**Appendix 1** Basic Depression Questionnaire (Peñate, 2001).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Items | Absence | Weeks | Months | Years |
| 1. I consider myself a cheerful person\* |  |  |  |  |
| 1. I feel guilty |  |  |  |  |
| 1. I feel unsuccessful |  |  |  |  |
| 1. I feel unhappy |  |  |  |  |
| 1. I find it hard to live |  |  |  |  |
| 1. I feel sad |  |  |  |  |
| 1. I feel anguished |  |  |  |  |
| 1. I feel guilty about what happens to others |  |  |  |  |
| 1. I consider myself a weak person. |  |  |  |  |
| 1. I feel afraid of life |  |  |  |  |
| 1. I feel alone |  |  |  |  |
| 1. I think I am a person without luck |  |  |  |  |
| 1. I think others are better than me 2. I would like to be different from how I am. |  |  |  |  |
| 1. I think I am attractive\* 2. I see more defects than virtues on me |  |  |  |  |
| 1. I think i am not worth anything |  |  |  |  |
| 1. Nothing interests me |  |  |  |  |
| 1. I do not enjoy the things I used to |  |  |  |  |
| 1. My general motivation is minimal or null |  |  |  |  |
| 1. I feel unable to enjoy or have fun |  |  |  |  |

*Note*. The items marked with \* could be deleted

**Appendix 2** Basic Depression Questionnaire Scales by sex.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Centile | 21 items version | | 19 items version | |
| Men | Women | Men | Women |
| 99 | 43-63 | 50-63 | 39-57 | 46-63 |
| 97 | 33-42 | 40-49 | 29-38 | 37-45 |
| 95 | 29-32 | 34-39 | 25-28 | 31-36 |
| 90 | 23-28 | 27-33 | 19-24 | 23-30 |
| 87 | 20-22 | 25-26 | 18 | 21-22 |
| 85 | 19 | 23-24 | 16-17 | 20 |
| 80 | 16-18 | 19-22 | 13-15 | 16-19 |
| 77 | 15 | 18 | - | 15 |
| 75 | 14 | 17 | 12 | 14 |
| 70 | 13 | 14-16 | 10-11 | 11-13 |
| 65 | 11-12 | 12-13 | 9 | 10 |
| 60 | 10 | 11 | 8 | 9 |
| 55 | 9 | 10 | 7 | 7-8 |
| 50 | 8 | 9 | 6 | 6 |
| 45 | 7 | 8 | 5 | - |
| 40 | - | 7 | 4 | 5 |
| 35 | 6 | 6 | 3 | 4 |
| 25 | 4-5 | 5 | 2 | 2-3 |
| 23 | - | - | 1 | - |
| 20 | 3 | 4 | - | - |
| 15 | - | 3 | 0 | 1 |
| 13 | 2 | - | - | 0 |
| 10 | 1 | 2 | - | - |
| 5 | - | 1 | - | - |
| 3 | - | - | - | - |
| 1 | 0 | 0 | - | - |
| *n* | 492 | 905 | 492 | 905 |