Depression and Care of the Elderly of the Marwari Community-----------South Kolkata

Socio demographic profile of the respondents:

Name:
Address:
Phone No.:
Religion:
Religious Sect:

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Education</th>
<th>Marital status</th>
<th>Professional</th>
<th>Religion-sect</th>
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Economic profile:

i) Are you depended economically now?
   Yes
   No

ii) Amount of pocket money spent?
iii) Do you participate in your family budget issues?
   Yes  No

iv) How do you spend your pocket money?
   For self development
   Purchasing for others
   Purchasing of necessary goods
   Medical purpose

v) How many of your earning children give you monthly expenditure?

vi) Do you feel upset if your sons hesitate or feel irritated to give you monthly on time?
   Yes  No

vii) Do you feel bad if your sons give the entire money necessary for family expenses to your daughter-in-laws?
    Yes  No

viii) Do you think that sons are less interested to satisfy your economy needs after their marriage?
     Yes  No

ix) At present are you at owner of the house?
    Yes  No

x) Do you have any personal bank account?
    Yes  No

xi) Level of the nature of the source of income at this age?
    Post Office (M.I.S.)
    Fixed Deposit (F.D.)
    Mutual Fund & Shares
    L.I.C.
xii) How much you would spend for your interior decoration?

**Religious Profile:**

i) Do you belief in your Karma- Philosophy?
   - Yes
   - No

ii) Do you belief keeping promises (mannat) in the name of God for fulfillment of your desire?
   - Yes
   - No

iii) Level of satisfaction from religious activity?
   - Reading of Epics
   - Worship
   - Biding
   - Fasting
   - Others

iv) Nature of social gathering during function?
   - Family members
   - Neighbors
   - Relatives
   - Friends
   - Colleagues

v) Frequency of worship?
   - Occasion based
   - Monthly
   - Weekly
   - Regular/daily

vi) Frequency of religion tour?
   - Depends on the family members time
   - Yearly
   - Half-yearly
vii) Level of importance of religious tours in your life?
   Increases spiritual knowledge
   Increases social network & interaction
   Breaks the monotony of day to day life

viii) In what ways the practice of religious helps in your day to day life?
   Keeps you cheerful
   Keeps you cool at moments of crisis
   Keeps you engage
   Gives you solace

ix) How far social gathering is based on religion?
   Low
   Moderate
   High

x) How do you celebrate major religious festivals?
   Gift exchanged
   Money exchanged
   Ornaments gifts

**Role of Family:**

i) Ways family spends time with you?
   Face to face interaction
   Mediated interaction
   Takes you for marketing
   Takes you to relatives house

ii) How many family members have you lost?
   Spouse
   Sons
   Daughter
   Daughter-in-law
   Grand children

iii) Do you think his/her absence affected you a lot?
   Yes
   No
iv) How much worried measured by level
   Family may get this integrated
   Your living spouse may lack caring
   Property litigations
   Future of grand children
   Other

**Daily food Habit:**

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<th></th>
<th>Type</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<tr>
<td>Dinner</td>
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**Health and care profile:**

i) Are family members caring about your health?
   - Timely food is served
   - Preferred menu served
   - Regular & timely doctors treatment
   - Timely medicine served

ii) Do the family members respect you?
   - Do they take your permission before taking decision regarding house matters
   - Do they buy any property in your name
   - Taking permission on before going out of the house

iii) What kind of chronic related problems you face?
   - Piles
Arthritis
Diabetics
Insomnia
Gynaecologica
Blood Pressure
Joints Pain
Gastro Anthological
Prostrates Gland Problem
Asthma
Constipation

iv) Occurrence of major disease in your life?
   Malaria
   Typhoid
   Heart Attack
   Tumor
   Kidney

i) Do you think that you are still able for work?
   Yes
   No

ii) Level of ignorance you feel in this age?
    Family considers you as a burden
    Grand children do not respect
    Family considers you as worthless
    Others

iii) Level of your sad moments?
     Family tussles & quarrels
     Break down of joint family
     Loss of spouse
     Others
iv) Level of feeling socially isolation ----
  Change of neighborhood
  Change of hometown
  Physical disability

v) Do you feel mental stress in this age?
  Yes  No

vi) What are the main factors of mental stress?
  Economical depend
  Physical disability
  Worthlessness
  Loneliness
  Ignorance by others
  Others

vii) Awareness of latest treatment for mental stress & depression ----
  Reiki
  Yoga
  Meditation
  Counseling
  Consultation with a psychiatrist

viii) Do you think you are losing your authority over your family members?
  Yes  No

ix) Do you perceive the age related changes positively?
  Yes  No

x) If your children do not marry according to your wish does it make you sad?
  Yes  No

xi) Whose inter-caste marriage affects you most ----
  Grand daughter
  Grand son
  Daughter
  Son
i) Have you experience of any such events in your family?

- Divorce
- Re-marriage
- Separation
- Torture
- Crime

ii) If any of the above life events affect your mental state?

Yes No

**Life-pattern profile:**

i) Personal Attitude towards common people?
- Introvert
- Submissive
- Moody
- Extrovert

ii) How much time you spend with others per day?

Hours

iii) How much time you spend with watching movie/film & listening music per day?

Hours

iv) How much time you spend in reading book/magazine/epics per day?

Hours

v) How much time you spend in your physical activity(jogging, walking, yoga) per day?

Hours

vi) Level of engagement in daily household course?
- Cooking
- Cleaning House
- Ironing Cloths
- Marketing Household Items
- Taking care of grand children
vii) Level of entertainment in your life?
   - Watching Movie/TV
   - Chatting/Gossiping
   - Shopping
   - Gardening
   - Telling Stories to grand children

i) Frequency of your tour & travel?
   - Never
   - Yearly
   - Half-yearly
   - Quarterly

ii) The nature of tour makes you happy?
   - Tour to a religious place
   - Tour to a relative place
   - Tour to one’s native place
   - Tour to a tourist spot

iii) Do you wish to go for world tour in long holidays?
    - Yes
    - No

iv) Level of care at the time of tour?
    - Timely food served
    - Desired menu served
    - Timely menu served
    - Physical assistants for moving around
    - Packing

v) During tour whose company gives you most satisfactions?
   - Friends
   - Daughter
   - Daughter-in-law
   - Son
i) How many bedrooms do you have?
   2
   3
   4
   5

ii) With whom do you share your bedroom?
   Son
   Daughter
   Grandchildren
   Spouse
   Others
   None

iii) Do you feel institutional care (old age home) is common in your community?
   Yes
   No

iv) Is your family members concerned about the old age home?
   Yes
   No

v) Are you aware of the old age home?
   Yes
   No

vi) Level of reason behind people going to old age home?
   Mental relief
   Family relief
   No one to take your responsibility
   Others

**Measures of Depression:**

<table>
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<tr>
<th>Over the last 2 weeks, how often have you been bothered by any of the following problems?</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
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<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
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<td>2. Feeling down, depressed, or hopeless</td>
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</table>
3. Trouble falling or staying asleep, or sleeping too much

4. Feeling tired or having little energy

5. Poor appetite or overeating

6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down

7. Trouble concentrating on things, such as reading the newspaper or watching television

8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual

9. Thoughts that you would be better off dead, or of hurting yourself in some way

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult