

SAVE

PRINT

RESET FORM

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.

Name: _____

Date: _____



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