasionally | Very Frequently | Always |
|----|---|-------|-------------|--------|--------------|-----------------|--------|
| 1  | When I am tense I notice where the tension is located in my body.                                   | 0     | 1           | 2      | 3            | 4               | 5      |
| 2  | I notice when I am uncomfortable in my body.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 3  | I notice where in my body I am comfortable.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 4  | I notice changes in my breathing, such as whether it slows down or speeds up.                       | 0     | 1           | 2      | 3            | 4               | 5      |
| 5  | I ignore physical tension or discomfort until they become more severe.                              | 5     | 4           | 3      | 2            | 1               | 0      |
| 6  | I distract myself from sensations of discomfort.  | 5     | 4           | 3      | 2            | 1               | 0      |
| 7  | When I feel pain or discomfort, I try to power through it.  | 5     | 4           | 3      | 2            | 1               | 0      |
| 8  | I try to ignore pain.   | 5     | 4           | 3      | 2            | 1               | 0      |
| 9  | I push feelings of discomfort away by focusing on something.  | 5     | 4           | 3      | 2            | 1               | 0      |
| 10 | When I feel unpleasant body sensations, I occupy myself with something else so I don't have to feel | 5     | 4           | 3      | 2            | 1               | 0      |
| 11 | When I feel physical pain, I become upset.  | 5     | 4           | 3      | 2            | 1               | 0      |
| 12 | I start to worry that something is wrong if I feel any discomfort.                                  | 5     | 4           | 3      | 2            | 1               | 0      |
| 13 | I can notice an unpleasant body sensation without worrying about it.                                | 0     | 1           | 2      | 3            | 4               | 5      |
| 14 | I can stay calm and not worry when I have feelings of discomfort or pain.                           | 0     | 1           | 2      | 3            | 4               | 5      |
| 15 | When I am in discomfort or pain I can't get it out of my mind.                                      | 5     | 4           | 3      | 2            | 1               | 0      |
| 16 | I can pay attention to my breath without being distracted by things happening around me.            | 0     | 1           | 2      | 3            | 4               | 5      |



|    |   | Never | Very Rarely | Rarely | Occasionally | Very Frequently | Always |
|----|---|-------|-------------|--------|--------------|-----------------|--------|
| 17 | I can maintain awareness of my inner bodily sensations even when there is a lot going on around me. | 0     | 1           | 2      | 3            | 4               | 5      |
| 18 | When I am in conversation with someone, I can pay attention to my posture.                          | 0     | 1           | 2      | 3            | 4               | 5      |
| 19 | I can return awareness to my body if I am distracted.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 20 | I can refocus my attention from thinking to sensing my body.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 21 | I can maintain awareness of my whole body even when a part of me is in pain or discomfort.          | 0     | 1           | 2      | 3            | 4               | 5      |
| 22 | I am able to consciously focus on my body as a whole.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 23 | I notice how my body changes when I am angry.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 24 | When something is wrong in my life I can feel it in my body.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 25 | I notice that my body feels different after a peaceful experience.                                  | 0     | 1           | 2      | 3            | 4               | 5      |
| 26 | I notice that my breathing becomes free and easy when I feel comfortable.                           | 0     | 1           | 2      | 3            | 4               | 5      |
| 27 | I notice how my body changes when I feel happy / joyful.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 28 | When I feel overwhelmed I can find a calm place inside.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 29 | When I bring awareness to my body I feel a sense of calm.   | 0     | 1           | 2      | 3            | 4               | 5      |
| 30 | I can use my breath to reduce tension.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 31 | When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.               | 0     | 1           | 2      | 3            | 4               | 5      |
| 32 | I listen for information from my body about my emotional state.                                     | 0     | 1           | 2      | 3            | 4               | 5      |
| 33 | When I am upset, I take time to explore how my body feels.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 34 | I listen to my body to inform me about what to do.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 35 | I am at home in my body.  | 0     | 1           | 2      | 3            | 4               | 5      |
| 36 | I feel my body is a safe place.   | 0     | 1           | 2      | 3            | 4               | 5      |



|    |                             | Never | Very Rarely | Rarely | Occasionally | Very Frequently | Always |
|----|-----------------------------|-------|-------------|--------|--------------|-----------------|--------|
| 37 | I trust my body sensations. | 0     | 1           | 2      | 3            | 4               | 5      |

Developer Reference:

Mehling WE, Acree M, Stewart A, Silas J, Jones A (2018) The Multidimensional Assessment of Interoceptive Awareness, Version 2 (MAIA-2). PLoS ONE 13(12): e0208034. <https://doi.org/10.1371/journal.pone.0208034>

Administer Now

## PHQ-4: THE FOUR-ITEM PATIENT HEALTH QUESTIONNAIRE FOR ANXIETY AND DEPRESSION

| Over the last two weeks, how often have you been bothered by the following problems? | Not at all | Several days | More than half the days | Nearly every day |
|--|------------|--------------|-------------------------|------------------|
| Feeling nervous, anxious or on edge  | 0          | 1            | 2                       | 3                |
| Not being able to stop or control worrying   | 0          | 1            | 2                       | 3                |
| Feeling down, depressed or hopeless  | 0          | 1            | 2                       | 3                |
| Little interest or pleasure in doing things  | 0          | 1            | 2                       | 3                |
| TOTALS   |            |              |                         |                  |

Total score is determined by adding together the scores of each of the 4 items.

Scores are rated as normal (0-2), mild (3-5), moderate (6-8), and severe (9-12).

Total score  $\geq 3$  for first 2 questions suggests anxiety.

Total score  $\geq 3$  for last 2 questions suggests depression.

Reprinted with permission from Kroenke K, Spitzer RL, Williams JB, Löwe B. An ultra-brief screening scale for anxiety and depression: the PHQ-4. *Psychosomatics*. 2009;50(6):613-21. From *Principles of Neuropathic Pain Assessment and Management*, November 2011.

The PHQ-4 and other tools are available online at [www.oregonpainguidance.org/clinical-tools](http://www.oregonpainguidance.org/clinical-tools).



A number of statements which people have used to describe themselves are given below. Read each statement and then circle the number at the end of the statement that indicates how you have been feeling **during the past two weeks**. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

I feel that difficulties are piling up so that I cannot overcome them

Not at allSomewhatModerately soVery much so

I worry too much over something that really doesn't matter

Not at allSomewhatModerately soVery much so

Some unimportant thoughts run through my mind and bothers me

Not at allSomewhatModerately soVery much so

I take disappointments so keenly that I can't put them out of my mind

Not at allSomewhatModerately soVery much so

I get in a state of tension or turmoil as I think over my recent concerns and interests

Not at allSomewhatModerately soVery much so

# Thank you for participating

It means a lot to us. We know participating in scientific experiments can be long and not always the most fun, so we really do appreciate your help in helping us understand how the Human brain works.

## Information

The purpose of this study was for us to understand how mood fluctuations and mood disorder symptoms (or absence thereof) are expressed and what difficulties they can generate. Your participation in this study will be kept completely confidential.

If you have any questions about the project, please contact *D.Makowski@sussex.ac.uk*, and check-out the [Reality Bending Lab](#) for more information about our research team.