## 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) For how long have you worked as a CHW?
- □ Less than 1 year
- □ 1-3 years
- □ 3-5 years
- □ 5-8 years
- □ more than 10 years

7) What is the population in your coverage area?
- □ 5,000-10,000
- □ 10,000-15,000
- □ 15,000-20,000
- □ more than 20,000
- □ Don’t know

8) How many Health Care Workers are there in your area?
- □ 2-5
- □ 5-8
- □ 8-10
- □ 10-15
- □ 15-20
- □ Don’t Know

9) Which Health Facility do you report to?
**Section II: Current Health Services:**

1) **What routine services are available in your community?**
   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
- [ ] 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 from the community? (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 community? (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) In your community, people in which specified age-group use the listed mental health services the most? (Mark one box in each row)

<table>
<thead>
<tr>
<th>Service</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>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling for family problems</td>
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<tr>
<td>Counseling for addiction issues</td>
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<tr>
<td>Treatment of addiction-related problems</td>
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<tr>
<td>Treatment of perinatal mental health issues</td>
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<tr>
<td>Treatment of psychotic disorders</td>
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<tr>
<td>Treatment of Mood/Anxiety disorders</td>
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<td>Referral services</td>
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<td>Others</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Women</th>
<th>Men</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling for family problems</td>
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<td></td>
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<tr>
<td>Counseling for addiction issues</td>
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<tr>
<td>Treatment of addiction-related problems</td>
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<tr>
<td>Treatment of perinatal mental health issues</td>
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<tr>
<td>Treatment of psychotic disorders</td>
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<tr>
<td>Treatment of Mood/Anxiety disorders</td>
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<tr>
<td>Referral services</td>
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<tr>
<td>Others</td>
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</tbody>
</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>Mental Health Problem</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>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
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<tr>
<td>Anxiety</td>
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<tr>
<td>Drug addiction</td>
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<tr>
<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>Mental Health Problem</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>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
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<tr>
<td>Anxiety</td>
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<tr>
<td>Drug addiction</td>
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<tr>
<td>Peri-natal mental health issues</td>
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</tbody>
</table>

4) How would you rank the following as common causes of mental health problems in young adults (18-25 years) in your community?

<table>
<thead>
<tr>
<th>Cause</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>
</tr>
</thead>
<tbody>
<tr>
<td>Family issues</td>
<td></td>
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<tr>
<td>Income and job related</td>
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<tr>
<td>Social instability (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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</tbody>
</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 in the community 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>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
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<tr>
<td>Community</td>
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<td>Government</td>
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<td>Hospitals</td>
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<tr>
<td>Doctors</td>
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<tr>
<td>Community Health Workers</td>
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<tr>
<td>Religious Leaders</td>
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</table>

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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</thead>
<tbody>
<tr>
<td>Hospitals</td>
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<td>Government</td>
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<td>Doctors</td>
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<tr>
<td>Community Health Workers</td>
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<td>Religious Leaders</td>
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<td>Internet</td>
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<tr>
<td>Mobile Phones</td>
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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)?

<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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</thead>
<tbody>
<tr>
<td>Family</td>
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<tr>
<td>Community</td>
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<td>Friends</td>
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<td>Hospitals</td>
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<td>Government</td>
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<td>Doctors</td>
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<td>Community Health Workers</td>
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<td>Religious</td>
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</table>
4) How can CHWs 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 CHWs 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 CHWs 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 CHWs 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
   - Adolescent health issues
   - Pregnancy related information
   - Emergency
   - Others (give examples)