



# RESTORING INTIMACY

Making the Connection between Mood Disorders, Sex, and Intimacy

## QUESTIONNAIRE FOR PARTNERS

1. Yes No Do you feel less attractive or unsure of yourself sexually because he/she has been less interested in having sex with you?
2. Yes No Are the two of you having other sexual problems?
3. Yes No Are you less interested in spending time with him/her?
4. Yes No Do you feel frustrated because you are pushed away when you attempt to help?
5. Yes No Do you find yourself spending so much time with your partner that you no longer have time for other people and activities?
6. Yes No Are you experiencing any signs of depression yourself, such as feeling down, being less interested in your usual activities, taking less pleasure in life, having trouble with sleep weight, appetite, concentration, energy level, and/or feelings of worthlessness?
7. Yes No Are you and your partner arguing more intensely and/or more often?
8. Yes No Are you “picking up the slack?” so much that you feel overburdened?
9. Yes No Are you feeling more stress at work or school?
10. Yes No Are you feeling more isolated and lonely than usual?
11. Yes No Do you feel more tense and anxious?
12. Yes No Have you and your partner been considering a separation or divorce?
13. Yes No Have you and/or your partner been drinking more than usual or using unprescribed drugs?
14. Yes No Have you or your partner lost income, due either to job loss or missed work, since the depression started?



15. Yes No Do you worry a lot of the time that your partner no longer has the will to live?
16. Yes No Are the two of you having communication problems such as frequently interrupting each other, putting each other down, and/or not listening to one another?
17. Yes No Are you and your partner more competitive with each other than usual?
18. Yes No Are you having more physical problems than usual, such as unexplained aches and pains?

## SCORING

Count the number of times you circled “YES to get your “Trouble with Depression” score.

### **Severe Trouble: Time to seek help**

18 to 13 You and your relationship are definitely affected by your partner’s depression. You are experiencing many of the classic secondary effects of depression and are at risk for depression yourself. Your relationship is also suffering significantly from your partner’s depression and the negative interactions between the two of you will likely result in a worsening of his/her depression. Your relationship may be at risk for severe problems such as communication breakdowns, separation, or even divorce. You and your loved one should definitely gather more information on depression’s effects on loved ones and relationships. You should also consult with a mental health professional for both yourself and your relationship.

### **Moderate Trouble: Time to be concerned**

12 to 7 You and your relationship are affected by your partner’s depression. You may be feeling overburdened, resentful, stressed, and/or distant from your partner. The two of you may be arguing more frequently and intensely. You should gather more information about depression and its secondary effects. You may also want to consult with a mental health professional for the sake of both yourself and your relationship. If you act now you can neutralize depression’s toxic effects on you and your relationship before you reach the Severe Trouble stage.

### **Little or No Trouble: Keep your eyes open**

6 or less Although you and your relationship may be experiencing some difficulties, depression is no more likely than other factors to have caused the trouble. However, because depression is so common and its effects on loved ones and relationships can be negative, it is always a good idea to keep your eyes open to the warning signs described in this questionnaire.

