

All of Life Inventory: Depression Getting at the Roots of Chronic Unhappiness

Instructions. This inventory may be completed by an individual adult - or a supportive loved one or professional. 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? [Weissman, et al., 1996](#) [Oh, et al., 2013](#); [Suemoto, et al., 2013](#); [Klein, et al., 2013](#); [Oliver-Quetglas, et al., 2013](#)
- 2) Are you in your later adult years? [Sheikh, et al., 2004](#); [Orzechowska et al. 2008](#); [Oh, et al., 2013](#)
- 3) Do you have a history of previous depressive episodes? ([Cole, et al., 2003e](#))
- 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) To your knowledge, did your mother experience any of the following during your pregnancy: Diethylstilbestrol (DES) exposure [O'Reilly, et al., 2010](#); 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., 2013r](#) or alcohol consumption? [Kelly, et al., 2000](#)
- 6) Do you have a physical disability, impairment or handicap? [Prince, et al., 1997ae](#) [Cole, et al., 2003e](#) [Jiang & Hesser, 2011](#)
- 7) Do you have a chronic, long-standing or systemic infection [Dantzer, et al., 2008](#), inflammation or immune dysregulation ([Maes et al, 2008](#); [Jaremká, et al., 2012](#); [Dowlati, et al., 2010](#); [Wium-Andersen, et al., 2013](#) - or higher blood levels of inflammatory biomarkers such as inflammatory cytokines [Miller, et al., 2009](#), tumor necrosis factor alpha, ferritin, interleukin-6 and other compounds known to cause inflammation? [Kiecolt-Glaser, et al., 2007](#) [Chang et al., 2013](#)
- 8) Have you experienced a high number of concussions [Kerr, et al., 2012](#); [Didehbani, et al., 2013](#) or one or more traumatic head or brain injuries serious enough to impact your functioning? [Holsinger, et al., 2012](#); [Vasterling, et al., 2012](#); [Bryan, et al., 2013](#)
- 9) 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](#)
- 10) Do you experience recurring headaches - including migraine and cluster headaches? [Pozo-Rosich, 2012](#); [Liang, et al., 2013](#); [Sanna, et al., 2013](#)
- 11) Have you recently experienced any major health problems or illnesses? ([Cole, et al., 2003e](#) [Johnstone, et al., 2001p](#))
- 12) 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](#))
- 13) Would you currently describe yourself as overweight or obese? [Simon, et al., 2006](#) [Luppino, et al., 2010](#) [Boutelle, Hannan, Fulkerson, Crow & Stice, 2010](#)

2. Early Stability and Nurturing (total ≥ 2 = vulnerability)

- 1) Did your family experience serious or persistent poverty when you were younger? [Namjan, et al., 2010](#); [McLaughlin, et al., 2010](#); [Mohammad, et al., 2010](#); [Han, et al., 2011](#) [Green, et al., 2013](#)
- 2) Do you remember being hungry as a child? [McIntyre, et al., 2012](#)
- 3) Would you say you grew up in a positive overall environment as a child? [McLaughlin, et al., 2010](#)

- 4) Would you describe your family growing up as close or 'bonded' together? [Wollard, 2003d](#)
- 5) Did your parents usually monitor and supervise your behavior growing up? Richardson, et. al., 1993; [Green, et al., 2013](#)
- 6) Would you say your parents were overprotective of you growing up [Wang, et al., 2013](#) - e.g., guarding you against stress that would have been normal and healthy to experience? [Suo, et al., 2013](#)
- 7) Did your parents separate or divorce before you were 16? [Larson, et al., 2013](#); [De Venter, et al., 2013](#)
- 8) Did you grow up in a female-headed household? [Green, et al., 2013](#)
- 9) Did any of your parent figures struggle with depression Findling, et al., 2005, [Ritchie and Villebrun, 2009](#); [Hill, McDermott; 2011](#); [Olino, et. al, 2010](#); [Morris, et al., 2013](#) or anxiety? [Low, et al., 2012](#)
- 10) Are there any other psychiatric disorders in your family [Bandelow, et al., 2013](#); [Klein, et al., 2013](#) - including schizophrenia? [DeVylder, et al., 2013](#)

3. Early Harshness and Trauma (total ≥ 1 = vulnerability)

- 1) Would you describe your experience growing up as a child as hard? [McLaughlin, et al., 2010](#)
- 2) Would you say your overall home atmosphere had a lot of conflict, negative communication and dysfunction as a child Allen, et. al., 1994; [McLaughlin, et al., 2010](#) or adolescent? [Green, et al., 2013](#)
- 3) In your home growing up, did either your parents or your siblings abuse drugs or alcohol? ([Reinherz, et al., 2000](#); [Hill, et al., 2011](#))
- 4) Did you witness any violence or abuse between your parents? [Okyay, et al., 2012](#);
- 5) Did you experience non-abusive, but harsh physical punishment (e.g., pushing, grabbing, shoving, slapping, hitting) [Afifi, et al., 2012](#)
- 6) Did you grow up in a controlling family environment - without sufficient autonomy and independence during early adolescence? Allen, et. al., 1994; [Sil, et al., 2012](#)
- 7) Were your parents cold [Otowa, et al., 2013](#) or emotionally neglectful to you as a child? [Larsson, et al., 2013](#)
- 8) Did you experience any emotional abuse as a child (name-calling, insults, etc.)? [Carballedo, et al., 2012](#) [De Venter, et al., 2013](#)
- 9) 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](#)
- 10) Did you experience any sexual abuse as a child or adolescent growing up? Fletcher, 2009; Romero, et al., 2009; [Gal, et al., 2011](#); [De Venter, et al., 2013](#); [Fergusson, et al., 2013](#); [Klein, et al., 2013](#)
- 11) Did any kind of abuse take place during early childhood and preschool years (0-5)? [Gal, et al., 2011](#); [Dunn, et al. 2013](#)

4. Environmental Toxins (total ≥ 2 = vulnerability)

- 1) Have you experienced any moderate or high exposure to pesticides in your workplace (e.g., farming) [Stallones, et al., 2002](#) [Beseler et al., 2008](#) [Onwuameze, et al., 2013](#) - including organophosphates? [Rehner, et al., 2000](#)
- 2) Have you had any possible exposure to organic solvents in chemical spills or any of the following: paint thinners, spot/nail polish removers, detergents, dry-cleaning fluids, perfumes, polystyrene cups, plates and packaging, synthetic rubber, or petroleum-based adhesives, fuels, pharmaceuticals, perfumes, cosmetics nail polish and cleaning supplies [Morrow, et al., 2000](#)
- 3) Do you believe you may have been exposed to PCBs - even at lower levels? (e.g., living near contaminated rivers, or around contaminated indoor air) [Peper et al., 2005](#) [Fitzgerald, et al. 2007](#)
- 4) Are there other types of air pollution inside your place of living? (e.g., Cooking with biomass fuel, increased COs levels [Banerjee, et al., 2012](#)) or inside your school building? [Peper et al., 2005](#)
- 5) Have you experienced a possible exposure to lead - even at low levels? (e.g., lead-based paint, leaded gasoline, lead-contaminated water, manufacturing of lead batteries, rubber products, glass and other lead-containing products, and lead oxide fumes from industrial buildings being demolished) [Bouchard, et al., 2009](#)
- 6) Have you had any possible exposure to mercury? (e.g., working with dental amalgam fillings [Siblerud, et al., 1994](#) [Malt, et al., 1997](#) or around mercury vapors in mining [Tirado, et al., 2000](#) [Zachi, et al., 2007](#))

- 7) 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? [e.g., with ground level ozone (O₃), carbon monoxide (CO), nitrogen dioxide (NO₂), sulphur dioxide (SO₂) and particulate matter (PM₁₀)] [Lim, et al., 2012](#) [Szyszkowicz, et al., 2007](#) [Szyszkowicz, et al., 2009](#) [Szyszkowicz et al., 2011](#)
- 8) 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. Drugs and Alcohol (total ≥ 2 = vulnerability)

- 1) Do you currently smoke? (Pedersen & von Soest, 2009; Bazargan-Hejazi, Alvarez, Teklehaimanot, Nikakhtar & Bazargan, 2010; Jiang & Hesser, 2011 [Peiper, et al., 2012](#); [Yun, et al., 2012](#); [Michal, et al., 2013](#); [Suemoto, et al., 2013](#)
- 2) Do you smoke most every day? [Pedersen, et al., 2009](#)
- 3) Does any of the following describe you: a history of smoking ([Hopkins, et al., 2010](#) [Yun, et al., 2012](#) [Edwards, et al., 2012](#)) started smoking as teenager (Ajdacic-Gross, et al., 2009; [Pedersen, et al., 2009](#)), a heavy smoker [Yun, et al., 2012](#) feeling dependent on smoking? ([Pedersen, et al., 2009](#))
- 4) Do you consume alcohol at all (Bazargan-Hejazi, Alvarez, Teklehaimanot, Nikakhtar & Bazargan, 2010) - even only occasionally? [Fushimi, et al., 2013](#)
- 5) If you drink, do you often drink heavily (Burvill, Johnson, Jamrozik, Anderson & Stewart-Wynne, 1997; Saraceno, Munaf, Heron, Craddock, & van den Bree, 2009; Flensburg-Madsen, et al., 2011) - more than 5 drinks per week? [de Oliveira, et al., 2013](#)
- 6) Would you consider yourself one of the following: an alcoholic ([Hopkins, et al., 2010](#)), dependent on alcohol ([Fergusson, et al., 2009](#) or having chronic alcohol use disorder? [Lee, et al., 2012](#)
- 7) Do you use any other 'downers,' including barbiturates [Celano, et al., 2011](#), illegal tranquilizers [Daniulaityte, et al., 2010](#) or 'benzos'? [Nordfjærn, 2012](#)
- 8) Do you use marijuana regularly or heavily? [Daniulaityte, et al., 2010](#); [Ottens & Engels, 2011a](#); [Oliver-Quetglas, et al., 2013](#)
- 9) Do you use any illegal drugs, including crack and cocaine? ([Daniulaityte, et al., 2010](#))
- 10) Have you now or in the past used any amphetamine-type stimulants ([Bao, et al., 2013](#)) including amphetamine, 11) methamphetamine ([Marshall, et al., 2010](#)) methcathinone, fenetylline, ephedrine, pseudoephedrine, methylphenidate and MDMA or 'Ecstasy'? ([Matthews and Bruno, 2010](#))
- 12) Are you misusing or abusing any prescription drugs? ('self-medicating'/non-medical use') [Zullig, et al., 2012](#)
- 13) Are you currently experiencing withdrawal from psychostimulant drugs [Barr, et al., 2012](#) including amphetamines? [Cryan et al., 2003](#)
- 14) Have you been clean from a drug habit for 12 months or more? [Bao, et al., 2013](#)

6. Nutrition Habits (total ≥ 3 = vulnerability)

- 1) 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](#)
- 2) 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](#)
- 3) Are you regularly able to eat at least two sources of Vitamin E, such as: sunflower seeds, almonds, spinach, swiss chard, turnip greens, papaya, mustard greens, collard greens, asparagus or bell peppers? [Maes, et al., 2000](#) [Gautam, et al., 2012](#)
- 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) Are you regularly able to eat at least two sources of folate or folic acid (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 [Tolmunen, et al., 2003](#) [Murakami, et al., 2008](#) [Pan, et al., 2012](#)

6) Are you regularly able to eat at least two sources of B vitamin 6 and 12, 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// spinach, bell peppers, summer squash, turnip greens, shiitake mushrooms, banana, sunflower seeds, potatoes, eggs, halibut, beef, chicken, turkey, lamb, liver, clams, crab, oysters, mussels or lobster? [Penninx, et al., 2000](#) [Skarupski et al., 2010](#); [Robinson et al., 2011](#); [Pan, et al., 2012](#); [Sanhueza, et al., 2013](#)

7) Are you regularly able to eat at least two sources of Vitamin A, including spinach, kale, collard greens, turnip greens, swiss chard, mustard greens, romaine lettuce, sweet potatoes, carrots or winter squash? [Gautam, et al., 2012](#)

8) Are you regularly able to eat at least two sources of magnesium such as: spinach, broccoli, okra, pumpkin, squash, plantain, peanuts, seeds, black beans, whole grain cereal/bread, soy milk, tofu, halibut, rockfish, scallop, or oysters? [Jacka, et al., 2009](#)

9) Are you regularly able to eat at least two sources of zinc, such as: peanuts, roasted pumpkin and squash seeds, sesame butter, dried watermelon seeds, beans, wholegrain cereals or bread, wheat germ, brown rice, roast beef, lamb, pork, turkey, chicken, crabmeat, lobster, oysters clams or salmon? [Swardfager, et al., 2013](#)

10) Are you regularly able to eat at least two sources of selenium, such as: brazil nuts, sunflower seeds, barley, wheat germ, whole-grain pasta, barley, brown rice, oats, lentils, spinach, mushrooms (button, crimini, shiitake), onions, certain kinds of fish (halibut, tuna, cod, sardines, flounder, salmon), shellfish (oysters, mussels, whelk, scallops), lobster, crab, shrimp (prawns, camarones), liver, pork chops, ham, turkey, lamb, beef, chicken? [Pasco, et al., 2012](#); [Gao, et al., 2012](#) [Johnson, et al., 2013](#)

11) 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](#)

12) 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](#)

13) 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](#)

14) 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](#)

15) 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](#)

16) 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](#))

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

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

7. Physical Activity and Sunlight (total ≥ 2 = vulnerability)

1) Would you consider yourself physically active [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 you have a regular exercise regimen? [Dinas, et al., 2011](#) [Torres, et al., 2010](#) [Brunes, et al., 2013](#); [Chiang, et al., 2013](#)

3) When you exercise, do you have times of moderate or high intensity activity? [Vallance, et al., 2011](#) [Trivedi et al., 2011](#) [Loprinzi, 2013](#) [Brunes, et al., 2013](#)

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

5) Would you say you have good cardiovascular fitness? [Aberg, et al., 2012](#)

- 6) 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](#)?
- 7) Does a health problem currently force you to have a lower physical activity level? [Zelle, et al., 2012](#)
- 8) 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
- 9) 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](#)
- 10) Do you get enough regular sunshine to have healthy vitamin d levels? [Barnard, et al., 2010](#); [Knippenberg, et al., 2013](#); [Ju, et al., 2013](#) [Milaneschi, et al., 2013](#)

8. Sleep Quality (total ≥ 2 = vulnerability)

- 1) Do you find yourself often waking up at night? [Taylor, et al., 2005](#)
- 2) Is your sleep currently disturbed? [Cole, et al., 2003e](#) [Germain, et al., 2008](#) [Chiang, et al., 2013](#)
- 3) Do you have any sleep problems associated with an injury? [Macera, et al., 2013](#)
- 4) Do you have obstructive sleep apnea [Chen, et al., 2013](#), restless legs syndrome (RLS), [Szentkiralyi, et al., 2013](#) or shift work sleep disorder? [Asaoka, et al., 2013](#)
- 5) Do you sometimes work night shifts? [Chang et al., 2013](#)
- 6) Is your sleep being disrupted by a child's sleep problems? [Meltzer, et al., 2007](#)
- 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 struggle with insomnia? [Rieman, et al., 2003](#) [Taylor, et al., 2005](#) [Baglioni, et al., 2011](#)
- 9) Do you often sleep less than is healthy? [Fushimi, et al., 2013](#)
- 10) Do you often sleep longer than normal - sleeping in late, etc.? [Fushimi, et al., 2013](#)
- 11) 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](#)
- 12) Do you regularly experience a good quality of sleep? [de Wild-Hartmann, et al., 2013](#)

9. Work Conditions (total ≥ 2 = vulnerability)

- 1) Do you currently work more than a standard workload [Suzumura, et al., 2013](#) - e.g., overtime [Kleppa, et al., 2008](#) [Kim, 2013](#) 9-10 hours a day, or more than 70 hours per week? [de Oliveira, et al., 2013](#) [Fushimi, et al., 2013](#)
- 2) Do you feel overcommitted [Sui, et al., 2013](#) and overloaded with your work? [Murcia, et al., 2013](#); [Boschman, et al., 2013](#)
- 3) Are you doing work that is emotionally or psychologically demanding? [Bonde, 2008](#) [Murcia, et al., 2013](#); [Sui, et al., 2013](#))
- 4) Do you feel unsafe in your current workplace [Liu, et al., 2013](#) - including, but not limited to exposure to work-related threats? [Wieclaw, et al., 2006](#)
- 5) Have you ever experienced violence at work [Wieclaw, et al., 2006](#) or been bullied or "ganged up" on by co-workers? [Balducci, et al., 2013](#)
- 6) Do you currently experience significant difficulties at work [Oliver-Quetglas, et al., 2013](#) - including, but not limited to: ethical conflicts [Murcia, et al., 2013](#) unclear roles and responsibilities ([Caplan, et al., 1975](#)) [Saijo, et al., 2008](#) not having enough to do [Saijo, et al., 2008](#) conflict with other co-workers, [Saijo, et al., 2008](#) unfairness and low levels of justice [Grynderup, et al., 2013](#), low social support in your job [Stansfeld, et al., 2012](#) and low support from your direct supervisor? [Saijo, et al., 2008](#); [Boschman, et al., 2013](#)
- 7) Do you work in a low-skilled occupation [Sanne, et al., 2003](#) with little variety in what you do? [Saijo, et al., 2008](#) [Onwuameze, et al., 2013](#)
- 8) Do you enjoy your job and find it rewarding? [Suzumura, et al., 2013](#) [Murcia, et al., 2013](#) [Sui, et al., 2013](#)
- 9) Do you feel adequately prepared for your job [Suzumura, et al., 2013](#) and capable of performing your work responsibilities? [Taneichi, et al., 2013](#) (self-efficacy)

10) Do you have freedom to make decisions [Bonde, 2008](#); [Murcia, et al., 2013](#) or participate in decision making at work? [Boschman, et al., 2013](#)

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

1) Growing up, did your parent or guardian 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) As an adolescent, was your total media exposure rather large? [Primack et al, 2009](#)

4) Did you leave school early [Tait, et al., 2012](#)e or achieve a lower level of education than expected? [Mossakowski, 2011](#)

5) Do you have a lower educational level? [Laufer, et al. 2013](#); [Oh, et al., 2013](#)

6) Do you generally watch a lot of television? [Robinson, et al., 2008](#); [Primack et al, 2009](#)

7) 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](#))

8) Do you spend more time on the internet than you probably should? [Park, et al., 2013](#); [Yang, et al., 2013](#)

9) Does one of the following describe yourself: having a hard time controlling yourself in computer/internet use [Black et al., 1999](#) possibly facing an internet addiction? [Morrison, et al., 2010](#); [Dalbudak, et al., 2013](#)

10) Do you multi-task a lot with different media devices? [Becker, et al., 2013](#)

11) Do you listen to a lot of pop music in an average week? ([Primack, et al., 2011](#))

12) Would you describe yourself as a 'reader' (enjoying books, magazines, online articles, etc)? ([Primack, et al., 2011](#))

11. Problem Habits and Lifestyle (total ≥ 2 = vulnerability)

1) Do you often binge with food? [Sonneville, et al., 2013](#)

2) Do you struggle with an eating disorder (anorexia or bulimia)? [Braun, et al., 1994](#)

3) When you were younger, did you engage in reckless, irresponsible and delinquent behavior? [Green, et al., 2013](#)

4) When you were younger, did you have a pattern of showing aggression towards others? ([Green, et al., 2013](#)

5) Have you been involved in risky sexual behavior* - including selling sex for money? [Pandiyan, et al., 2012](#)

6) Do you have a gambling problem? [Shek, et al., 2012](#)

7) As a rule, are you very thorough, careful, orderly, vigilant and disciplined? [Karsten, et al., 2013](#) [Hayward, et al. 2013](#)

12. 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](#)e low HDL or LDL cholesterol [Akbaraly, et al., 2009](#) [Ancelin et al, 2010](#) [Fang, et al., 2013](#) High lipoprotein (LPA) [Hamidifard et al, 2009](#), high triglyceride levels [Akbaraly, et al., 2009](#) Metabolic syndrome (MetS) [Akbaraly, et al., 2009](#) 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) Do you currently have cancer [Hung, et al., 2013](#) - especially at an advanced stage? [Caplette-Gingras, et al., 2008](#)

4) Have you experienced a stroke in the past? [Stewart, et al., 2001](#) [De Ryck, et al., 2013](#) [De Ryck, et al., 2013](#) [Valkanova, et al., 2013](#) [Kuptniratsaikul, et al., 2013](#)([Chen, et al., 2013](#)

5) Do you have asthma [Scott, et al., 2007](#) or a pulmonary disease [Sanna, et al., 2013](#) including chronic obstructive pulmonary disease (COPD)? [Yohannes, et al., 2010](#)

6) 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](#)

7) Do you face any of the following: blackouts and/or epilepsy, [Sanna, et al., 2013](#) anemia [Pan, et al., 2012](#)

perianal disease [Ananthakrishnan, et al., 2013](#) high body mass index (BMI) [Godin, et al., 2012](#) Spinal problems including disk herniation & stenosis [Boakye, et al., 2013](#) ankylosing spondylitis (AS) [Hakkou, et al., 2013](#) liver diseases ([Chen, et al., 2013](#); [Sanna, et al., 2013](#) or chronic kidney disease (CKD)? [Chiang, et al., 2013](#)

8) 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](#)

9) 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](#)

10) 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](#) -especially on a chronic course? [Stewart, et al., 2012](#); [Qureshi, et al., 2012](#)

11) 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](#)

13. Medical Treatments (total ≥ 2 = vulnerability)

1) Do you take Lanoxin (digoxin) [Patten et al., 1997](#), ACE inhibitors, [Patten et al., 1997](#), beta-blockers (e.g., Lopressor, Tenormin, Coreg), high blood pressure drugs (antihypertensives), heart drugs with reserpine or alpha-methyldopa [Beers, et al., 1990](#) or calcium-channel blockers (e.g., Calan, Cardizem, Tiazac, Procardia, Flunarizine)? [Patten et al., 1997](#) [Celano, et al., 2011](#)

2) Do you take antihyperlipidemic agents, [Patten et al., 1997](#) including statins (e.g., Mevacor, Zocor, Pravachol, Lescol, and Lipitor)?

3) 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](#) Cycloserine for tuberculosis (TB) or urinary tract infections [Doherty, et al., 2013](#) mefloquine for malaria [Casagrande Tango, 2003](#); [Celano, et al., 2011](#)

4) Do you take anabolic steroids [Casagrande Tango, 2003](#) glucocorticoid treatment with steroid hormones Reynolds, et al., 2012 or immunosuppressants including as Cyclosporins (Neoral, Sandimmune, SangCya), Azathioprine (Imuran) 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](#)

5) Have you received chemotherapy [Reece, et al., 2013](#) for cancer? [Bumbasirevic, et al., 2013](#)

6) Have you taken efavirenz for HIV [Celano, et al., 2011](#) or received interferon-alpha treatment for hepatitis C [Galvão-de Almeida et al., 2011](#); [Casagrande Tango, 2003](#); [Celano, et al., 2011](#) [Schaefer, et al., 2012](#) [Udina, et al., 2012](#) or

7) Have you undergone fertility treatment [Ogawa, et al., 2011](#) - or used certain hormonal agents? [Patten et al., 1997](#)

8) Do you take anticonvulsants (e.g., Topiramate, Phenytoin Phenobarbital and Lamotrigine. Celontin, Zarontin) or barbituates (phenobarbital, secobarbital)? [Machado, et al., 2011](#); [Celano, et al., 2011](#)

9) Have you taken benzodiazepines (e.g., Ativan, Dalmane, Halcion, Klonopin, Librium, Valium, Xanax) [Nordfjærn, 2012](#) - especially over a long period of time?

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

11) Are you currently taking Antabuse* or receiving methadone maintenance treatment (MMT) [Maruyama, et al., 2013](#)

12) Are you a recipient of a kidney [Zelle, et al., 2012](#), liver, heart or lung transplant? [Baranyi, et al., 2013](#) -

13) Have you been on dialysis for a long period of time? [Zelle, et al., 2012](#)

14) Have you had angioplasty [Park, et al., 2012](#) or implantation of a defibrillator? [Zimmerman, 2013](#)~

15) Have you surgery for any of the following: stoma [Ananthakrishnan, et al., 2013](#), inflammatory bowel disease (IBD), Crohn's disease (CD) or ulcerative colitis (UC)? [Ananthakrishnan, et al., 2013](#)

14. Major Change and Transitions (total ≥ 2 = vulnerability)

- 1) Are you pregnant or have you recently had a baby? *
- 2) Does any of the following apply: more than one baby at a time (multiparity) ([Righetti-Veltama, et al., 1998](#); [Johnstone, et al., 2001](#)), a birth before you turned 20 years old ([Spence et al., 2008](#); [Falci, et al., 2010](#)) or prior to getting married? ([Kalil, et al., 2002](#))
- 3) Are you experiencing grief and loneliness at children leaving home (e.g., Empty nest syndrome)? ([Pillay, 1988](#))
- 4) Are you experiencing any of the following: changes in menstrual cycle length ([Bleil, et al., 2013](#)) the transition to menopause (perimenopause), early menopause or after menopause? ([Chen, et al., 2013](#))
- 5) Are you making the transition to older, more mature years? ([Sheikh, et al., 2004](#); [Orzechowska et al. 2008](#); [Oh, et al., 2013](#)) (but diminishing with age after 55 ([Byers, et al., 2010](#)))
- 6) Are you an immigrant ([Ladin, et al., 2013](#)) - having migrated from another country? ([Sieberer M, et al., 2012](#))
- 7) Have you retained connection, involvement or interpersonal ties to the culture or place you were raised? ([Vega, et al., 1987](#))
- 8) Does your current place of residence feel very far from the place you would call "home"? ([Vega, et al., 1987](#))
- 9) Have you or your family experienced resettlement or migration stress during the past year ([Blair, 2000](#)) - including difficulty in trying to adjust to living in an entirely new community or culture? ([Revollo, et al; 2011](#))
- 10) Do you live in a new place with strong social cohesion - but feel like you don't fit in? ([Takagi, et al., 2013](#))
- 11) Did you spend your pre-adolescent years outside of the United States ([Breslau, et al., 2009](#)) - immigrating to the United States only after age 18? ([Zhang, et al., 2013](#))
- 12) Were you born in the U.S. - after your parents immigrated here? ([Lau, 2013](#) [Zhang, et al., 2013](#))

15. Stressful Events and Traumatic Loss (total ≥ 2 = vulnerability)

- 1) Have you had a situation requiring admission to the Intensive Care Unit (ICU) over the last year? ([Davydow, et a., 2013](#))
- 2) Have you served as organ donor where the recipient dies? ([Lentine, et al., 2012](#))
- 3) Have you recently experienced a pregnancy with a lot of anxiety and stressful events ([Chandran et al., 2002](#); [Robertson, et al., 2004](#)) or complications, such as preeclampsia or HELLP syndrome? ([Delahaije, et al., 2013](#))
- 4) Have you recently experienced a birth that was difficult (e.g., haemorrhage, forceps and caesarean section deliveries) (McGrath, Keita, Strickland, & Russo, 1990; [Righetti-Veltama, et al., 1998](#); [Johnstone, et al., 2001](#)) or one in which you felt little control (- e.g., emergency Caesarean delivery)? ([Goecke, et al., 2012](#))
- 5) Have you ever had a miscarriage or an abortion? ([Coleman, 2011](#); [Fergusson, et al., 2013](#))
- 6) In the last couple of years, have you experienced an accident in where several body regions were injured (Han, et al., 2011) or any kind of injury at work? ([Kim, 2013](#); [Onwuameze, et al., 2013](#))
- 7) Are you a survivor of war ([Blair, 2000](#)) or a violent time in your country? ([Rieder, 2013](#))
- 8) Have you experienced harm due to race, gender or religion? ([Montgomery, et al., 2013](#))
- 9) 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](#))
- 10) Have you ever witnessed someone injured at an accident, violent incident, disaster ([Pan, et al., 2013](#)) or other traumatic event? (Han, et al., 2011)
- 11) Have you ever lost a loved one, such as a child, in a traumatic, sudden event ([Cheng, et al., 2013](#)) - including a motor vehicle crash (MVC) or suicide? ([Bolton, et al., 2013](#) [Yeates, et al., 2013](#) [Bolton, et al., 2013](#))
- 12) Have you ever lost a spouse (Schoevers, et al., 1999 [Oliver-Quetglas, et al., 2013](#) [Suemoto, et al., 2013](#)), close friend or another loved one to death? ([Cole, et al., 2003](#))
- 13) Have you recently experienced any romantic rejection (Mearns, 1991) or the loss of a romantic relationship? ([Mathes, et al., 1985](#).)
- 14) Have you ever been divorced or separated? ([Weissman, et al., 1996](#) [Beard et al., 2008](#) [Lee, et al., 2013](#) [Oliver-Quetglas, et al., 2013](#) [Oh, et al., 2013](#))

16. Life Constraints (total ≥ 3 = vulnerability)

- 1) Are you currently facing an illness with poor prognosis (Hopwood & Stephens, 2000) and little hope of recovery? [Chiang, et al., 2013](#)
- 2) Are you paying for recurring, heavy health care expenses? [Joshwa, et al., 2012](#)
- 2) Were you given a diagnosis as a child that has become a life-long disability? [Verhoof, et al., 2013](#)
- 3) Has a serious illness like cancer come back? [Jensen, et al., 2013](#)
- 4) Do you currently have high levels of pain [Vallerand, et al., 2013](#) - or pain that is persisting after a major surgery? [Schreiber, et al., 2013](#)
- 5) 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., 1995](#)s)
- 6) 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)
- 7) Are you unexpectedly unable to work for some reason (Jiang & Hesser, 2011; [Mossakowski, 2011](#)) - including being 'medically unfit' to work [Zelle, et al., 2012](#) due to an illness of some kind? (Jiang & Hesser, 2011)
- 8) Are you currently facing cancer, other major physical health problems or some kind of disability that is impairing your functioning (Burvill, Johnson, Jamrozik, Anderson & Stewart-Wynne, 1997; Hopwood & Stephens, 2000; Schoevers, et al., 1999) in basic things like walking, dressing, or bathing? [Tait, et al., 2012e](#)
- 9) Are you currently experiencing any intellectual or cognitive impairments or handicaps caused by an accident* or stroke? ([Andersen, et al., 1995](#) [De Ryck, et al., 2013](#) - or any new speech and language dysfunction? [De Ryck, et al., 2013](#)
- 10) Do you have reduced physical mobility [De Ryck, et al., 2013](#) or difficulty in doing things you know how to do, even though your muscles and senses work properly? (Apraxia) [De Ryck, et al., 2013](#)
- 11) Are you newly dependent on others for activities of daily living? [De Ryck, et al., 2013](#)
- 12) Have you recently had a long stay in the hospital [Lin, 2013](#) - for surgery [Horne, et al., 2013](#) or other reasons?
- 13) Has your freedom been restricted in other ways - e.g., by time in prison? [Williams, et al., 2013](#)
- 14) Any of the following associated with aging - including tooth loss [Anttila et al., 2001e](#); age-related macular degeneration (AMD). [Casten, et al., 2013](#) glaucoma [Wang SY, et al., 2012](#) reduced ability to perform routine activities of daily living due to vision loss? [Zhang, et al., 2013](#)
- 15) Do you live in a nursing home? (Burvill, Johnson, Jamrozik, Anderson & Stewart-Wynne, 1997)

17. Acceptance and Resistance (total ≥ 3 = vulnerability)

- 1) Have you mothered or fathered a child unexpectedly [Mossakowski, 2011](#) [Carlson, et al., 2011](#)mh or earlier than you expected? [Carlson, et al., 2011](#)mh
- 2) Did the birth of a child come later than you expected? [Carlson, et al., 2011](#)
- 3) Do you struggle with fertility as man [Niu, et al., 2013](#) or woman [Ramezanzadeh, et al., 2004](#) - especially if your partner is fertile? [Ogawa, et al., 2011](#)
- 4) Are you experiencing sexual dissatisfaction [Oliver-Quetglas, et al., 2013](#) or a change in sexual self-esteem after physical health problems - e.g., cancer treatment? [Syme, et al., 2013](#)
- 5) Are you dissatisfied with your body, looks or weight? (Bazargan-Hejazi, Alvarez, Teklehaimanot, Nikakhtar & Bazargan, 2010; Ferreiro, Seoane, & Senra, 2011 [Rosenström, et al., 2013](#)
- 6) Do you frequently criticize yourself [Stange, et al., 2013](#) or feel worthless as a person? [Wang, et al., 2013](#)
- 7) Do you focus on perceived discrepancies between your ideal self - and the person you are? (Higgins, 1987; [Caselli, et al., 2013](#)
- 8) Are you feeling trapped in your current life situation? [Givens, et al., 2013](#)
- 9) Do you have a health issue that you see as bothersome and at least a moderate problem? [Loprinzi, et al., 2013](#)
- 10) When there is a problem, do you often find yourself brooding [Caselli, et al., 2013](#) ruminating [Spasojević, et al., 2001](#); [Dickson, et al., 2012](#) [Kubiak, et al., 2013](#) [Stange, et al., 2013](#) and thinking about things over and over in an attempt to figure things out?

11) 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](#)

12) 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](#)

18. Power, Efficacy and Hope (total ≥ 3 = 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)

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

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

5) 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](#)).

6) 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](#)

7) Do you generally feel like you are capable and able to live the life you want? [Lewin, et al., 2013](#)

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

9) Are you fearful of how to respond to a health challenge? [Jensen, et al., 2013](#)

10) Do you think of an illness as reflecting upon who you are or your identity? [Steca, et al., 2013](#); [Greco, et al., 2013](#) [Knowles, et al., 2013](#)

11) 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)

12) 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)

13) 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](#))

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

15) Have you found additional understanding or support that brings you new hope? [Harris, 2001](#)

16) 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)

17) Do you have no religious affiliation [McCullough, et al., 1999](#) or only some or infrequent religious attendance? [McCullough, et al., 1999](#); [Robinson, et al., 2012](#)

18) Do you have high levels of religious involvement, [McCullough, et al., 1999](#) [Moreira-Almeida, et al., 2006](#) - regularly attending religious services? (Schnall *et al.*, 2011)

19) If you are religious, would you say your faith as an end in itself (rather than a means to an end)? [McCullough, et al., 1999](#)

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

1) Have you experienced anxiety disorder [Klein, et al., 2013](#) or panic attacks in the past? (Hayward *et al.*, 2000; Goodwin, *et al.*, 2004; Kinley, Walker, Enns, & Sareen, 2011)

2) Do you often experience high levels of worry [Johnstone, et al., 2001p](#) [Hong, 2007](#) and anxiety? ([Reinherz, et al., 2000](#); Jolin, Weller & Weller, 2008) - especially chronic anxiety? [Riggs, et al., 2009](#)

3) Are your moods fairly unstable - going up and down? [Marwaha, et al., 2013](#)

4) Does your mood strongly vary depending on the time of day? [Germain, et al., 2008](#)

- 5) Does your mood change a lot in response to good or bad things happening? [van Rijsbergen, et al., 2013](#) [McLaughlin, et al., 2010](#))
- 6) In day-to-day experience, do you often feel negative, angry or irritable? ([Barrocas, Hankin; 2011](#)).[Stoen, 2013](#); [Wang, et al., 2013](#)
- 7) Do you struggle with inattentiveness or ADHD? (Cole, Ball, Martin, Scourfield, & McGuffin, 2009; Namara, Nandagopal, Strakowski, & DelBello, 2010)
- 8) Have you recently experienced any symptoms of delusion, hallucination (Horwath, Johnson, Klerman & Weissman, 1992) or schizophrenia? [Buckley et al, 2009](#)
- 9) Do you currently face any other significant mental disorders? ([Andersen, et al., 1995](#)s; [Sherbourne, et al., 1995](#);

20. Financial Conditions (total ≥ 2 = vulnerability)

- 1) Do you currently have a low level of income? ([Prince, et al., 1997](#)ae [Beard et al., 2008](#); Jiang & Hesser, 2011; [Oliver-Quetglas, et al., 2013](#); [Oh, et al., 2013](#)
- 2) Would you describe yourself as poor or living in poverty? McGrath, Keita, Strickland, & Russo, 1990 [Okuyay, et al., 2012](#)
- 3) Is your current financial situation stressful to you? ([Blair, 2000](#))
- 4) Are you living in time of economic difficulties? (e.g., financial crisis, recession) [Gili, et al., 2013](#) [Gigantesco, et al., 2013](#)
- 5) Are you currently unemployed [Gili, et al., 2013](#); [Laufer, et al. 2013](#) or in a job that is not permanent [Gigantesco, et al., 2013](#) or secure? [Murcia, et al., 2013](#)
- 6) Are you experiencing mortgage repayment difficulties [Gili, et al., 2013](#), facing eviction [Gili, et al., 2013](#), or having unstable living arrangements? [Daniulaityte, et al., 2010](#)
- 7) Are you receiving welfare support? [Gavin, et al., 2011](#)

21. Neighborhood and Community (total ≥ 2 = vulnerability)

- 1) Do you live in a neighbourhood with a high historical average unemployment [Wight, et al., 2013](#) or more social disorder - e.g., more crime or drugs? [Kim, 2008](#)
- 2) Do you currently live in an area with a history of violence and conflict [Luitel, et al., 2013](#) or an area where you are not otherwise completely safe and comfortable? [Ullmann, 2013](#)
- 3) Have you experienced discrimination for any reason [Capezza, et al., 2012](#) [Oliver-Quetglas, et al., 2013](#) - or targeted rejection - exclusive, active, and intentional social rejection by others? [Slavich, et al., 2009](#)
- 4) Are you living in an area with higher levels of trust between neighbors? [Teycheenne, et al., 2012](#) [Takagi, et al., 2013](#)
- 5) Do people have contact with each other and participate in your neighborhood? [Takagi, et al., 2013](#)
- 6) Is there considerable income-based and education-based social distance in the neighborhood? [Takagi, et al., 2013](#)
- 7) Are you living in a place with strong social cohesion, but don't feel you fit in? [Takagi, et al., 2013](#)

22. Relationship Stress (total ≥ 2 = vulnerability)

- 1) Have you ever experienced violence or abuse at the hands of an intimate partner or spouse? (Golding, 1999 [Manoudi, et al., 2013](#))
- 2) Are you currently involved in an abusive relationship of any kind? (Ehrensaft, Moffitt & Caspi, 2006)
- 3) Has your current family context has been especially adverse, stressful (Roberts, Roberts & Wenyaw, 2009) or experiencing high dysfunction? (Cote, et al., 2009)
- 4) Have you faced any experiences where you felt humiliated and directly devalued? [Kendler, et al., 2003](#)
- 5) Have you experienced any rejection from friends or peers? [Reinherz, et al., 2000](#)
- 6) Are you raising a child alone as a single parent? (Kalil & Kunz, 2002)
- 7) Are you responsible for the care and support of an adult or child with intense needs [Givens, et al., 2013](#) - including someone facing cancer [Yang X, et al., 2012](#) [Mazzotti, et al., 2013](#)
- 8) Has a family member faced serious psychological problems over the last year? [Oliver-Quetglas, et al., 2013](#)

- 9) Are you parent or caregiver of child with cerebral palsy [Kaya, et al., 2010](#) autism [Almansour, et al., 2013](#) or chronic gastrointestinal diseases that require home enteral nutrition (HEN)? [Pedrón-Giner, 2013](#)
- 10) Do you see yourself as having an overloaded burden? [Pedrón-Giner, 2013](#)
- 11) Do you see your own problems as a heavy burden for others? [Kowal, et al., 2012](#)

23. Social Support and Connectedness (total ≥ 2 = vulnerability)

- 1) Do you currently have high levels of overall social support? ([Sherbourne, et al., 1995](#); [Prince, et al., 1997a](#) [Prince, et al., 1997b](#))
- 2) Have you experienced high levels of social support after going through a crisis time [Xu, et al., 2013](#) - including a health challenge? [Lewin, et al., 2013](#)
- 3) If you recently had a baby, did you receive sufficient physical and social support during and after the delivery? ([Chandran et al., 2002](#) [Robertson, et al., 2004](#))
- 4) Have you had support from family or an intimate partner when facing a serious problem [Choi, et al., 2013](#) including chronic illness? [Stewart, et al., 2012](#)
- 5) Are you married? (Lehtinen & Joukamaa, 1994; Schoevers, et al., 1999 [Jensen, et al., 2013](#))
- 6) If married, do you have a good relationship with your spouse? [Teo, et al., 2013](#)
- 7) Do you currently have at least one child? [Chikezie, et al., 2013](#) [Laufer, et al., 2013](#)
- 8) Do you live with others? [Chikezie, et al., 2013](#)
- 9) Are you unmarried [Watson, et al., 2012](#) [Lee, et al., 2013](#) separated, divorced [Lee, et al., 2013](#) [Oliver-Quetglas, et al., 2013](#) [Oh, et al., 2013](#) or otherwise not currently partnered? [Tait, et al., 2012](#)
- 10) Do you spend free time alone [Oliver-Quetglas, et al., 2013](#) and often feel isolated socially, less social connection [Jaremka, et al., 2012](#) or lonely? [Prince, et al., 1997b](#); [Jaremka, et al., 2012](#) [Meltzer, et al., 2013](#)
- 11) Are you currently isolating yourself or withdrawing from social relations after a traumatic event such as a stroke? [Pallesen, 2013](#) [Jean, et al., 2013](#)
- 12) Are you more introverted, in *preferring* solitary activities over social ones [Su, et al., 2013](#) and typically *not enjoying* interactions that allow you to talk and socialize? [Hayward, et al., 2013](#)
- 13) Do you live alone and enjoy it? ([Andersen, et al., 1995](#))
- 14) Does your social life cause you distress? ([Andersen, et al., 1995](#))
- 15) Would you describe yourself as shy or self-conscious([Johnstone, et al., 2001](#))p insecure in relationships with others [Fowler, et al., 2013](#) or needing a lot of reassurance from others that you are okay? (Hankin & Abela, 2011)
- 16) Do you have problems getting or maintaining relationships? [Oliver-Quetglas, et al., 2013](#)
Would you say the quality of your current relationships are poor or low? (Hankin & Abela, 2011)
- 17) Do you have good relationships with family members [Teo, et al., 2013](#) - including in-laws (if you are married) and parents? [Chandran et al., 2002](#)

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?