Improving mental health care for young adults in Badakshan Province of Afghanistan using eHealth

Survey Questionnaire for Facility based Health Providers
To be conducted with Health Providers in both Intervention and Control Sites

Section 1: General Information

1) To which age group do you belong?
☐ < 20 years  ☐ 20-29 years  ☐ 30-39 years  ☐ 40-49 years  ☐ 50 years or more

2) What is your Gender?
☐ Male  ☐ Female

3) Which Village/Town do you live?

4) Which District do you live?
☐ Baharak  ☐ Darwaz/Nusai  ☐ Ishkishim  ☐ Shugnan  ☐ Wakhan  ☐ Zebak  ☐ Darwaz-Bala  ☐ Shahuda

5) What is the highest level of Education you have achieved? (mark only one)
☐ Primary Education (Completed 6 years)  ☐ Secondary Education (completed 12 years)  ☐ Professional Diploma  ☐ Bachelors degree  ☐ Masters degree  ☐ Informal (Madrassa)  ☐ Others

6) In what capacity do you work at the health facility?
☐ Specialist doctor  ☐ General Practitioner  ☐ Nurse  ☐ Midwife  ☐ Health promotion expert/Advisor  ☐ Other _______________________________

7) For how long have you worked in your current capacity?
☐ Less than 1 year  ☐ 1-3 years  ☐ 3-5 years  ☐ 5-8 years  ☐ more than 10 years

8) What is the population in your coverage area?
☐ Less than 15,000  ☐ 15,000-20,000  ☐ more than 20,000  ☐ Don’t know

9) How many Health Care Workers are there at your health facility?
☐ 2-5  ☐ 5-8  ☐ 8-10  ☐ 10-15  ☐ 15-20  ☐ Don’t Know

10) Which Health Facility do you work at?
Section II: Current Health Services:

1) What routine services are available at your health facility?  
Tick all services which are routinely provided (multiple answers acceptable)

- Health and nutrition education
- Treatment of common ailments
- Non-clinical family planning methods distribution
- Identify Suspected TB patients
- Implement DOTS (Directly Observed Treatment Shortcourse) for TB
- Distribution of oral rehydration supplies and iodized salt
- Mobilize children for immunizations (EPI, Expanded Programme on Immunization)
- Education about health and hygiene
- Acute Respiratory Infection (ARI) and diarrhea medicine
- Referring complicated diseases to other medical professionals
- Distribute personal hygiene products, ex. tooth paste, sanitary napkins, etc.
- Mental Health Counseling

2) What routine services are available to young adults (18-25 Years)?  
Tick all services which are routinely provided (multiple answers acceptable)

- Health and nutrition education
- Treatment of common ailments
- Non-clinical family planning methods distribution
- Identify Suspected TB patients
- Implement DOTS (Directly Observed Treatment Shortcourse) for TB
- Distribution of oral rehydration supplies and iodized salt
- Mobilize children for immunizations (EPI, Expanded Programme on Immunization)
- Education about health and hygiene
- Acute Respiratory Infection (ARI) and diarrhea medicine
- Referring complicated diseases to other medical professionals
- Distribute personal hygiene products, ex. tooth paste, sanitary napkins, etc.
- Mental Health Counseling

3) In your catchment area, how is health information given to the community? (Multiple responses acceptable)

- Home visits
- Brochures
- Leaflets
- Radio
- Television
- Community meetings
- Health facility visit
- Other ____________________________

4) In your catchment area, how is health information given to young adults (18-25 Years)?  
(Multiple responses acceptable)

- Home visits
- Brochures
- Leaflets
- Radio
- Television
- Community meetings
- Other ____________________________

5) What types of health data do you routinely collect at your health facility? (Multiple responses acceptable)

- Demographic data
- Communicable diseases
- Maternal and Child health
- Non-communicable diseases
- Mental health
- Other ____________________________
6) Which routine services specific to mental health are available in your facility? (Multiple responses allowed)

☐ Counseling for family problems
☐ Counseling for addiction issues
☐ Treatment of addiction-related problems
☐ Treatment of perinatal mental health issues
☐ Treatment of psychotic disorders
☐ Treatment of Mood/Anxiety disorders
☐ Referral services for above problems
☐ Other ________________________

7) At your health facility, people in which specified age-group use the listed mental health services the most? (Mark one box in each row)

<table>
<thead>
<tr>
<th></th>
<th>8-18 years</th>
<th>18-25 years</th>
<th>25-40 years</th>
<th>40-60 years</th>
<th>60 years and older</th>
<th>Don’t Know</th>
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</thead>
<tbody>
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<td>Counseling for family problems</td>
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<td>Counseling for addiction issues</td>
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<td>Treatment of perinatal mental health</td>
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<td>Treatment of psychotic disorders</td>
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<td>Treatment of Mood/Anxiety disorders</td>
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<td>Others</td>
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</table>

8) At your health facility, people in which specified gender use the listed mental health services the most? (Mark one box in each row)

<table>
<thead>
<tr>
<th></th>
<th>Women</th>
<th>Men</th>
<th>Don’t know</th>
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<tbody>
<tr>
<td>Counseling for family problems</td>
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<td>Counseling for addiction issues</td>
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<td>Treatment of addiction-related</td>
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<td>Others</td>
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</table>
### Section III: Awareness about Mental Health:

1) Do you think that mental health problems are common in your community?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know

2) In your opinion, how common are the following mental health problems living in your community?

<table>
<thead>
<tr>
<th></th>
<th>Not seen at all</th>
<th>Present, but not common (&lt;10% population)</th>
<th>Moderately common (10-25% population)</th>
<th>Very common (&gt;25% population)</th>
<th>Don’t Know</th>
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</thead>
<tbody>
<tr>
<td>Depression</td>
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<td>Anxiety</td>
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<td>Drug addiction</td>
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<td>Peri-natal mental health issues</td>
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</tbody>
</table>

3) In your opinion, how common are the following mental health problems in young adults (ages 18-25 years) living in your community?

<table>
<thead>
<tr>
<th></th>
<th>Not seen at all</th>
<th>Present, but not common (&lt;10% population)</th>
<th>Moderately common (10-25% population)</th>
<th>Very common (&gt;25% population)</th>
<th>Don’t Know</th>
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<tbody>
<tr>
<td>Depression</td>
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<td>Anxiety</td>
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<td>Drug addiction</td>
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<td>Peri-natal mental health issues</td>
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4) How would you rank the following as common causes of mental health problems in young adults (18-25 years) in your community?

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<th></th>
<th>Extremely important</th>
<th>Very Important</th>
<th>Moderately Important</th>
<th>Less important</th>
<th>Not important at all</th>
<th>Don’t Know</th>
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<tbody>
<tr>
<td>Family issues</td>
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<td>Income and job related</td>
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<tr>
<td>Social instability</td>
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<td>(war and internal disruption)</td>
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<tr>
<td>Cultural issues</td>
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<tr>
<td>Drugs</td>
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</table>
5) **In general, mental health issues more common in:**

- [ ] Men
- [ ] Women
- [ ] Both
- [ ] Don’t know

Reasons (if you wish to describe)

6) **Do you think that mental health problems are treatable?**

- [ ] Yes
- [ ] No
- [ ] May be
- [ ] Don’t know
Section IV: Attitude and Practices about Mental Health:

7) Do you think that the people with Mental health problems have a legitimate health issue?
   - Yes  - No  - May be  - Don’t know

8) Do you consider patients with mental health issues as dangerous?
   - Yes  - No  - May be  - Don’t know

9) Would you accept a friend or a coworker having a mental health problem?
   - Yes  - No  - May be  - Don’t know

10) If yes how could they be treated?

11) Would you be willing to deal with people at your health facility with mental health problems?
   - Yes  - No  - May be  - Don’t know

12) How do families respond to a relative with mental health problems? (Multiple answers allowed)
   - Discrimination  - Stigmatization  - Social exclusion  - Helpful behavior  - none of these

13) How does the community respond to people with mental health problems? (Multiple answers allowed)
   - Discrimination  - Stigmatization  - Social exclusion  - Helpful behavior  - none of these

14) How should families respond to relatives with mental health problems? (Tick all that apply)
   - They should seek advice or assistance from a health care provider
   - They should keep the illness secret in order to avoid shame or embarrassment
   - They should try to support to the relative with a mental health issue
   - They should ignore it and hope that it goes away
   - They should tell the relative to act more normally
   - Other suggestions __________________________________________________________

15) What should be the community’s response to mental health problems? (Multiple answers allowed)
   - Listen to problems
   - Create awareness that mental health issues are treatable
   - Social inclusion
   - Helpful behavior
   - Do nothing
   - Isolate the person
   - Send the person to Jail or keep him/her locked
   - Encourage the person to self-refer / see a CHW / physician?
Section V: Response to Mental Health problems:

1) How important is it to inform the following people about the common mental health problems?

<table>
<thead>
<tr>
<th></th>
<th>Extremely important</th>
<th>Important</th>
<th>Neither Important nor unimportant</th>
<th>Unimportant</th>
<th>Extremely unimportant</th>
<th>Don't Know</th>
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<td>Doctors</td>
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<td>Community Health Workers</td>
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<td>Religious Leaders</td>
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2) How important are the following sources of information for improving awareness about mental health in the community?

<table>
<thead>
<tr>
<th></th>
<th>Extremely important</th>
<th>Important</th>
<th>Neither Important nor unimportant</th>
<th>Unimportant</th>
<th>Extremely unimportant</th>
<th>Don't Know</th>
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</table>

3) How important are the following sources of information for improving awareness about mental health for young adults (Age 18-25 years)?

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<th>Extremely important</th>
<th>Important</th>
<th>Neither Important nor unimportant</th>
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<tr>
<td>Family</td>
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4) How can the health providers (like you) contribute to improving health awareness about mental health in young adults (Multiple responses allowed)
- Screenings
- Health promotion in general community
- Creating awareness in high-risk cases
- Counseling of high-risk cases
- Don’t Know
- Others

5) What is the most important way in which the health providers (like you) could contribute to identifying people with mental health conditions in the community
- Counseling
- Home visits
- Having screening programs
- Referring to a specialist
- Don’t Know
- Others

6) What is the most important way in which health providers (like you) could reduce mental health problems in the community (Please select one)
- Improving awareness in the community
- Timely reporting of probable cases
- Having regular screening programs
- Diagnosing and treating the patients
- Referring patients to next level facility
- Others

7) What is the most important way in which health providers (like you) could contribute to improving referrals of young adults with mental illnesses
- Timely reporting of probable cases
- Home visits
- Having regular screening programs
- Others

8) What is the most important way in which the health facility could better respond to the mental health problems (Please select one)
- Training of healthcare providers on mental health issues
- Counseling services at the facility
- Having screening programs
- Diagnosis and Treatment of patients
- Referral facilities
- Other suggestions
Section VI: Use of Mobile Phones:

1) What proportion of young people (18-25 years) in your community possess mobile phones?
   - Hardly anyone
   - <25%
   - 25-50%
   - >50%
   - Almost everyone

2) Do you have a personal mobile phone?
   - Yes
   - No

3) Do you use a mobile phone for collecting or reporting health information?
   - Yes
   - No
   - Not applicable

4) How comfortable are you sending routine health data (currently collected on paper forms) through mobile phones?
   - I am comfortable
   - I am not
   - Comfortable
   - I do not have a mobile phone
   - Don’t know

5) How comfortable are you using mobile phones for receiving more information about identifying and treating mental health conditions?
   - I am comfortable
   - I am not
   - Comfortable

6) What could be the key benefits of using text messaging for health awareness about mental health?
   - Getting new information regarding mental health issues
   - Understanding treatment of mental health issues
   - Knowing where treatment centers for mental health issues are located
   - Others

7) What could be the disadvantages of using mobile phones for health awareness for mental health?
   - Socially not acceptable
   - No/poor signal in our village
   - Mobile cell phones cannot provide health information
   - No disadvantage
   - Don’t Know

8) If available, would you use mobile phones to get more information about other health problems?
   - Yes
   - No
   - May be
   - Don’t know

9) If yes, which health problems? (Multiple answers allowed)
   - Not applicable
   - Normal illnesses like fever, flu, cough
   - Pregnancy related information
   - Adolescent health issues
   - Emergency
   - Others (give examples)