



# EMOTIONAL HEALTH

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Note: This is not a test.** This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

**1. Young adults with CF are more likely to have symptoms of:**

- a) Anxiety
- b) Depression
- c) Sleep problems
- d) All of the above

**2. Why is it important for people with CF to learn about depression and stress?**

- a) Everyone with CF gets diagnosed with depression
- b) Depression and stress can affect how well you take your CF medications
- c) Medications for depression don't work on people with CF
- d) All of the above

**3. Stress, homework, or problems with friends and family can affect you:**

- a) Eating
- b) Mood
- c) Health
- d) All of the above

**4. If you ever have thoughts about hurting yourself, what should you do?**

- a) Ignore it and hope they go away
- b) Talk to someone—either a parent, sibling, friend, teacher, or doctor
- c) Do nothing
- d) Keep to yourself so no one notices

**5. True or False: All genders and gender identities can be affected by CF.**

- a) True
- b) False

**6. When you are feeling stressed, it may help to (select all that apply):**

- a) Make sure you get enough sleep
- b) Talk to supportive people
- c) Keep to yourself, and wait for the feeling to pass
- d) Find a hobby that is an outlet for your stress

**7. When you have CF, depression can make your health worse because it may:**

- a) Make you not want to do your treatments
- b) Make you have trouble sleeping
- c) Make you feel hopeless and stop taking your medicines
- d) All of the above

**8. True or False: Everyone with CF who gains weight feels great about themselves.**

- a) True
- b) False

**9. Young adults with CF:**

- a) Can feel anxious when they think about the future
- b) Don't feel peer pressure like young adults without CF
- c) Aren't at risk of substance abuse
- d) All of the above

**10. Young adults with CF have to deal with what types of stress?**

- a) Learning how to manage their CF themselves
- b) Figuring out their future while dealing with their CF
- c) Trying to become independent adults
- d) All of the above

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

**11. When you are feeling anxious or depressed, what can help?**

- a) Talking to your CF healthcare team
- b) Talking to a parent or loved one
- c) Reaching out to friends
- d) All of the above

**12. True or False: If left untreated, depression can interfere with your ability to take care of yourself.**

- a) True
- b) False

**13. Some ways to deal with a depressed mood are:**

- a) Exercise
- b) Medicines
- c) Talking with a counselor
- d) All of the above

**14. Symptoms of depression may include:**

- a) Feeling hopeless and/or bad about life
- b) Feeling irritable
- c) Loss of interest in activities or hobbies that you used to like
- d) All of the above

**15. True or False: If your insurance does not cover mental health providers, other resources may be available to help manage your anxiety or depression.**

- a) True
- b) False

**16. How can members of your CF care team help you when you are feeling sad or stressed?**

- a) Help you figure out ways to cope
- b) Make sure you get to see the social worker on your team
- c) Refer you to a therapist if you decide you want to see one
- d) All of the above

**17. True or False: Anxiety and depression are uncommon in people who do not have CF.**

- a) True
- b) False