

The Things You Do 15-Item Questionnaire (TYDQ-15)							Name:
Think about the past 7 days. For each action below, circle how often you did it.							Date:
Big 5	Action	Every day (4)	5-6 days (3)	3-4 days (2)	1-2 days (1)	Never (0)	Suggestions
1. Meaningful Activities	I did something enjoyable	4	3	2	1	0	<ul style="list-style-type: none"> Take 10 mins to enjoy a song, a show or time outside. Read. Move. Engage in your hobbies. Play. Your ideas:
	I had something to look forward to	4	3	2	1	0	
	I did something that was very satisfying to me	4	3	2	1	0	
2. Healthy Thinking	I kept a realistic perspective on things	4	3	2	1	0	<ul style="list-style-type: none"> Accept that making mistakes is human. Keep perspective. Are you treating yourself with respect? Your ideas:
	I dealt with feelings of frustration or impatience in a healthy way	4	3	2	1	0	
	I treated myself with respect	4	3	2	1	0	
3. Goals and Plans	I did something to help me achieve my goals	4	3	2	1	0	<ul style="list-style-type: none"> Commit to simple goals each day. Visualise your 'ideal' life and plan simple steps towards it. Your ideas:
	I did something to improve or maintain the quality of my life	4	3	2	1	0	
	I did something to help me live my "ideal" life	4	3	2	1	0	
4. Healthy Routines	I went to bed and woke up at a regular time	4	3	2	1	0	<ul style="list-style-type: none"> Set-up a relaxing bedtime routine and get up at a regular time. Stretch regularly. Plan a healthy meal. Your ideas:
	I kept a healthy daily routine	4	3	2	1	0	
	I prepared and ate a healthy meal	4	3	2	1	0	
5. Social Connections	I socialised with positive people	4	3	2	1	0	<ul style="list-style-type: none"> Send a quick message to someone you care about. Arrange a walk and talk, coffee or phone catch-up. Your ideas:
	I had a meaningful conversation with someone	4	3	2	1	0	
	I talked about my day with a friend or family member	4	3	2	1	0	
	Column Totals	= ____	= ____	= ____	= ____	= ____	
	My Total Score	= _____ (Range: 0-60)					

Key References

- Bisby, M. A., Jones, M. P., Staples, L., Dear, B., & Titov, N. (2024). Measurement of daily actions associated with mental health using the Things You Do Questionnaire-15-Item: questionnaire development and validation Study. *JMIR Formative Research*, 8, e57804-e57804.
- Titov, N., Dear, B. F., Bisby, M. A., Nielsens, O., Staples, L. G., Kayrouz, R., ... & Karin, E. (2022). Measures of daily activities associated with mental health (Things You Do Questionnaire): development of a preliminary psychometric study and replication study. *JMIR Formative Research*, 6, e38837.