



THE
FOSTER CARE
ALUMNI STUDIES

STORIES FROM THE PAST TO SHAPE THE FUTURE

Foster Care Alumni Studies Final Production Copy Interview¹

Introduction

In order to build on and compare to previous work, the Alumni Studies interview was largely composed of measures and items from earlier projects in child welfare, psychology, and epidemiology. For specific sources, please see the variables list available at www.casey.org/research/alumni_studies/methods.htm

The interview was developed by the project team to assess current psychological, health, financial, and social functioning, education and employment, birth and foster family history, services received, recent stressors, and perceptions of the foster care agency staff and foster parents. Average administration time was two to two and a half hours. Interviewing was conducted by trained interviewers from the Survey Research Center at the University of Michigan. A respondent booklet, containing response scales and options, was used with many questions to provide visual reference for participants.

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SECTION F

*F1. Earlier in the interview, you mentioned having periods that lasted several days or longer when you felt sad, empty, or depressed most of the day. During episodes of this sort, did you ever feel discouraged about how things were going in your life?

YES1

NO.....5...(GO TO *F1b)

*F1a. During the episodes of being sad, empty, or depressed, did you ever lose interest in most things like work, hobbies, and other things you usually enjoy?

YES1...(GO TO *F3)

NO5...(GO TO *F4)

*F1b. During the episodes of being sad, empty, or depressed, did you ever lose interest in most things like work, hobbies, and other things you usually enjoy?

YES1...(GO TO *F5)

NO5...(GO TO *F6)

*F2. Earlier in the interview you mentioned having periods that lasted several days or longer when you felt discouraged about how things were going in your life. During episodes of this sort, did you ever lose interest in most things like work, hobbies, and other things you usually enjoy?

YES1...(GO TO *F7)

NO.....5...(GO TO *F8)

***F3. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "SAD, DISCOURAGED, OR UNINTERESTED"
THROUGHOUT THE SECTION
GO TO *F12

***F4. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "SAD OR DISCOURAGED" THROUGHOUT THE
SECTION
GO TO *F12

***F5. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "SAD OR UNINTERESTED" THROUGHOUT THE
SECTION
GO TO *F12

***F6. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "SAD" THROUGHOUT THE SECTION
GO TO *F12

***F7. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "DISCOURAGED OR UNINTERESTED" THROUGHOUT
THE SECTION
GO TO *F12

***F8. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "DISCOURAGED" THROUGHOUT THE SECTION
GO TO *F12

*F9. Earlier in the interview, you mentioned having periods that lasted several days or longer when you lost interest in most things like work, hobbies, and other things you usually enjoy. Did you ever have a period of this sort that lasted **most of the day nearly every day** for **two weeks** or longer?

YES1...**(GO TO *F11)**

NO.....5

*F9a. What is the longest period of days you ever had when you lost interest in most things you usually enjoy?

INTERVIEWER: "LESS THAN ONE DAY" CODE0

_____ NUMBER

CIRCLE UNIT OF TIME:

DAYS....1 WEEKS....2 MONTHS....3 YEARS....4

PROBE DK: Was it three days or longer?

USE THE KEY PHRASE "UNINTERESTED" THROUGHOUT THE SECTION...**GO TO *F10**

***F10. INTERVIEWER CHECKPOINT: (SEE *F9a)**

DURATION OF (3 DAYS / "SEVERAL" DAYS)
OR LONGER..... 1...**(GO TO *F14)**

ALL OTHERS 2...**(GO TO SECTION G)**

***F11. INTERVIEWER CHECKPOINT:**

USE KEY PHRASE "UNINTERESTED" THROUGHOUT THE SECTION
GO TO *F16

*F12. Did you ever have a period of being (sad/or/discouraged/or/uninterested in things) that lasted **most of the day, nearly every day, for two weeks or longer?**

YES 1...(GO TO *F16)

NO 5

*F12a. How long was the longest period of days you ever had when you were (sad/or/discouraged/or/uninterested) most of the day?

INTERVIEWER: "LESS THAN ONE DAY" CODE 0

_____ DAYS

***F13. INTERVIEWER CHECKPOINT: (SEE *F12a)**

DURATION OF (3 DAYS / "SEVERAL" DAYS)

OR LONGER 1...(GO TO *F14)

ALL OTHERS 2...(GO TO SECTION G)

*F14. Did you ever have a year or more in your life when you had several different episodes of being (sad/or/discouraged/or/uninterested) each of which lasted several days or longer?

YES 1

NO 5...(GO TO SECTION G)

*F14a. Did you ever have a year or more in your life **when just about every month** you had an episode of this sort?

YES 1

NO 5...(GO TO SECTION G)

*F15. Think of times lasting several days or longer when (this problem/these problems) with your mood (was/were) most **severe and frequent**. During those times, did your feelings of (sadness/or/discouragement/or/lack of interest) usually last **all day long**, **most of the day**, about **half the day**, or **less than half the day**?

- ALL DAY LONG..... 1
- MOST OF THE DAY.....2
- ABOUT HALF THE DAY.....3
- LESS THAN HALF THE DAY4

KEY PHRASE: ASK ABOUT PERIODS LASTING "SEVERAL DAYS OR LONGER" FOR THE REMAINDER OF THE SECTION.
GO TO *F17

*F16. Think of times lasting two weeks or longer when (this problem/these problems) with your mood (was/were)most **severe and frequent**. During those times, did your feelings of (sadness/or/discouragement/or/lack of interest) usually last **all day long**, **most of the day**, about **half the day**, or **less than half the day**?

- ALL DAY LONG..... 1
- MOST OF THE DAY.....2
- ABOUT HALF THE DAY.....3
- LESS THAN HALF THE DAY4

KEY PHRASE: ASK ABOUT PERIODS LASTING "TWO WEEKS OR LONGER" FOR THE REMAINDER OF THE SECTION.

*F17. How severe was your emotional distress during those times -- **mild, moderate, severe**, or **very severe** ?

- MILD 1
 - MODERATE2
 - SEVERE3
 - VERY SEVERE4
-

*F18. How often, during those times, was your emotional distress so severe that nothing could cheer you up -- **often, sometimes, rarely, or never?**

OFTEN 1
 SOMETIMES 2
 RARELY 3
 NEVER 4

*F19. How often, during those times, was your emotional distress so severe that you could not carry out your daily activities -- **often, sometimes, rarely, or never?**

OFTEN 1
 SOMETIMES 2
 RARELY 3
 NEVER 4

***F20. INTERVIEWER CHECKPOINT: (SEE *F17, *F18, *F19)**

IF *F17 EQUALS 1 AND *F18 EQUALS 4
 AND *F19 EQUAL 4..... 1...(GO TO SECTION G)
 ALL OTHERS 2

*F21. People with episodes of being (sad/or/discouraged/or/uninterested) often have other problems at the same time. These include things like changes in sleep, appetite, energy, the ability to concentrate and remember, feelings of low self-worth, and other problems. Did you ever have any of these problems during one of your episodes of being (sad/or/discouraged/or/uninterested)?

YES 1
 NO5...(GO TO SECTION G)

*F22. (READ SLOWLY) Please think of an episode of being (sad/or/discouraged/or/uninterested) lasting several days or longer when you also had the **largest number** of these other problems at the same time. Is there **one** particular episode of this sort that stands out in your mind as the worst one you ever had?

YES 1

NO.....5...(GO TO *F22c)

*F22a. How old were you when that worst episode started?

_____ YEARS OLD

*F22b. How long did that worst episode last?

_____ NUMBER

CIRCLE UNIT OF TIME:

DAYS1 WEEKS.....2 MONTHS.....3 YEARS4

GO TO *F23

*F22c. Then think of the last time you had a bad episode like this. How old were you when that last episode occurred?

_____ YEARS OLD

*F22d. How long did that episode last?

_____ NUMBER

CIRCLE UNIT OF TIME:

DAYS.....1 WEEKS.....2 MONTHS.....3 YEARS.....4

***F23.** Was there something going on in your life shortly before that episode started that caused it to occur?

YES..... 1

NO 5...(GO TO *F24)

*F23a. (IF NEC: Briefly, what was going on that caused the episode to occur?)

CIRCLE ALL MENTIONS

STRESS

- OVERWORK 1
- TENSION..... 2
- DEATH OF LOVED ONE..... 3
- MARITAL SEPARATION/DIVORCE 4
- JOB LOSS 5
- STRESS 6
- OTHER STRESSFUL EXPERIENCE (SPECIFY BELOW)..... 7

PHYSICAL ILLNESS/INJURY/CONDITION

- EXHAUSTION 10
- MENSTRUAL CYCLE..... 11
- PREGNANCY/POSTPARTUM 12
- HEART DISEASE 13
- THYROID DISEASE..... 14
- CANCER..... 15
- OVERWEIGHT 16
- OTHER PHYSICAL ILLNESS OR INJURY
(SPECIFY BELOW) 17

OTHER

- OTHER (SPECIFY BELOW) 82

SPECIFY

<p>*F24. In answering the next questions, think about the period of (several days/two weeks) or longer during that episode when your (sadness/and/discouragement/and/loss of interest) and other problems were most severe and frequent. During that period, which of the following problems did you have most of the day nearly every day:</p>		
	<p>YES (1)</p>	<p>NO (5)</p>
<p>*F24a. Did you feel sad, empty, or depressed most of the day nearly every day during that (two-week) period?</p>	<p>1</p>	<p>5 GO TO *F24c</p>
<p>*F24b. Did you feel so sad that nothing could cheer you up nearly every day?</p>	<p>1</p>	<p>5</p>
<p>*F24c. During that (two-week) period, did you feel discouraged about how things were going in your life most of the day nearly every day?</p>	<p>1</p>	<p>5 GO TO *F24e</p>
<p>*F24d. Did you feel hopeless about the future nearly every day?</p>	<p>1</p>	<p>5</p>
<p>*F24e. During that (two-week) period, did you lose interest in almost all things like work and hobbies and things you like to do for fun?</p>	<p>1</p>	<p>5</p>
<p>*F24f. Did you lose the ability to take pleasure in having good things happen to you, like winning something or being praised or complimented?</p>	<p>1</p>	<p>5</p>

***F25. INTERVIEWER CHECKPOINT: (SEE *F24a-*F24f)**

1 OR MORE “YES” RESPONSES 1

ALL OTHERS..... 2...(GO TO SECTION G)

*F26.	YES (1)	NO (5)
*F26a. Did you have a much smaller appetite than usual nearly every day during that (two-week) period?	1 GO TO *F26e	5
*F26b. Did you have a much larger appetite than usual nearly every day?	1	5
*F26c. Did you gain weight without trying to during that (two-week) period? IF R REPORTS BEING PREGNANT OR GROWING, CODE "NO" AND GO TO *F26g	1	5 GO TO *F26e
*F26d. How much did you gain? _____ NUMBER OF POUNDS... GO TO *F26G		
*F26e. Did you lose weight without trying to? IF R REPORTS BEING ON A DIET OR PHYSICALLY ILL, CODE "NO" AND GO TO *F26g	1	5 GO TO *F26g
*F26f. How much did you lose? _____ NUMBER OF POUNDS		
*F26g. Did you have a lot more trouble than usual either falling asleep, staying asleep, or waking too early nearly every night during that (two-week) period?	1 GO TO *F26i	5
*F26h. Did you sleep a lot more than usual nearly every night during that period?	1 GO TO *F26j	5
*F26i. Did you sleep much less than usual and still not feel tired or sleepy?	1	5

	YES (1)	NO (5)
*F26j. Did you feel tired or low in energy nearly every day during that (two-week) period even when you had not been working very hard?	1 GO TO *F26l	5
*F26k. Did you have a lot more energy than usual nearly every day during that (two-week) period?	1	5
* F26l . Did you talk or move more slowly than is normal for you nearly every day?	1	5 GO TO *F26n
*F26m Did anyone else notice that you were talking or moving slowly?	1 GO TO *F26p	5 GO TO *F26p
* F26n . Were you so restless or jittery nearly every day that you paced up and down or couldn't sit still?	1	5 GO TO *F26p
*F26o. Did anyone else notice that you were restless?	1	5
* F26p . Did your thoughts come much more slowly than usual or seem mixed up nearly every day during that (two-week) period?	1 GO TO *F26r	5
*F26q. Did your thoughts seem to jump from one thing to another or race through your head so fast you couldn't keep track of them?	1	5
* F26r . Did you have a lot more trouble concentrating than is normal for you nearly every day?	1	5
*F26s. Were you unable to make up your mind about things you ordinarily have no trouble deciding about?	1	5
*F26t. Did you lose your self-confidence?	1	5
*F26u. Did you feel that you were not as good as other people nearly every day?	1	5 GO TO *F26w
*F26v. Did you feel totally worthless nearly every day?	1	5
* F26w . Did you feel guilty nearly every day?	1	5

	YES (1)	NO (5)
*F26x. Did you feel irritable, grouchy, or in a bad mood nearly every day?	1	5
*F26y. Did you feel nervous or anxious most days?	1	5
*F26z. Did you have any sudden attacks of intense fear or panic during that two-week period?	1	5
*F26aa. Did you often think a lot about death, either your own, someone else's, or death in general?	1	5
*F26bb. During that period, did you ever think that it would be better if you were dead?	1	5
*F26cc. Did you think about committing suicide?	1	5 GO TO *F27
*F26dd. Did you make a suicide plan?	1	5
*F26ee. Did you make a suicide attempt?	1	5

***F27. INTERVIEWER CHECKPOINT: (SEE *F24 - *F26ee)**

TWO OR MORE "YES" RESPONSES
IN *F24 - *F26ee SERIES.....1

ALL OTHER2...(GO TO SECTION G)

*F28. You mentioned having (two/a number of) problems I just asked you about. How much did your (sadness/or/discouragement/or/lack of interest) and these other problems interfere with either your work, your social life, or your personal relationships during that episode– **not at all, a little, some, a lot, or extremely?**

NOT AT ALL 1...**(GO TO *F29)**

A LITTLE 2

SOME 3

A LOT 4

EXTREMELY 5

*F28a. How often during that episode were you unable to carry out your daily activities because of your (sadness/or/discouragement/or/lack of interest) – **often, sometimes, rarely, or never?**

OFTEN 1

SOMETIMES 2

RARELY 3

NEVER 4

*F29. Did you ever talk to a medical doctor about your episodes of (sadness/or/discouragement/or/lack of interest)?

YES 1...(GO TO *F30)

NO 5

*F29a. Episodes of this sort sometimes occur as a result of physical causes such as physical illness or injury or the use of medication, drugs, or alcohol. Do you think your episodes of (sadness/or/discouragement/or/lack of interest) **ever** occurred as the result of such physical causes?

YES 1

NO 5...(GO TO *F37)

*F29b. Do you think your episodes were **always** the result of physical causes?

YES 1

NO 5

GO TO *F37

*F30. What did the doctor say was the cause?

IF VOL. MORE THAN ONE DOCTOR, PROBE: What were all the causes the different doctors told you?

CIRCLE ALL THAT APPLY.

PSYCHOLOGICAL PROBLEMS

- DEPRESSION/MOOD DISORDER..... 1
- MANIC-DEPRESSION/BIPOLAR DISORDER..... 2
- NERVES/EMOTIONS/MENTAL HEALTH..... 3
- OTHER PSYCHOLOGICAL (SPECIFY BELOW)..... 4

STRESS

- OVERWORK..... 10
- TENSION..... 11
- DEATH OF LOVED ONE..... 12
- MARITAL SEPARATION/DIVORCE..... 13
- JOB LOSS..... 14
- STRESS..... 15
- OTHER STRESSFUL EXPERIENCE
(SPECIFY BELOW)..... 16

PHYSICAL ILLNESS/INJURY/CONDITION

- EXHAUSTION..... 20
- MENSTRUAL CYCLE..... 21
- PREGNANCY/POSTPARTUM..... 22
- HEART DISEASE..... 23
- THYROID DISEASE..... 24
- CANCER..... 25
- OVERWEIGHT..... 26
- OTHER PHYSICAL ILLNESS OR INJURY
(SPECIFY BELOW)..... 27

MEDICATION/DRUGS/ALCOHOL

- MEDICATION (SPECIFY BELOW)..... 30
- DRUGS (SPECIFY BELOW)..... 31
- ALCOHOL..... 32

OTHER

- NO DEFINITIVE DIAGNOSIS..... 81
- OTHER (SPECIFY BELOW)..... 82

SPECIFY

***F31. INTERVIEWER CHECKPOINT: (SEE *F30): FOLLOW SKIP FOR 1ST ENDORSED ITEM**

ONE OR MORE RESPONSES CIRCLED
IN 1-16 SERIES (PSYCHOLOGICAL/STRESS) 1...(GO TO *F37)

ONE OR MORE RESPONSES CIRCLED
IN 30-32 SERIES (MED/DRUGS/ALC)..... 2...(GO TO *F32)

ONE OR MORE RESPONSES CIRCLED
IN 20-27 SERIES (PHYSICAL ILLNESS)..... 3...(GO TO *F36)

ALL OTHERS 4...(GO TO *F35)

*F32. Were your episodes **always** the result of taking **medication, drugs, or alcohol**?

YES 1...(GO TO *F37)

NO 5

***F33. INTERVIEWER CHECKPOINT: (SEE *F30)**

ONE OR MORE RESPONSES ARE CIRCLED IN **20-27** SERIES
(PHYSICAL ILLNESS) 1

ALL OTHERS 2...(GO TO *F37)

*F34. When the episodes were not due to taking medication, drugs, or alcohol, were they **always** the result of a physical illness, or injury [such as (MENTIONS IN *F30)]?

YES 1

NO 5

GO TO *F37

*F35. Did they find anything abnormal when they examined you or took tests or x-rays?

- YES 1
- NO.....5...(GO TO *F37)
- NO EXAMINATION PERFORMED6...(GO TO *F37)

*F36. Were the episodes **always** the result of a physical illness or injury [such as (MENTIONS IN *F30)]?

- YES 1
- NO.....5

*F37. Think of the very first time in your life you had an episode lasting several days or longer when **most of the day nearly every day** you felt (sad/or/discouraged/or/uninterested) and also had some of the other problems we just reviewed. Can you remember your exact age?

- YES 1
- NO.....5...(GO TO *F37b)

*F37a. (IF NEC: How old were you?)

_____ YEARS OLD ...(GO TO *F38)

*F37b. About how old were you (the first time you had an episode of this sort)?

IF “ALL MY LIFE” OR “AS LONG AS I CAN REMEMBER,”

PROBE: Was it before you first started school?

IF NOT YES, PROBE: Was it before you were a teenager?

_____ YEARS OLD

BEFORE STARTED SCHOOL..... 4

BEFORE TEENAGER..... 12

***F38.** Did you have an episode of this sort in the past 12 months?

YES..... 1

NO 5...(GO TO *F38c)

***F38a.** How recently – in the **past month, two to six months ago, or more than six months ago?**

PAST MONTH.....1

2-6 MONTHS AGO2

MORE THAN 6 MONTHS AGO3

***F38b.** About how many days out of the last 365 were you in an episode?

_____ DAYS...(GO TO *F39)

***F38c.** How old were you the last time you had one of these episodes?

_____ YEARS OLD

***F39.** What is the longest episode you ever had when you were (sad/or/discouraged/or/uninterested) and also had some of the other problems we reviewed **most of the day nearly every day?**

_____ NUMBER

CIRCLE UNIT OF TIME:

DAYS.....1 WEEKS.....2 MONTHS.....3 YEARS4

***F40. INTERVIEWER CHECKPOINT (SEE *F39): HOW LONG WAS R'S LONGEST EPISODE?**

LESS THAN 14 DAYS 1
ALL OTHERS 2...(GO TO *F45)

***F41. Did you ever have at least one full year with episodes lasting several days or more just about every month?**

YES 1...(GO TO *F42)
NO.....5

F41a. What is the largest number of episodes you ever had in a single year?
_____ NUMBER...(GO TO *F51)

***F42. How old were you the first time you had a year of this sort?**

_____ YEARS OLD

***F43. About how many different years in your life did you have an episode just about every month?**

_____ YEARS

***F44. INTERVIEWER CHECKPOINT: (SEE *F43)**

ONLY ONE YEAR WITH EPISODES
EVERY MONTH..... 1...(GO TO *F50)
ALL OTHERS.....2

*F45. Did you ever have a full year or longer when you were in an episode **most days**?

YES..... 1

NO 5...(GO TO *F50)

*F46. And how old were you the first time you had a year of this sort (when you were in an episode **most days**)?

_____ YEARS OLD

*F47. About how many different years in your life were you in an episode **most days**?

_____ YEARS

***F48 INTERVIEWER CHECKPOINT: (SEE *F47)**

ONLY ONE YEAR WITH MOST DAYS 1...(GO TO *F61)

ALL OTHERS 2

*F49. What is the longest continuous number of years in a row in which you were in an episode **most days**?

_____ YEARS

*F50. About how many episodes lasting several days or longer have you ever had in your entire life?

_____ NUMBER...(GO TO *F61)

*F51. How many episodes of feeling (sad/or/discouraged/or/uninterested) with some other problems lasting **two weeks or longer** have you ever had in your life?

_____ NUMBER

***F52. INTERVIEWER CHECKPOINT: (SEE *F51)**

ONE LIFETIME EPISODE1...(GO TO *F61)
ALL OTHERS2

*F53. How many different years in your life did you have at least one episode?

_____ YEARS

***F54. INTERVIEWER CHECKPOINT: (SEE *F53)**

ONLY ONE YEAR WITH EPISODE1...(GO TO *F61)
ALL OTHERS2

*F55. What is the longest continuous number of years in a row in which you had at least one episode per year?

_____ YEARS

***F56. INTERVIEWER CHECKPOINT (SEE *F39): HOW LONG WAS LONGEST EPISODE?**

24 MONTHS (2 YEARS) OR LONGER.....1...(GO TO *F58)
12-23 MONTHS (1-2 YEARS)2...(GO TO *F58)
ALL OTHERS3

*F57. Did you ever have a period lasting a full year or longer when you were in an episode **most days**?

YES 1

NO 5...(GO TO *F61)

*F58. About how many years in your life were you in an episode **most days**?

_____ YEARS

*F59. **INTERVIEWER CHECKPOINT: (SEE *F58)**

ONLY ONE YEAR WITH MOST DAYS..... 1...(GO TO *F61)

ALL OTHERS..... 2

*F60. What is the longest continuous number of years in a row in which you were in an episode most days?

_____ YEARS

*F61. **INTERVIEWER CHECKPOINT: (SEE *F38)**

*F38 EQUALS 'YES' 1

ALL OTHERS 2...(GO TO *F63)

*F62. About how many days out of 365 in the past 12 months were you **totally unable** to work or carry out your normal activities because of your (sadness/or/discouragement/or/lack of interest)?

(IF NEC: You can use any number between 0 and 365 to answer.)

_____ NUMBER OF DAYS

***F63. INTERVIEWER CHECKPOINT: (SEE *F29)**

“YES” RESPONSE IN *F29.....1...(GO TO *F64)

ALL OTHERS2...(GO TO *F65)

*F64. How old were you the **first** time you ever talked to a medical doctor or other professional about your (sadness/or/discouragement/or/lack of interest)? By other professional **we mean psychologists, counselors, spiritual advisors, herbalists, acupuncturists, and other healing professionals.**

_____ YEARS OLD...(GO TO *F66)

*F65. Did you **ever** in your life talk to a professional about your (sadness/or/discouragement/or/lack of interest)? By professional we mean **psychologists, counselors, spiritual advisors, herbalists, acupuncturists, and other healing professionals.**

YES 1

NO.....5...(GO TO SECTION G)

*F65a. How old were you the **first time** [you talked to a professional about your (sadness/or/ discouragement/or/lack of interest)]?

_____ YEARS OLD

*F66. Did you receive professional treatment for your (sadness/or/discouragement/or/lack of interest) at any time in the past 12 months?

YES 1

NO.....5
