

All of Life Inventory: Depression (Child/Adolescent Version)
Getting at the Roots of Chronic Unhappiness

Instructions. This inventory may be completed by an individual teenager or by a child's parent, caregiver or counselor. It is based on a review of thousands of research studies that explore potential contributors to attentiveness and inattentiveness. Each 'yes/no' question is derived from research linking a specific factor to either improved or decreasing attention. Answer those questions you know - and skip those you don't. Given the personal nature of many questions, answers can be kept confidential and private - for your eyes only. To score the inventory, total up all "yes" answers in each section (combined with the total "no" answers of questions in boxes). Compare that combined total to the number listed in parentheses (total ≥ 3 = vulnerability). If the section total is greater or equal to that listed number, label that area a vulnerability. If the total is less (but not zero), we'll call that a minor vulnerability. If the total is zero, label that area a strength. © 2013 All of Life

1. Brain and Body (total ≥ 3 = vulnerability)

- 1) Are you female? Lewinsohn, et al., 1994 Derluyn, et al, 2009
- 2) To your knowledge, did your mother experience any of the following during your pregnancy: Diethylstilbestrol (DES) exposure O'Reilly, et al., 2010; alcohol exposure Sood, et al., 2001 excessive exposure to traffic-derived air pollution Davis, et al., 2013 excessive hunger or malnourishment Roseboom, et al., 2011 deficiency in Omega-3 fatty acids Chen, et al., 2013 infectious diseases or period of oxygen deprivation at birth? Jaffee, et al., 2002
- 3) Were you born preterm Jaffee, et al., 2002 or at a low birth weight? Pereira, et al., 2012
- 4) Does unipolar or bipolar depression run in your family? (Jolin, Weller & Weller, 2008; Sjöholm, Melas, Forsell, & Lavebratt, 2009; Bechdolf, et al., 2010; Thermenos, et al., 2011).
- 5) Do you have fetal alcohol spectrum disorder (FASD) Hellemans, et al., 2010 an autism spectrum disorder Magnuson, et al., 2011 or another intellectual disability? Lakhan, 2013
- 6) Were you breastfed when you were an infant? Zhong, et al., 2013
- 7) Have you been hungry and undernourished as a child? McIntyre, et al., 2012
- 8) Are you currently transitioning to adolescence?*
- 9) Have you experienced early puberty? Franko, et al., 2002 Riittakerttu, et al., 2003 Benoit, et al., 2013
- 10) Has puberty happened later for you? Riittakerttu, et al., 2003 Benoit, et al., 2013
- 11) Have had concussions Kerr, et al., 2012; Didehbani, et al., 2013 or a traumatic head or brain injury? Holsinger, et al., 2012; Vasterling, et al., 2012; Bryan, et al., 2013
- 12) Have you had a spinal cord injury Schönenberg, et al., 2012 lower extremity fractures Carbone, et al., 2013 or paralysis for other reasons - e.g., survivors of polio Kang and Lin 2011
- 13) Do you have other motor skill deficits (Jaffee, et al., 2002) or a motor disorder? Kinyanda, et al., 2013
- 14) Do you experience recurring headaches - including migraine and cluster headaches? Pozo-Rosich, 2012; Liang, et al., 2013; Sanna, et al., 2013
- 15) Has your weight increased noticeably over recent memory? Franko, et al., 2002
- 16) Do you consider yourself to have generally fair or poor overall health? Choi, et al., 2013; Oliver-Quetglas, et al., 2013; Klein, et al., 2013; Badawi, et al., 2013 Bazargan-Hejazi, Alvarez, Teklehaimanot, Nikakhtar & Bazargan, 2010

2. Consistency and Stability (total ≥ 2 = vulnerability)

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| <ol style="list-style-type: none">1) Do your parents get along and have a good relationship? <u>Sajjadi, et al., 2013</u>2) Have your caretakers provided a stable environment in your home? <u>Jaffee, et al., 2002</u>3) Do your parents use healthy parenting styles <u>Sajjadi, et al., 2013</u> and feel capable in their ability to guide you? <u>Cote, et al., 2009</u>4) Did your parents usually monitor and supervise your behavior growing up? <u>Richardson, et. al., 1993</u>; <u>Green, et al., 2013</u> |
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- 5) Would you say your parents have been overprotective of you growing up? ([Betts, et al., 2009](#)) - e.g., guarding you against stress that would have been normal and healthy to experience? [Suo, et al., 2013](#)
- 6) Did your parents separate or divorce before you were 16? [Larson, et al., 2013](#); [De Venter, et al., 2013](#)
- 7) Have you been separated from either of your parents growing up? [Derluyn, et al., 2009](#); [He, et al., 2013](#)
- 8) Are you being taken care of by single parents, grandparent(s), other relatives, or a parentless family during the past year? [Zhong, et al., 2013](#)

9) Was your father alive ([Quinlivan, et al., 2005](#)) and involved in positive ways in your life growing up? [Sanford, et al., 1995](#);

10) When you were born, did any of the following apply to your father: he was younger than 20 years old [Pereira, et al., 2012](#); he was experiencing psychological distress? [Kvalevaag, et al., 2013mh](#)

11) Was your father absent during early childhood? [Culpin, et al., 2013](#)

12) Have you been less responsive to your mother's discipline? [Sanford, et al., 1995](#)

13) Do you have conflict with siblings involving issues of equality and fairness? [Campione-Barr, et al., 2013](#)

3. Nurturing and Connection (total ≥ 2 = vulnerability)

1) Would you say you have been supported by your parents ([Seeley, et al., 2009](#) [Potochnick, et al., 2010](#)) and other adult family members [Tummala-Narra, et al., 2013](#) growing up?

2) Have your caretakers provided a nurturing environment in your home? ([Betts, et al., 2009](#))

3) Do you get along with your family ([Seeley, et al., 2009](#)) - with close attachment between you and your parents or guardians? [Nguyen, et al., 2011](#) [Kullik, et al., 2012](#)

4) Would you describe your family growing up as close or 'bonded' together? [Wollard, 2003d](#)

5) Is there a lot of affection between you and your parent(s)? ([Field, et al., 2001](#))

6) Do you have pleasant and affirming interactions your mother? [Gaté, et al., 2013](#)

6) Have either of your parents or caregivers struggled with depression? ([Fendrich, et al., 1990](#) [Field, et al., 2001](#); [Cote, et al., 2009](#); [Ollino, et al., 2010](#); [Hopkins, et al., 2013](#)

7) Are you living with your father - but not your mother? [Derluyn, et al., 2009](#) [Lin, et al., 2013](#)

8) Do you have poor relationships [Field, et al., 2001](#) [Braje, et al., 2010](#) and interactions with your parents currently? ([Kandel, Raveis & Davies, 2000](#); [Chandran & Tharyan, 2002](#))

9) Has there been a lot of tension and conflict with parents in your current living situation? ([Fendrich, Warner & Weissman, 1990](#); [Smokowski, Rose & Bacallao, 2010](#)) [Sajjadi, et al., 2013](#); [Wang, et al., 2013](#) [Brière, et al., 2013](#)

10) Do you feel like you've been rejected by one or both parents? [Benoit, et al., 2013](#)

4. Harshness and Trauma (total ≥ 1 = vulnerability)

1) Have you experienced a high number of traumatizing [Derluyn, et al., 2009](#) or victimizing [Løhre, et al., 2012](#) events in your life so far?

2) In your home growing up, have either of your parents [Hill, et al., 2011](#) or your siblings abused drugs or alcohol? ([Reinherz, et al., 2000](#); [Hill, et al., 2011](#))

3) Is there an atmosphere of conflict [Hopkins, et al., 2013](#) and dysfunction in your family? [Cote, et al., 2009](#)

4) Are you aware of any domestic or family violence that has taken place in your home? [Kinyanda, et al., 2013](#)

5) Have you witnessed any violence or abuse between your parents [McFarlane, et al., 2003](#) [Quinlivan, et al., 2005](#) [Okuy, et al., 2012](#) or other family members? [Slopen, et al., 2012](#)

6) Have you experienced non-abusive, but harsh physical punishment (e.g., pushing, grabbing, shoving, slapping, hitting)? [Afifi, et al., 2012](#)

7) Have your siblings been aggressive towards you in the past year (i.e., psychological, property, mild or severe physical assault)? [Tucker, et al., 2013](#)

8) Have you experienced any shaming, being degraded, or ridiculed by others? ([Aslund, et al., 2007](#))

9) Have your parents often said things that are hostile, emotionally over-involved or critical? [McCleary, et al., 2002](#)

- 10) Have you grown up in a controlling family environment - without sufficient autonomy and independence? [Allen, et. al., 1994](#); [Sil, et al., 2012](#)
- 11) Have your parents been cold [Otowa, et al., 2013](#) or emotionally neglectful in the past? [Larsson, et al., 2013](#)
- 12) Did you experience any emotional abuse as a child (name-calling, insults, etc.)? [Carballedo, et al., 2012](#) [De Venter, et al., 2013](#)
- 13) Did you experience any physical abuse as a child or adolescent growing up? [Fletcher, 2009](#); [Romero, et al., 2009](#); [Gal, Levav & Gross, 2011](#) [Gal, et al., 2011](#); [De Venter, et al., 2013](#)
- 14) Have you experienced any sexual abuse? ([Aslund, et al., 2007](#))
- 15) Did any kind of abuse take place during early childhood and preschool years (0-5)? [Gal, et al., 2011](#); [Dunn, et al. 2013](#)

5. Drugs, Alcohol and Environmental Toxins (total ≥ 2 = vulnerability)

- 1) To your knowledge, have you been exposed to anything toxic in your home, school or neighborhood - e.g., pesticides, [Onwuameze, et al., 2013](#) PCBs [Fitzgerald, et al. 2007](#), lead [Bouchard, et al., 2009](#) mercury [Malt, et al., 1997](#) other chemicals [Morrow, et al., 2000](#)
- 2) Do you live in a city or metropolitan area [Oh, et al., 2013](#) near a major freeway, or in another place with significant air pollution? [Lim, et al., 2012](#) [Szyszkowicz, et al., 2007](#) [Szyszkowicz, et al., 2009](#) [Szyszkowicz et al., 2011](#)
- 3) Do you currently smoke? [Goodman, 2000](#)
- 4) Do you live around someone who smokes? [Michal, et al., 2013](#) (reflected in blood cotinine levels, an index of second-hand smoke) [Bandiera et al, 2011](#)
- 5) Do you use marijuana regularly or heavily? [Otten & Engels, 2011](#); [Pahl, et al., 2013](#)
- 6) Do you consume alcohol at all ([Bazargan-Hejazi, Alvarez, Teklehaimanot, Nikakhtar & Bazargan, 2010](#)) - even only occasionally? [Fushimi, et al., 2013](#)
- 7) Do you have a substance use problem or disorder? [Sanford, et al., 1995](#);
- 8) Do you use any illegal drugs such as speed, meth, ecstasy [Briere, et al., 2012](#) or cocaine? [Field, et al., 2001](#)
- 9) Are you misusing or abusing any prescription drugs? [Zullig, et al., 2012](#)
- 10) Have you been clean from a drug habit for 12 months or more? [Bao, et al., 2013](#)

6. Nutrition Habits (total ≥ 3 = vulnerability)

- 1) Do you eat a healthy diet overall? [Jacka, et al., 2012](#)
- 2) Does your typical diet include a healthy amount of fruits and vegetables? ([Akbaraly, et al., 2009](#); [Jacka, et al., 2010](#) [Payne, et al., 2012](#); [Akbaraly, et al., 2013](#); [Sanhueza, et al., 2013](#)
- 3) Do you eat a diet high in total insoluble dietary fiber intake, as found in whole grains ([Jacka, et al., 2010](#)) and any of the following: whole wheat, wheat bran, corn bran, seeds, nuts, barley, couscous, brown rice, bulgur, zucchini, celery, broccoli, cabbage, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, raisins, grapes or fruit? [Fang, et al., 2013](#)
- 4) Are you regularly able to eat at least two sources of Vitamin C, such as: red and green hot peppers, bell peppers, fresh thyme or parsley, kale, mustard greens, broccoli, cauliflower, brussels sprouts, guavas, kiwi, papayas, oranges, clementines, or strawberries? [Gautam, et al., 2012](#); [Payne, et al., 2012](#)
- 5) Do you regularly eat any two of the following sources of riboflavin (vitamin B-2): dried herbs, spices, and peppers, spinach, sun-dried tomatoes, crimini mushrooms, edamame, tempeh, wheat bran, almonds, sesame seeds, eggs, mackerel, salmon, trout, yogurt, goat or cow's milk, Roquefort/Brie cheese [Murakami, et al., 2010](#)
Are you regularly able to eat at least two sources of B vitamin 6, such as: rice and wheat bran, dried herbs and spices, raw garlic, pistachios, hazelnuts, filberts, sunflower and sesame seeds, liver, tuna, salmon, and cod, pork? [Murakami, et al., 2010](#)
- 6) Are you regularly able to eat at least two sources of folate (Vitamin B9), such as: dark leafy greens (spinach, turnip greens, mustard greens, collards, romaine), citrus fruits (papaya, oranges, grapefruit, strawberries, raspberries),

avocado, asparagus, broccoli, cauliflower, okra, beets, celery, carrots, squash, brussels sprouts, bean sprouts, green peas, green beans, edamame, split peas, any type of lentil, beans (pinto, garbanzo, lima, black, navy, kidney, lima), sunflower seeds, flax seeds, or almonds [Murakami, et al., 2010](#) [[Pan, et al., 2012](#)]

7) Do you regularly eat seafood (shrimp, scallops) or fish [Peet, 2004](#) - especially oily fish such as anchovy, mackerel, salmon, sardines, shad, and tuna, halibut, cod, snapper or tuna? [Timonen, et al., 2004](#) [Bountziouka, et al., 2009](#) [Sánchez-Villegas, et al., 2007](#) [Akbaraly, et al., 2009](#); [Li et al., 2011](#) [Sanhueza, et al., 2013](#)

8) Do you regularly eat one other source of Omega 3 fatty acids (e.g., EPA, DPA [Lin et al., 2010](#)), such as: cooked soybeans, raw tofu, flax seeds, chia seeds walnuts, cauliflower, cabbage, romaine lettuce, broccoli, brussel sprouts, winter/summer squash, collard/turnip greens, spinach, kale, green beans, strawberries, raspberries, or miso ([Peet, et al., 1998](#) [Timonen, et al., 2004](#); [Sánchez-Villegas, et al., 2007](#) [Baghai et al., 2010](#)) higher ratio of omega-6 to omega-3 fatty acids [Kiecolt-Glaser, et al., 2007](#)

9) Do you use and consume healthy, unsaturated fats such as olive oil more often than saturated fats? [Sánchez-Villegas, et al., 2009](#); [Sánchez-Villegas, et al., 2011](#); [Akbaraly, et al., 2013](#)

10) Does your overall diet reflect a Mediterranean dietary pattern? (emphasis on fruits, vegetables, whole grains, beans, nuts and seeds, and healthy fats) [Sánchez-Villegas, et al., 2009](#) [Antonogeorgos G, et al., 2012](#)

11) Do you eat a poor diet generally [Akbaraly, et al., 2013](#) with a lot of processed, packaged, frozen, or fried foods ([Akbaraly, et al., 2009](#); [Jacka, et al., 2010](#)), 'fast food' [Sánchez-Villegas, et al., 2012](#) or other products with trans fats (e.g., margarine, shortening, toppings and dips, cookies, cakes, candy, chips, crackers)? [Sánchez-Villegas, et al., 2011](#); [Akbaraly, et al., 2013](#)

12) Do you regularly consume a lot of refined sugar - from commercially baked goods (cakes, croissants, and doughnuts) [Sánchez-Villegas, et al., 2012](#) candy or other products? ([Christensen, Krietsch, White & Stagner, 1985](#); [Christensen, 1991](#); [Akbaraly, et al., 2009](#); [Jacka, et al., 2010](#))

13) Do you drink more than half a liter (17 ounces) of soda pop per day? [Shi, et al., 2010](#); [Pan, et al., 2011](#)

14) Do you drink 2 or more cups of caffeinated coffee per day? [Lucas, et al., 2011](#)

15) Do you regularly drink soda pop or energy drinks? [Luebke & Bell, 2009](#); [Benko, et al., 2011](#)

6. Physical Activity and Sunlight (total ≥ 3 = vulnerability)

1) Would you consider yourself physically active [Field, et al., 2001](#) [Bountziouka, et al., 2009](#) [Meng, et al., 2013](#); [Suemoto, et al., 2013](#) ([Sherbourne, et al., 1995](#);) - i.e., often enjoying something active during your leisure time? [Brunes, et al., 2013](#)

2) Do enjoy participating in sports or athletic events? [Oler, et al., 1994](#); [Babiss, et al., 2009](#)

3) Do you have exercise regularly? [Dinas, et al., 2011](#) [Torres, et al., 2010](#) [Brunes, et al., 2013](#); [Chiang, et al., 2013](#)

4) Do you exercise hard enough to get your heart rating going? [Vallance, et al., 2011](#) [Trivedi et al., 2011](#) [Loprinzi, 2013](#) [Brunes, et al., 2013](#)

5) Do you have good cardiorespiratory fitness? [Aberg MA, et al., 2012](#) [Rieck, et al., 2013](#)

6) Apart from formal exercise, do you get regular 'light-intensity' physical movement, activity or walking during an average day? [Loprinzi, 2013](#)

7) Would you consider your current lifestyle as fairly sedentary - with lots of sitting [Vallance, et al., 2011](#) [Oliver-Quetglas, et al., 2013](#) [Lima, et al., 2013](#) or screen time in a normal day or week? [Biddle, et al., 2011](#)

8) Does a health problem currently force you to have a lower physical activity level? [Zelle, et al., 2012](#)

9) Are you obese or overweight? [Sanchez-Villegas, et al., 2013](#)

10) Do you live in a climate with lower temperature, sunlight or barometric pressure [Radua, et al., 2010](#) or a country farther north in latitude? [Imai, et al., 2003](#) [Kegel et al., 2009](#) sad

11) Do you get daily exposure to some kind of bright light in your home [Brown and Jacobs, 2011](#) or outside? [aan het Rot, et al., 2008](#)

12) Do you get enough sunlight to have healthy vitamin d levels? [Tolppanen, et al., 2012](#) [Högberg, et al., 2012](#)

7. Sleep Quality (total ≥ 3 = vulnerability)

- 1) Do you usually have poor sleep? ([Gerber, et al., 2011](#))
- 2) Did you have a history of sleeping problems? ([van Lang, et al., 2006](#)) [Gregory, et al., 2002](#)
- 3) Have you had trouble sleeping during the past 6 months? [Johnson, et al., 2000](#)
- 4) Do you struggle with insomnia? [Cheung, et al., 2011](#); [Luo et al, 2013](#)
- 5) Do you often sleep less than is healthy? [Fushimi, et al., 2013](#)
- 6) Do you often sleep *longer* than normal - sleeping in late, etc.? [Fushimi, et al., 2013](#)
- 7) Do you sleep with the TV on - or close to another source of light that may disrupt circadian rhythm? ([Bedrosian, et al., 2011](#))
- 8) Do you find yourself often waking up at night? [Taylor, et al., 2005](#)
- 9) Do you have sleep apnea [Chen, et al., 2013](#), restless legs syndrome (RLS) [Szentkiralyi, et al., 2013](#) sleep problems associated with an injury? [Macera, et al., 2013](#)
- 10) Are you currently taking any sedatives or sleeping pills? (e.g., Ambien, Halcion, Lunesta, Rozerem, Sonata) [Patten, et al., 1996](#); [Patten et al., 1997](#); [Youssef, et al., 2008](#)
- 11) Do you go to bed at 12 p.m. or later? [Gangwisch, et al., 2010](#)
- 12) Do you go to bed at 10 pm. or earlier? [Gangwisch, et al., 2010](#)

8. Mental Diet and Exercise (total ≥ 3 = vulnerability)

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| <ol style="list-style-type: none"> 1) Growing up, have your parents or guardians have high expectations for you to do well at school? Green, et al., 2013 2) Did your mother have at least a high school education? Park, et al., 2013; Green, et al., 2013 3) Do you function well in a school environment? (Seeley, et al., 2009) 4) Do you struggle being able to read? Willcutt, 2007 5) Would you describe yourself as a 'reader' (enjoying books, magazines, online articles, etc)? (Primack, et al., 2011) 6) Have you had a lot of media time growing up? Primak et al, 2009 7) Do you generally watch a lot of television? Robinson, et al., 2008; Primak et al, 2009 8) Do you spend a lot of hours online each week? Kraut, et al., 1998 Tonioni, et al., 2012 - surfing the internet, playing computer games, etc.? (Primack, et al., 2011) 9) Do you spend more time on the internet than you probably should? Park, et al., 2013; Yang, et al., 2013 10) Do you have a hard time controlling your internet and computer time? Bener, et al., 2013 [and bellow] 11) Is it possible you have an internet addiction? Kim, et al., 2006; Ha, et al., 2006 Ha, et al., 2007; Cheung, et al., 2011; Guo, et al., 2012 12) Do you use the internet in risky ways that could become a problem? Fischer, et al., 2012 13) Do you spend tons of time on your cell phone? Ha et al., 2008 14) Do you multi-task a lot with different media devices? Becker, et al., 2013 15) Do you listen to a lot of pop music in an average week? (Primack, et al., 2011) |
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9. Problem Habits (total ≥ 2 = vulnerability)

- 1) Do you often binge with food? [Sonneville, et al., 2013](#)
- 2) Have you ever purged after binging on food? [Seeley, et al., 2009](#))
- 3) Have you currently or in the past tried unhealthy weight loss strategies or disordered eating? [Brausch, et al., 2009](#) [Rawana, 2013](#)
- 4) Do you struggle with an eating disorder (anorexia or bulimia)? [Braun, et al., 1994](#)
- 5) Did you start dating in your early teen years? [Benoit, et al., 2013](#)
- 6) Have you been involved in risky sexual behavior? [Pandiyani, et al., 2012](#)
- 7) Have you had an intimate sexual relationship or experience intercourse already? [Riittakerttu, et al., 2003](#)
- 8) Have you fathered or mothered a child? [Quinlivan, et al., 2005](#) [Gavin, et al., 2011](#)
- 9) Have you engaged in sexual activity with a nonromantic partner? [Mendle, et al. 2013](#)

- 10) Have you experienced any abuse or violence from a boyfriend or intimate partner? [Gavin, et al., 2011](#)
- 11) Do you tend to become upset easily and intensely? [Purper-Ouakil, et al., 2002](#)
- 12) Do you have a habit of getting aggressive with others? ([Green, et al., 2013](#))
- 13) Would others describe you as frequently reckless, irresponsible or careless in your behavior? ([Seeley, et al., 2009](#))
- 14) Have you been involved in criminal activity ([Jaffee, et al., 2002](#)) or negative interactions with police? [Tummala-Narra, et al., 2013](#)
- 15) Do you feel you have little control over your impulses and actions? [Verstraeten, et al., 2009](#) [Wang, et al., 2013](#); [Hopkins, et al., 2013](#) [Pahl, et al., 2013](#)

10. Stressful Events (total ≥ 1 = vulnerability)

- 1) In the last couple of years, have you experienced an accident in where several body regions were injured? (Han, et al., 2011)
- 2) Are you a survivor of war ([Blair, 2000](#)) or a violent time in your country? [Rieder, 2013](#)
- 3) Have you been through a severe earthquake [Pan, et al., 2013](#); [Gigantesco, et al., 2013](#) or been exposed to another serious disaster? [Berenz, et al., 2013](#)
- 4) Have you ever witnessed someone injured at an accident, violent incident, disaster [Pan, et al., 2013](#) neighborhood violence [Slopen, et al., 2012](#) or other traumatic event? (Han, et al., 2011)
- 5) Have you ever been given very traumatic news? [Slopen, et al., 2012](#)
- 6) Have you ever lost a loved one in a traumatic, sudden event [Cheng, et al., 2013](#)- including a motor vehicle crash or suicide? [Bolton, et al., 2013](#) [Yeates, et al., 2013](#) [Bolton, et al., 2013](#)
- 7) Have you ever had a miscarriage or an abortion? [Coleman, 2011](#); [Fergusson, et al., 2013](#)su
- 8) Have you had a situation requiring admission to the Intensive Care Unit (ICU) over the last year? [Davydow, et al., 2013](#)

11. Health Conditions (total ≥ 1 = vulnerability)

- 1) Do you have insulin resistance [Timonen, et al., 2006](#) [Shen, et al., 2013](#) low insulin secretion or type 1 or type 2 diabetes? ([Anderson, et al., 2001](#); [Rotella, et al., 2013](#); [Valkanova, et al., 2013](#) [Akbaraly, et al., 2013](#))
- 2) Do you have any of the following: hypertension [Chou, et al., 2013](#) low blood pressure [Godin, et al., 2012](#) low HDL or LDL cholesterol [Akbaraly, et al., 2009](#) [Ancelin et al., 2010](#) [Fang, et al., 2013](#) cardiovascular disorder/heart disease [Valkanova, et al., 2013](#) including chronic congestive heart failure [Yohannes, et al., 2010](#); [Chen, et al., 2013](#) or acute coronary syndrome? [Sanner, et al., 2013](#); [Yammine, et al., 2013](#)
- 3) Have you survived cancer [Jensen, et al., 2013](#) or are you facing it currently? [Hung, et al., 2013](#)
- 4) Do you have asthma [Scott, et al., 2007](#) [Ramos Olazagasti MA, et al., 2012](#) or a pulmonary disease [Sanna, et al., 2013](#) including COPD? [Yohannes, et al., 2010](#)
- 5) Do you have a gastrointestinal disease, including leaky gut [Maes et al., 2008](#) stomach ulcers/gastritis [Chou, et al., 2013](#) gastroesophageal reflux disease (GORD) [Sanna, et al., 2013](#) or inflammatory bowel disease? [Nahon, et al., 2012](#); [Goodhand, et al., 2012](#)
- 6) Do you face any of the following: epilepsy [Maryam, et al., 2013](#) anemia [Pan, et al., 2012](#) perianal disease [Ananthakrishnan, et al., 2013](#) spinal problems including disk herniation & stenosis [Boakye, et al., 2013](#) liver diseases ([Chen, et al., 2013](#); [Sanna, et al., 2013](#) or chronic kidney disease (CKD)? [Chiang, et al., 2013](#)
- 7) Do you have any of the following: developmental coordination disorder (DCD) (dyspraxia) [Hill, et al., 2013](#) cerebral palsy, [Van Der Slot, et al., 2012](#) or Nodding syndrome? [Idro, et al., 2013](#)
- 8) Do you face any of the following skin/immune conditions: acne inversa (AI) [Kurek, et al., 2013](#); chronic idiopathic urticaria (CIU) or hives [Engin, et al., 2008](#) Thrombotic thrombocytopenic purpura (TTP) [Falter, et al., 2013](#) autoimmune conditions involving blisters, sores and lesions on the skin (pemphigus vulgaris and pemphigus foliaceus) [Layegh, et al., 2013](#) Systemic lupus erythematosus (SLE) [Meszaros, et al., 2012](#) atopy (Immunoglobulin E related allergies) [Timonen et al., 2002](#) arthritis [Chou, et al., 2013](#)

9) Do you have a sexually transmitted infection [Lee et al., 2009](#) - including, but not limited to, any of the following: HIV-1 infection [Bragança and Palha, 2011](#) or AIDS [Chikezie, et al., 2013](#) herpes simplex encephalitis [Fazekas et al., 2006](#) hepatitis B [Altindag et al., 2009](#) or hepatitis C infection [Weinstein et al., 2011](#) [Stewart, et al., 2012](#); [Qureshi, et al., 2012](#)

10) Have you experienced now or in the past any of the following: human T-cell lymphotropic virus (HTLV-1) [Stumpf et al., 2008](#) bornavirus [Ferszt et al., 1999](#) a parasite-based infection [Chagas disease Ozaki et al., 2011](#) neurobrucellosis [Eren et al., 2006](#) Lyme disease (Borrelia infection) [Kaplan et al., 1999](#) nipah virus encephalitis [Ng et al., 2004](#) arthritogenic alphaviruses, including chikungunya virus (CHIKV), [Schilte, et al., 2013](#) typhoid fever [Ukwaja, 2010](#) or tuberculosis [Doherty, et al., 2013](#)

12. Medical Treatments (total ≥ 1 = vulnerability)

1) Do you take any heart drugs or high blood pressure drugs? [Beers, et al., 1990](#) [Patten et al., 1997](#) [Celano, et al., 2011](#)

2) Have you taken any of the following: Antihistamines (Tagamet, Zantac, Pepcid, Mylanta) [Feng, et al., 2008](#) Accutane (isotretinoin) [Casagrande Tango, 2003](#) [Azoulay, et al., 2008](#) mefloquine for malaria [Casagrande Tango, 2003](#); [Celano, et al., 2011](#)

3) Do you take anabolic steroids [Casagrande Tango, 2003](#) immunosuppressants or any corticosteroids treatments, creams or ointments? (e.g., hydrocortisone, triamcinolone, prednisone, Deltasone, Orasone, Flonase, Nasocort, Nasonex, Flovent, and Azmacort). [Patten et al., 1997](#); [Casagrande Tango, 2003](#); [Celano, et al., 2011](#) [Ananthakrishnan, et al., 2013](#); [Bhangle, et al., 2013](#); [Barrimi, et al. 2013](#)

4) Have you undergone chemotherapy? [Reece, et al., 2013](#)

5) Do you take anticonvulsants or barbituates (phenobarbital, secobarbital)? [Machado, et al., 2011](#); [Celano, et al., 2011](#)

6) Are you taking psychostimulants? (Adderall, Ritalin, Dexedrine, Desoxyn, Cylert, Concerta) [Patten et al., 1997](#)

13. Chronic Stress (total ≥ 1 = vulnerability)

1) Over the past year, has your general stress level been unusually high? (Roberts, Roberts & Wenyaw, 2009; [McLaughlin, et al., 2010b](#); Revollo, Qureshi, Collazos, Valero, & Casas, 2011; Hankin & Abela, 2011)

2) Are you currently facing an illness with poor prognosis (Hopwood & Stephens, 2000) and little hope of recovery? [Chiang, et al., 2013](#)

3) Were you given a diagnosis and told that it could be a life-long disability? [Verhoof, et al., 2013](#)

4) Has a serious illness like cancer come back? [Jensen, et al., 2013](#)

5) Do you currently have high levels of physical pain? [Vallerand, et al., 2013](#)

6) Do you face a physical handicap or impairment that causes persistent relationship problems [De Ryck, et al., 2013](#) or prevents more normal social interactions? ([Andersen, et al., 1995s](#)

7) Are you currently facing cancer, other major physical health problems or some kind of disability that is impairing your basic functioning? (Burvill, Johnson, Jamrozik, Anderson & Stewart-Wynne, 1997; Hopwood & Stephens, 2000; Schoevers, et al., 1999)

8) Have you recently had a long stay in the hospital [Lin, 2013](#) - for surgery [Horne, et al., 2013](#) or other reasons?

9) Do you have an illness you think may have serious consequences? [Gandy, et al., 2013](#)

10) Are you fearful of how to respond to a health challenge [Jensen, et al., 2013](#) or anxious about physical pain you are facing? [Yamaquchi, et al., 2013](#)

14. Finances and Work (total ≥ 1 = vulnerability)

1) During your growing up years, has your family often been quite poor? [Mohammad, et. al.; 2010](#) [Namjan, et al., 2010](#);

- 2) Does your family have low income or low socio-economic status (SES)? Pereira, et al., 2012 Sajjadi, et al., 2013; Hopkins, et al., 2013 Ford, et al., 2013
- 3) Have your parents been frequently unemployed? (Aslund, et al., 2007)
- 4) Are you living in time of economic difficulties? (e.g., financial crisis, recession) Gili, et al., 2013 Gigantesco, et al., 2013

15. Migration and Acculturation (total ≥ 2 = vulnerability)

1) Did your family migrate to this country? Guo, et al., 2012

2) Have you and your family retained connection, involvement or interpersonal ties to the culture or place you were raised? (Vega, et al., 1987)

Have you or your family experienced migration stress during the past year (Potochnick, et al., 2010) - including difficulty in trying to adjust to living in an entirely new community or culture? (Revollo, et. al; 2011)

3) Have your parents or caregivers experienced racial discrimination? Ford, et al., 2013

4) While growing up, have you or any member of your family been considered undocumented or illegal with regards to immigration status? Potochnick, et al. 2010

5) Did you spend your pre-adolescent years outside of the United States? (Breslau, et al., 2009)

6) Were you born in the U.S. - after your parents immigrated here? Lau, 2013 Zhang, et al., 2013

16. Power and Control (total ≥ 2 = vulnerability)

1) Are you concerned that circumstances and events in the world are negatively impacting and controlling your life? (Beekman, et al., 2000) Matsuoka, et al., 2012

2) Would others describe you as optimistic or hopeful about life? (Seligman, 1990; Oettingen and Seligman, 1990; Reivich, Gillham, Chaplin, & Seligman, 2005)

4) Do you see yourself as being able to solve problems Schur, et al., 1999d and effectively cope with challenges that arise? Hong, 2007

5) Do you feel power and control over your own health Jensen, et al., 2013 and able to navigate health problems Steca, et al., 2013; Greco, et al., 2013

6) Do you generally feel like you are capable and able to live the life you want? Lewin, et al., 2013

7) When facing difficult experience, do you usually feel helpless about it? (Seligman & Peterson, 1986; Nolen-Hoeksema, Girgus and Seligman, 1986; Burns & Seligman, 1991 Wang, et al., 2013).

8) Do you think of your main life stress as uncontrollable (Littrell & Beck, 2001) or based on permanent, stable and universal patterns? (Seligman, Abramson, Semmel, and von Baeyer, 1979; Metalsky, Abramson, Seligman, Semmel, & Peterson, 1982)

9) Do you usually focus on external causes of your behavior? Pinto, et al., 1993

17. Resilience and Hope (total ≥ 2 = vulnerability)

1) When difficult things happen, do you have the ability to bounce-back? Goldstein, et al., 2013

2) When faced with disappointment, are you typically a resilient person? (Reivich, Gillham, Chaplin, & Seligman, 2005 Min, et al., 2013)

3) Would you describe yourself as a flexible person, open to adjusting as things change? (Betts, et al., 2009)

4) Do you have a sense of humor that you sometimes use during hard times (Martin & Lefcourt, 1983; Lefcourt & Martin, 1986; Richman, 1995; Saper, 1990) - but not the self-enhancing or self-defeating kind? (Frewen, et al., 2008)

5) Are you able to forgive when you've been hurt or offended? (Reed, et al., 2006; Gangdev, 2009)

6) Have you found additional understanding or support that brings you new hope? Harris, 2001

- 7) Do you believe in God [Chiang, et al., 2013](#) or have a sense of ultimate meaning in life? (Levin & Chatters, 1998; Koenig *et al.*, 2001; Levin, 2010)
- 8) Are you involved in a religious or faith community? [McCullough, et al., 1999](#) [Moreira-Almeida, et al., 2006](#) (Schnall *et al.*, 2011)

18. Response to Stress (total ≥ 2 = vulnerability)

- 1) When faced with stress, do you try to avoid threatening thoughts [Dickson, et al., 2012](#), and troubling feelings [Moulds, et al., 2007](#) [Gandy, et al., 2013](#) - or try to disengage from the problem entirely? [Hong, 2007](#)
- 2) When you are feeling something painful, do you try to make sure others aren't aware of it? [Betts, et al., 2009](#)
- 3) When you feel stressed, do you usually direct your feelings inside and do things like withdraw from social interaction, stop talking, or do things to hurt yourself? ([Lewinsohn, et al., 1994](#))
- 4) When there is a problem, do you often thinking about things over and over in an attempt to figure things out? (rumination & brooding) [Verstraeten, et al., 2009](#) [Verstraeten, et al., 2010](#)
- 5) Are you a 'worrier'? [Verstraeten, et al., 2010](#)

- 6) Do you know how to watch, monitor and evaluate your own thoughts? [Betts, et al., 2009](#)
- 7) When facing a problem, do you pay attention to your internal response to the problem (as much as the problem itself)? [Suzumura, et al., 2013](#) [Knowles, et al., 2013](#)

19. Mental and Emotional Patterns (total ≥ 2 = vulnerability)

- 1) Do you struggle with anxiety? [Kinyanda, et al., 2013](#)
- 2) Do you have an eating disorder? [Kinyanda, et al., 2013](#)
- 3) Do you have ADHD, attention problems [Gander, et al., 2013](#); [Rajendran, et al., 2013](#) or other behavioral problems? ([Jaffee, et al., 2002](#))
- 4) Do you have any other mental disorders currently? ([Lewinsohn, et al., 1994](#))
- 5) Does your mood vary strongly depending on the time of day? [Germain, et al., 2008](#)
- 6) Do you often feel anger, contempt, disgust, guilt, fear, or nervousness? [Verstraeten, et al., 2009](#)
- 7) Do you rarely feel enthusiastic, energetic, confident, active, and alert? [Verstraeten, et al., 2009](#)
- 8) Are you a gifted child? [Bénonny, et al., 2007](#)

20. Self-Image (total ≥ 2 = vulnerability)

- 1) Do you see yourself as overweight? [Rawana, 2013](#)
- 2) Are you unhappy with how your body looks? [Franko, et al., 2002](#) [Brausch, et al., 2009](#);
- 3) Are you overall satisfied with your life and feel general well-being? ([Field, et al., 2001](#))
- 4) Do you feel good about yourself and have good self esteem? [Purper-Ouakil, et al., 2002](#) [Bénonny, et al., 2007](#) [Nguyen, et al., 2011](#)
- 5) Do you frequently criticize yourself [Stange, et al., 2013](#) or feel worthless as a person? [Wang, et al., 2013](#)
- 6) Do you usually blame yourself for bad things - and not take credit for positive outcomes? [Pinto, et al., 1993](#)
- 7) Do you focus on discrepancies between your ideal self - and the person you are? (Higgins, 1987; [Caselli, et al., 2013](#))
- 8) Do you think of an illness you face as reflecting upon who you are or your identity? [Steca, et al., 2013](#); [Greco, et al., 2013](#) [Knowles, et al., 2013](#)
- 9) When something bad happens, do you tend to attribute the problem to internal, personal failings? (Seligman, Abramson, Semmel, and von Baeyer, 1979; Metalsky, Abramson, Seligman, Semmel, & Peterson, 1982)

21. Educational Context (total ≥ 2 = vulnerability)

1) Are you attending school? [Zhong, et al., 2013](#)

2) Do you struggle to do well in school? [Sajjadi, et al., 2013](#)

3) If you are currently in school, do you have a lower grade point average? ([Field, et al., 2001](#))

4) If you are currently in school, do you spend regular time doing homework? ([Field, et al., 2001](#))

5) Do you have good relationships with teachers at school? [Wang, et al., 2013](#)

6) Have you received good support from teachers at school? ([Potochnick, et al., 2010](#))

7) Do you feel good about yourself as a student? [Bénony, et al., 2007](#)

22. Friends and Classmates (total ≥ 2 = vulnerability)

1) Do you have regular interactions with friends and peers? ([Field, et al., 2001](#))

2) Do you have a social network [Hatzenbuehler, et al., 2012](#) that you connect with at school? [Langille, et al., 2012](#)

3) Are you close to your friends [Kullik, et al., 2012](#) - and feel supported by them? [Rawana, 2013](#)

4) Do you often feel lonely? [Löhre, et al., 2012](#)

5) Do you struggle to figure out how to get along with other people? [Jaffee, et al., 2002](#) [Purper-Ouakil, et al., 2002](#)

6) Do you feel not very popular at school? [Field, et al., 2001](#)

7) Have you ever been bullied? [Cluver, et al., 2010](#) [Salmivalli, et al., 2013](#) [Forster, et al. 2013](#)

8) Are your friends a good influence on you? [Field, et al., 2001](#) [Nguyen, et al., 2011](#)

9) Do you have friends that get you in trouble sometimes? [Benoit, et al., 2013](#)

10) Are your friends sometimes aggressive with you? [Tucker, et al., 2013](#)

Open ended questions:

- Is there any other area not identified in this inventory that you sense is contributing to this problem directly or indirectly?
- Of all the areas of major or minor vulnerability identified, which ones do your own intuition or 'gut' say are contributing most to your experience with depression?
- Are you taking away any insights on possible lifestyle adjustments or bigger changes that could make a difference?