Pilot Experiment Questionnaire

Page 1: Research Participant Information and Consent Form

1. EXPLANATION OF THE RESEARCH and WHAT YOU WILL DO
You are being asked to participate in a research project that is intended to ask you about your views about clinical depression and its treatment. After watching a brief video describing a treatment for clinical depression, you will answer some questions on this topic. Then you will answer some basic questions about yourself (age, education, etc.). Completing this task should take approximately 10-12 minutes. For your participation, you will earn $1.00, which will be deposited into your Mechanical Turk account after we verify that you have finished the survey. You must finish the survey to receive payment, and you must be at least 18 years old to participate in this research.

2. YOUR RIGHTS TO PARTICIPATE, SAY NO, OR WITHDRAW
Participation in this research project is completely voluntary. You have the right to say no. You may also change your mind at any time and stop answering questions or skip a question if you are uncomfortable with any question.

3. COSTS AND COMPENSATION FOR BEING IN THE STUDY
You will not incur any costs for participation in this research. For your participation, you will earn $1.00, which will be deposited into your Mechanical Turk account once your satisfactory completion of the survey is verified.

4. CONTACT INFORMATION FOR QUESTIONS AND CONCERNS
If you have concerns or questions about this study, such as scientific issues or how to do any part of it please contact the researcher by postal mail: Aaron McCright; 509 East Circle Drive, Room 317; Michigan State University; East Lansing, MI 48824, or by phone at 517-353-6790, or by e-mail: mccright@msu.edu.

5. CONSENT TO PARTICIPATE
By clicking on the button below, you indicate your voluntary agreement to participate in this online survey.

☐ I agree to participate.

Page 2: A Short Video on a Treatment for Clinical Depression

It is important to us that you CAREFULLY watch the following video IN ITS ENTIRETY. Please FULLY CONSIDER THE MESSAGE.

We want to know how well you understand its content, so we will ask you some important questions about it afterwards.

[subjects are randomly assigned to watch one of four embedded videos; the following is the transcript of each video]

**Psychotherapy** is a type of therapy for treating depression. Psychotherapy involves a series of directed conversations between a patient and a therapist. A single psychotherapy session can last between 30 and 50 minutes, and the number of sessions needed per week may vary depending on the therapist and the severity of the patient’s symptoms. To get the most out of psychotherapy, the patient must be cooperative, open, and honest with their therapist. Patients may need to explore psychotherapy with several different therapists before finding one they trust, and one they feel suits their needs. Psychotherapy can be, and often is, combined with other treatments for depression. The most common side effects of psychotherapy are crying and emotional distress during or after therapy sessions. In some cases, failures in psychotherapy may lead to dependency on a therapist, loss of self-efficacy, major life changes (job loss, divorce), or suicide.

**Selective Serotonin Reuptake Inhibitors**, or SSRIs, are a type of medication for treating depression. These drugs alter the levels of a chemical in the brain called serotonin that may be out of balance in the brains of individuals with depression. Balancing the amount of serotonin in the brain leads to a decrease in depression symptoms. Sometimes doctors must try several different SSRIs before they find one that works best for an individual patient. It can take 4-12 weeks for an SSRI to take effect, but some patients start to feel relief from symptoms in as little as one week. The most common side effects of SSRIs are dry mouth, headaches, anxiety, digestive problems, and loss of sex drive. More serious side effects can include fainting and increased risk of suicide. Patients taking SSRIs must be cautious about their use of other medication, because some dangerous drug interactions can occur.
Transcranial magnetic stimulation, or TMS, is a type of therapy for treating depression. TMS sessions usually occur in an outpatient setting. A physician places an electromagnetic coil against the patient’s scalp. This coil delivers repetitive magnetic pulses into areas of the brain associated with mood control, stimulating those areas that have decreased activity in people with depression. Treatment sessions usually last around 30-40 minutes. A typical course of TMS is done 5 times per week for 4-6 weeks. However, this can vary depending on an individual’s response to treatment. If depression symptoms continue, TMS treatment can be repeated; however, such long-term maintenance treatment is not always necessary. The most common side effects of TMS are headaches, scalp discomfort, twitching of facial muscles, and lightheadedness. Though rare, TMS has the potential for more serious side effects including seizures, mania, and hearing loss.

Deep brain stimulation, or DBS, is a type of therapy for treating depression. DBS involves the surgical implantation of electrodes into the brain by a neurosurgeon. That procedure is performed in a hospital or a surgical clinic. The brain electrodes are connected to a small battery-powered device implanted under the skin of the upper chest. The device delivers electrical stimulation to the brain through the electrodes. DBS therapy may help restore normal electrical activity in brain circuits that are not working properly, acting like a “pacemaker” for the brain. The amount and frequency of deep brain stimulation are customized for the individual patient. Current evidence is inconclusive regarding the effectiveness of using DBS for treating depression. Potential side effects include bleeding in the brain, infection, stroke, disorientation or confusion, as well as complications due to the malfunction of the implanted hardware.

Think CAREFULLY about what you just watched.

We want you to FULLY DESCRIBE the clinical depression treatment featured in the video you watched. The more complete your answer, the easier it will be for us to know how well you understood it.

What is the essence of how this depression treatment works?
- talk to an expert and reflect upon your thoughts and actions
- ingest chemicals that alter your mood
- magnetic stimulation of your brain
- electrical stimulation of your brain

From what you watched, what are the side effects of this depression treatment?

Page 3: A Few Questions about Treating Depression

Now we are going to ask you a few questions about clinical depression and its treatment.

In your opinion, how likely is it that a person’s feelings of depression might be caused by:

[relevant column]

a chemical imbalance in the brain
a faulty electrical signal in the brain
a genetic or inherited problem
God’s will
a person’s own bad character
stressful circumstances in their life
the way they were raised

[for the remaining questions on this page, the X will be replaced by the following phrase associated with each condition:]

1=participating in psychotherapy
2=taking prescribed SSRI medication
3=getting transcranial magnetic stimulation treatment
4=getting deep brain stimulation treatment]
How invasive, if at all, do you think that [X] is in the following ways:

<table>
<thead>
<tr>
<th>invasive</th>
<th>not at all invasive</th>
<th>slightly invasive</th>
<th>moderately invasive</th>
<th>highly invasive</th>
<th>extremely invasive</th>
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</thead>
<tbody>
<tr>
<td>a. affecting the physical structure of your brain</td>
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<td>b. altering the electrical signals in your brain</td>
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<td>c. changing your psychological sense of self</td>
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<td>d. interfering with your cognitive ability to reason and remember</td>
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<td>e. suppressing your emotional expression</td>
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<td>f. undermining your own personal responsibility</td>
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<td>g. disturbing your daily lifestyle</td>
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How much of a negative influence or positive influence do you think that [X] has on each of the following?

<table>
<thead>
<tr>
<th>influence</th>
<th>strong negative influence</th>
<th>moderate negative influence</th>
<th>slight negative influence</th>
<th>no influence at all</th>
<th>slight positive influence</th>
<th>moderate positive influence</th>
<th>strong positive influence</th>
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<tr>
<td>a. your agency or free will</td>
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<td>b. the authenticity of your self</td>
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<td>c. your autonomy or independence</td>
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<td>d. your control over your own self</td>
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<td>e. your control over the world around you</td>
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<td>f. your personal identity</td>
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</table>

How risky, if at all, are the following potential impacts of [X]?

<table>
<thead>
<tr>
<th>risky</th>
<th>not at all risky</th>
<th>slightly risky</th>
<th>moderately risky</th>
<th>highly risky</th>
<th>extremely risky</th>
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<tbody>
<tr>
<td>a. physical impacts (e.g., brain damage)</td>
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<td>b. biochemical impacts (e.g., increased dependence/tolerance)</td>
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<td>c. psychological impacts (e.g., personality change; shift in identity)</td>
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<td>d. cognitive impacts (e.g., memory loss)</td>
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<td>e. moral impacts (e.g., decline in personal responsibility)</td>
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<td>f. social impacts (e.g., increased stigma or negative peer judgment)</td>
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<td>g. economic impacts (e.g., high economic costs)</td>
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For the treatment of depression, [X] seems:

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<tr>
<th>influence</th>
<th>not at all safe</th>
<th>not at all effective</th>
<th>not at all expensive</th>
<th>not at all convenient</th>
<th>not at all risky</th>
<th>very safe</th>
<th>very effective</th>
<th>very expensive</th>
<th>very convenient</th>
<th>very risky</th>
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Page 4: Please tell us about yourself.

What is your gender?
- [ ] male
- [ ] female
- [ ] non-binary/third gender
- [ ] prefer to self-describe: ___________
- [ ] prefer not to say

How old are you as of today?
- [ ] 18-19
- [ ] 20-29
- [ ] 30-39
- [ ] 40-49
- [ ] 50-59
- [ ] 60 or older
Are you Hispanic, Latino, or Chicano?
☐ no
☐ yes

What is your race/ethnicity? Select all that apply.
☐ White
☐ Black or African-American
☐ Native Hawaiian or Other Pacific Islander
☐ Native American/American Indian or Alaska Native
☐ Asian or Asian-American
☐ Arab-American or Middle Eastern
☐ other (please specify): ___________

What is the highest degree or credential you have earned?
☐ 12th grade or less
☐ high school diploma or GED equivalent
☐ associate’s degree
☐ bachelor’s degree
☐ master’s degree
☐ professional degree (e.g., law or medicine)
☐ doctorate degree

Do you think of yourself as liberal or conservative?
☐ very liberal
☐ liberal
☐ slightly liberal
☐ middle-of-the-road
☐ slightly conservative
☐ conservative
☐ very conservative

How often do you attend religious services?
☐ never
☐ about once a year
☐ a few times a year
☐ once a month
☐ a few times a month
☐ every week
☐ more than once a week

Within your extended family, approximately how many family members do you think have been clinically diagnosed with depression?
☐ 0; none
☐ 1
☐ 2
☐ 3
☐ 4
☐ 5
☐ 6 or more

Page 5: Thank You!

Thank you for participating in our study. Please let us tell you more about our experiment.

We are interested in your view of depression and one type of treatment for depression. You were randomly assigned to watch a video about one of four treatments for depression: psychotherapy, Selective Serotonin Reuptake Inhibitors (SSRIs), transcranial magnetic stimulation (TMS), or deep brain stimulation (DBS).

Your participation in this experiment is really important to us, and your answers will help advance our understanding of how people view these types of treatments for depression.