

Chapter 13

Mood and Personality

BACKGROUND

For both the CESD and the NEO, the assessment will be administered at the in-person visit. Each form will be read to the participant who will be asked to listen carefully and select the response on the card that best represents his/her opinion. If the participant is not familiar with a word used in a statement, you may give a synonym for the unfamiliar word. For example, for the word "methodical", "systematically" or "orderly" may be substituted. Appropriate substitutions are listed below in parentheses next to the more problematic words or phrases. These substitutions should only be used if the participant says s/he does not understand a word or phrase.

CES-D

Depressive symptomatology as assessed by the Center for Epidemiological Studies – Depression (CES-D) scale constitutes the primary measure of psychological status to be used in the LLFS. The CES-D and validated modifications are among the most widely used general assessments of depressive symptoms in population studies. Depression has been correlated to cardiovascular morbidity and mortality. The abbreviated or 10-item version with four response options (rarely or none, some or a little, a moderate amount and most or all of the time) was selected for use in this study. The total score of this version ranges from 0 to 30 with high scores indicating greater depressive symptoms. Items 5 and 8 are positively worded (I felt hopeful about the future, I was happy) and are thus reverse scored. When two or fewer items are skipped a prorated score should be computed. When three or more items are skipped, the total score should be treated as missing.

Methods: When a participant asks for an interpretation of a particular response, the following definitions should be given.

Rarely or none of the time	=	Less than one full day
Some of the time	=	One to two days
A moderate amount of time	=	Three to four days
Most or all of the time	=	Five to seven days

Use Refused or Don't Know when:

- The question is asked, but the participant chooses not to answer. For example, response is: *"I would rather not say"* or *"Go on to the next question"*.
- The question is asked, but the participant does not know, does not remember, or does not understand the question.

Scoring: The computer calculates the score based on an algorithm which totals the scores for all responses in questions 1 through 10. Total the response values from 1 (some) through 3 (most) for all questions.

Do not include "Refused or Don't Know" in the score. If each question is answered, the total score will be 0 to 30.

Important: Interviewer – Please note total score to determine whether the participant needs an immediate referral for depression.

CES-D Alerts: A CES-D alert is identified as a score of greater than or equal to 14 on the modified 30 point CES-D (Depression) scale. In addition, any mention or indication during the clinic exam of suicidal tendencies is also to be considered an alert. If this occurs, the interviewer should let the participant know that it is possible to obtain help in dealing with such feelings. If the interviewer is uncomfortable with doing this, a supervisor may discuss this with the participant. The participant should be asked if he/she has a physician that could be consulted regarding depression. If the participant indicates he/she has no outside resource, the interviewer may provide a professional referral which has been selected by the site's Principal Investigator.

DETAILED INSTRUCTIONS FOR CES-D

For Form Questions 1 through 10:

1. The CES-D Questionnaire consists of ten questions. Since it is a scale for depression, it must be completed using responses by the participant, not a proxy.
2. *Script: "I am going to read you a list of ways you might have felt or behaved during the past week or past 7 days. After I read an item, please look at this card and tell me how often you have felt this way during the past week."*
3. Hand Card CESD to participant. See Appendix B.
4. Read each item as it is written on the form, continuing with the response categories. For example:

Script: "During the past week I was bothered by things that usually don't bother me. How often did you feel this way? Did you feel that way rarely or none of the time, some or a little of the time, a moderate amount of time, or most of the time during the past week?"
5. Discontinue reading the responses when the participant provides a response before you are finished. On the next item, however, use your best judgment to decide whether to begin reading the entire set of responses.
6. Check the response on the form. If the participant refuses to respond to the statement, check "Refused or Don't know".
7. If the participant asks about the meaning of an item or tries to qualify a statement, simply repeat the statement. For example:

Participant: *What do you mean by 'bothered'?*

Interviewer: *"I was bothered by things that usually don't bother me. Did you feel that way rarely, none of the time, most of time, or all of the time?"*

If the participant still asks about the meaning or says s/he does not understand, check Refused or Don't Know.

NEO Five-Factor Inventory

The personality dimensions of neuroticism and conscientiousness will be assessed with the N and C scales, respectively, of the NEO Five-Factor Inventory (NEO-FFI). This inventory is a well-validated, short version of the Revised NEO Personality Inventory (NEO-PI-R) developed by Costa and McCrae.

Methods: Administer the NEO-FFI N and C items after the CES-D and record responses on the CESD-NEO data collection form. If the participant is not familiar with a word used in a statement, you may give them a synonym for the unfamiliar word. Appropriate substitutions are listed below in italics next to the possibly problematic word or phrases. These substitutions should only be used if the participant says they do not understand the word or phrase.

Script: "Now I'm going to read some statements. Listen carefully. For each statement, choose the response on this card that best represents your opinion. [Show card, See appendix B]. Choose strongly disagree (1) if the statement is definitely false for you, choose Disagree (2) if the statement is mostly false, choose Neutral (3) if you can't decide, choose Agree (4) if the statement is mostly true, and choose Strongly agree (5) if the statement is mostly true for you. For example, if statement was "I laugh easily", and this was definitely true for you, you would say "strongly agree" (or choose Category 5).

Item by item questions:

11. I am not a worrier.
12. I keep my belongings neat and clean.
13. I often feel inferior to others. If respondent has difficulty understanding item 13, you may read this: *"I often feel not as good as or less important than others".*
14. I'm pretty good about pacing myself so as to get things done on time. If respondent has difficulty with item 14, you may read this: *"I'm pretty good about giving myself enough time or taking the right amount of time so as to get things done on time".*
15. When I'm under a great deal of stress, sometimes I feel like I'm going to pieces.
16. I am not a very methodical person. If respondent has difficulty with item 16, you may read this: *"I am not a very planful, orderly person".*
17. I rarely feel lonely or blue.
18. I try to perform all the tasks assigned to me conscientiously. If respondent has difficulty with item 18, you may read this: *"I try to perform all the tasks assigned to me carefully".*
19. I often feel tense and jittery.
20. I have a clear set of goals and work toward them in an orderly fashion. If respondent has difficulty with item 20, you may read this: *"I have a clear set of things I want to do, and I work toward them in a certain order".*
21. Sometimes I feel completely worthless.
22. I waste a lot of time before settling down to work.

23. I rarely feel fearful or anxious.
24. I work hard to accomplish my goals.
25. I often get angry at the way people treat me.
26. When I make a commitment, I can always be counted on to follow through. If respondent has difficulty with item 26, you may read this: "When I say I'll do something, I do it".
27. Too often, when things go wrong, I get discouraged and feel like giving up.
28. Sometimes I'm not as dependable or reliable as I should be.
29. I am seldom sad or depressed. If respondent has difficulty with item 29, you may read this: "I am not often sad or depressed".
30. I am a productive person who always gets the job done.
31. I often feel helpless and want someone else to solve my problems.
32. I never seem to be able to get organized.
33. At times I have been so ashamed I just wanted to hide.
34. I strive for excellence in everything I do.

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Alternative phrasings adapted from Markey PM, Markey CN, Tinsley BJ, Ericksen AJ. A preliminary validation of preadolescents' self-reports using the Five-Factor Model of personality JOURNAL OF RESEARCH IN PERSONALITY 36 (2): 173-181 APR 2002.