

The General-practice Users Perceived-need Inventory (GUPI)

These questions ask whether you would like your General Practitioner to discuss with you any of the following kinds of help, for common emotional problems such as feeling depressed or anxious. Your GP might offer to help you in this way, or you might prefer your GP to suggest an alternative source of help.

Please first carefully read the list of three choices, one at the top of each of the columns, then fill in one circle like this ● in each row, for the option which best applies to you.

<u>Type of help</u>	I would like my GP to discuss this kind of help with me	I don't need to discuss this kind of help.	I am already getting this kind of help, (either from my GP or somewhere else).
1. Information about emotional problems or getting treatment for these problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Fill one circle in each row	
2. Medication or tablets to help you with emotional problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Fill one circle in each row	
3. Counselling; including any kind of help to talk through your problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Fill one circle in each row	
4. Help to sort out practical issues such as housing or money problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Fill one circle in each row	
5. Help to improve your ability to work, to care for yourself, to use your time or to meet people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Fill one circle in each row	

Have any of the following reasons stopped you in the last few weeks, from getting any of these kinds of help, or from getting as much help as you may have needed. Fill in any circles that apply to you

Not Applicable, I haven't needed any of these kinds of help.....	<input type="radio"/>
I preferred to manage myself.....	<input type="radio"/>
I didn't think anything would help.....	<input type="radio"/>
I didn't know where to get help.....	<input type="radio"/>
I was afraid to ask of help or what others would think of me...	<input type="radio"/>
I couldn't afford the money.....	<input type="radio"/>
I asked but didn't get help.....	<input type="radio"/>

Fill in
(like this ●)
any of the
circles that
apply to you

Thankyou for your help