Questionnaire / Self Report

Research has found that negative thoughts cause depression. A questionnaire was designed in order to measure negative thoughts which could then be used as a predictor of depression. The questionnaire was given to forty university students who were chosen randomly. The questionnaire contained ten negative statements. The participants were told to read each statement and then rate on a three point scale how the statements made them feel.

* 1. your best friend is having a party but has not invited you, how do you feel?

0

No effect

1

sad

2

very sad

The participants all filled in the questionnaire while in the university canteen at 12am on a Monday.

(PY3, Jan, 2012)

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