QUESTIONNAIRE

Attitudes Towards Depression and its Treatment

ATDT-SF · short form · 13 statements

Name _____ Date _____

Below are some statements about depression and its treatment. Please mark how much you agree or disagree with each statement by putting one cross per statement. There are no right or wrong answers.

		Strongly disagree 1	2	3	4	Strongly agree 5
1	I would not take antidepressants as a first line of treatment	◯	◯	◯	◯	◯
2	I prefer to see my family physician if I feel depressed	◯	◯	◯	◯	◯
3	I cannot tell anyone that I suffer from depression	◯	◯	◯	◯	◯
4	I will consider psychotherapy as the first choice for my depression	◯	◯	◯	◯	◯
5	Psychiatric medications are harmful	◯	◯	◯	◯	◯
6	I would ask to see a psychiatrist if I am depressed	◯	◯	◯	◯	◯
7	I feel stigmatized being diagnosed with depression	◯	◯	◯	◯	◯
8	Psychotherapy should be used in combination with antidepressants	◯	◯	◯	◯	◯
9	I will consider antidepressants only if my symptoms are out of control	◯	◯	◯	◯	◯
10	I will seek help from a psychiatrist if I have doubt about medication	◯	◯	◯	◯	◯
11	People avoid talking to me because I am depressed	◯	◯	◯	◯	◯
12	I believe that psychotherapy, or ‘talk therapy’, is always useful on its own	◯	◯	◯	◯	◯
13	Antidepressants are habit-forming	◯	◯	◯	◯	◯

FOR THE CLINICIAN

Scoring key

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Each statement is scored from 1 (strongly disagree) to 5 (strongly agree). A mean is calculated for each of the four scales. No total score is calculated.

SCALE	STATEMENTS	SUM	MEAN
Negative attitudes toward antidepressants	1, 5, 9, 13		
Help-seeking from medical professionals	2, 6, 10		
Experienced stigma	3, 7, 11		
Preference for psychotherapy	4, 8*, 12		

* Statement 8 is reverse scored: 6 minus the marked value (1 becomes 5, 2 becomes 4, and so on).

A higher mean indicates a more pronounced attitude on that scale. The scales were developed for research and as a starting point for a conversation about treatment choice. There are no clinical cut-offs.

SOURCE

Jensen KHR, et al. Treatment preferences and self-stigma in depression: Development and validation of the brief ATDT-SF. Journal of Affective Disorders, 2025. https://doi.org/10.1016/j.jad.2025.120233

Shortened from the original 27-item ATDT. The ATDT-SF was validated in patients with first-episode depression in the BrainDrugs-Depression cohort.