



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

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

This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

Please read each answer carefully before choosing the **one** answer you think is **best**. If you don't know an answer, no big deal. Just leave it blank and move on to the next question.



## EMOTIONAL WELLNESS

- 1 True or false? People with a lifelong illness like CF are more likely to have depression (*sadness*) and anxiety (*worrying*).**

  - a. True
  - b. False
- 2 If you think you may be depressed you should:**

  - a. Call your CF care team
  - b. Tell an adult you trust
  - c. Tell your parents
  - d. Any of the above
- 3 Symptoms of depression (*sadness*) 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
- 4 Symptoms of anxiety (*worrying*) may include:**

  - a. Feeling restless, having a hard time concentrating, and not sleeping well
  - b. Feeling more energetic, gaining weight, and eating more
  - c. Increased fever and trouble breathing
  - d. All of the above
- 5 Which of the following groups are at highest risk for having symptoms of depression (*sadness*) and anxiety (*worrying*)?**

  - a. Kids under 10
  - b. Men
  - c. Teenagers and young adults
  - d. Adults over 30
- 6 When you feel stressed, the best thing to do is\*:**

  - a. Ignore it
  - b. Scream and yell
  - c. Hit something
  - d. Talk to someone
- 7 With CF, depression can make your health worse because you:**

  - a. May not want to do your treatments
  - b. May have trouble focusing or remembering to do treatments
  - c. May feel hopeless and stop taking your medicines
  - d. All of the above
- 8 True or false? Your CF care team has tools to help determine your level of risk for depression or anxiety.**

  - a. True
  - b. False
- 9 Some ways to deal with a depressed mood are:**

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