

Table 2: Frequency distribution (%) of the 33 items of MSCQ. N = 256.

		<u>Mostly</u> <u>disagree</u> %	<u>Rather</u> <u>disagree</u> %	<u>Rather</u> <u>agree</u> %	<u>Mostly</u> <u>agree</u> %	<u>Depressive</u> Mean (SD)	<u>Bipolar</u> Mean (SD)
1	As long as you are taking mood stabilizers you do not really know if they are actually necessary	11.5	11.1	23.8	53.0	1.82 (1.02)	2.00 (1.16)
2	My doctor listens properly to what I think about mood stabilizers	5.9	7.1	30.3	56.7	1.52 (0.95)	1.53 (0.80)
3	When you have taken mood stabilizers over a long period of time it is difficult to stop taking them	31.0	19.0	22.7	27.3	2.64 (1.14)	2.69 (1.14)
4	With mood stabilizers my depressions and/or manic episodes disappear	15.3	12.5	40.3	31.9	2.57 (1.15)	1.88 (0.85)*
5	My doctor has made me feel confident that mood stabilizers are the suitable treatment for me	9.5	8.7	28.1	53.7	1.93 (1.11)	1.59 (0.90)*
6	When you take mood stabilizers you have less control over your thoughts and feelings	43.9	18.9	21.3	16.0	3.09 (1.05)	2.98 (1.08)
7	My doctor takes sufficient time to listen to my problems	7.3	6.1	25.7	60.8	1.57 (0.97)	1.48 (0.69)
8	You may take fewer tablets than prescribed on days when you feel better	86.2	5.7	4.5	3.6	3.77 (0.71)	3.79 (0.61)
9	Mood stabilizers can alter your personality	39.3	19.0	24.0	17.8	2.82 (1.17)	2.90 (1.09)
10	My partner agrees that mood stabilizers are a suitable treatment for my condition	7.1	5.9	25.4	61.5	1.75 (0.97)	1.45 (0.79)
11	Mood stabilizers correct the changes that occurred in my brain due to stress or problems	13.7	14.9	34.9	36.5	2.20 (1.05)	1.95 (1.08)
12	My doctor has explained the causes of my disorder sufficiently	18.9	12.9	24.9	43.3	2.00 (1.18)	1.96 (1.11)
13	Your body can become addicted to mood stabilizers	30.8	19.4	16.9	32.9	2.50 (1.29)	2.61 (1.16)
14	My doctor takes sufficient time to discuss my emotional problems	8.7	12.4	26.6	52.3	1.61 (0.92)	1.76 (0.93)
15	My doctor has explained depression and mania sufficiently to me	12.9	11.2	25.8	50.2	1.89 (1.19)	1.81 (1.01)
16	My doctor shows sufficient consideration for my views and feelings about his treatment with mood stabilizers	8.8	7.1	30.8	53.3	1.82 (1.11)	1.64 (0.85)
17	Mood stabilizers help me to worry less about my problems	13.4	15.9	33.7	37.0	2.11 (0.95)	2.10 (1.086)
18	My partner agrees that depressive disorder or bipolar disorder is the correct diagnosis of my condition	16.0	8.9	21.9	53.3	2.34 (1.29)	1.60 (0.89)*
19	I receive sufficient psychological support and encouragement from my doctor	9.2	10.0	28.9	51.9	1.64 (0.97)	1.66 (0.84)
20	My doctor fully understands my condition	7.4	10.3	21.9	60.3	1.55 (0.975)	1.69 (0.92)
21	My doctor strongly emphasises that it is important to take the mood stabilizers regularly	5.7	3.7	20.5	70.1	1.52 (0.98)	1.35 (0.77)
22	My doctor is really interested in my problems	6.6	7.5	22.8	63.1	1.50 (1.00)	1.51 (0.83)
23	If you forget to take the mood stabilizer on a certain day, it is better to take an additional dose the following day	81.6	7.8	6.5	4.1	3.75 (0.69)	3.64 (0.82)
24	Your body can become immune to mood stabilizers	42.3	21.6	19.4	16.7	2.64 (1.16)	3.05 (1.08)*
25	My doctor listens properly when I tell him what it is like to be depressed	9.2	10.5	28.5	51.8	1.70 (1.05)	1.70 (0.88)
26	You may take more tablets than prescribed on days when you feel more depressed	87.1	6.2	2.5	4.1	3.80 (0.55)	3.85 (0.51)
27	My doctor understands my feelings and thoughts in depression and mania perfectly	11.3	11.8	30.7	46.2	1.66 (1.01)	1.88 (0.96)
28	My doctor has explained properly about mood stabilizers, their action and side effects	11.5	11.1	28.0	49.4	1.82 (1.04)	1.75 (1.01)
29	My doctor listens properly to what I consider to be the causes of my depression and/or manias	10.1	8.8	32.5	48.7	1.70 (1.00)	1.78 (0.93)
30	Skipping a day now and again prevents your body from becoming immune to the mood stabilizers	87.5	9.2	2.1	1.3	3.84 (0.53)	3.83 (0.47)
31	I think my depression and/or manic episodes are mainly due to factors associated with my personality	20.3	18.6	34.2	26.8	2.36 (1.14)	2.23 (1.06)
32	My emotional problems are solved by the mood stabilizers	27.5	24.2	30.8	17.5	2.77 (1.05)	2.61 (1.10)
33	Mood stabilizers make me stronger so I will be able to deal more efficiently with my problems	12.8	12.8	39.5	35.0	2.11 (1.02)	1.91 (0.98)

* In items 4, 5, 18 and 24 there are statistically significant differences between depressive and bipolar disorder ($P \leq 0.05$). For all other items $P > 0.05$ in comparisons of depressive and bipolar disorder.