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

Survey Questionnaire for Community
To be conducted with young adults (18-25 years) years of age in both Intervention and Control sites

Section I: General Information

1) To which age group do you belong?
   - [ ] 18-19 years
   - [ ] 20-22 years
   - [ ] 23-24 years
   - [ ] 25 years or older
   - [ ] Not Sure

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) Are you currently working?
   - [ ] Yes
   - [ ] No

6) If Yes, what is your Current Occupation?: ____________________________

7) 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

8) Number of people in the your household (including you):
   - [ ] Less than 4 people
   - [ ] 4-6
   - [ ] 7-8
   - [ ] 9-10
   - [ ] more than 10

9) What type of structure does your house have?
   - [ ] Mud/Tin
   - [ ] Wooden
   - [ ] Bricked
   - [ ] Other ____________________________

10) How many rooms does your house have?
    - [ ] 2 Rooms
    - [ ] 3-4 Rooms
    - [ ] 5-6 Rooms
    - [ ] 7-9 Rooms
    - [ ] more than 10 Rooms
Section II: Access to Health Care:

1) How far away is the closest health facility?
   - [ ] Within 1-5 km
   - [ ] within 5 -10 km
   - [ ] within 10-15 km
   - [ ] within 15-20 km
   - [ ] more than 20 km

2) Are community health workers available to you?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know

3) In the past one month, how often have you consulted a Community health worker (including regular home visits by the CHWs)?
   - [ ] Every 1-2 days
   - [ ] Every 3-6 days
   - [ ] Once a Week
   - [ ] less than once a week
   - [ ] Not at all

4) In the past one month, how often have you visited a health facility?
   - [ ] Every 1-2 days
   - [ ] Every 3-6 days
   - [ ] Once a Week
   - [ ] less than once a week
   - [ ] Not at all

5) What health problems do you seek help for? Please describe:

6) What types of health providers are present in your community? (multiple answers acceptable)
   - [ ] Government Basic Health Centre
   - [ ] Government Hospitals
   - [ ] Private doctors and hospitals
   - [ ] others (NGO hospitals)
   - [ ] non allopathic (Hakim)
   - [ ] Don’t Know

7) In the case of illness, which health facility would you go?
   - [ ] Government Basic Health Centre
   - [ ] Government Hospitals
   - [ ] Private doctors
   - [ ] Private hospitals
   - [ ] others (NGO hospitals)
   - [ ] non allopathic (Hakim)

8) Please indicate your preference for each of the following sources of health information? (Mark one box in each row)

<table>
<thead>
<tr>
<th></th>
<th>Highly preferred</th>
<th>Preferred</th>
<th>Not Preferred</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Health Workers</td>
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<tr>
<td>Private doctors</td>
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<tr>
<td>non allopathic (Hakim)</td>
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<tr>
<td>Friends</td>
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<td>Family</td>
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<tr>
<td>Internet</td>
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<tr>
<td>others (NGO, hospitals)</td>
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</tbody>
</table>
Section III: Awareness about Mental health:

1) Do you think that mental health problems, such as depression and anxiety 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 importance of the following 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>
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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)

__________________________________________________________________________________
Section IV: Attitude and Practices about Mental Health:

1) In your experience, which statements describes people’s typical perception of mental health problems in your community? (Multiple answers allowed)

- people with mental health problems have a legitimate medical problem
- people with mental health problems usually have addiction problems too
- people with mental health problems have less will power
- Mental health problems are not treatable
- Mental health problems are treatable
- Mental health problems cause people to be dangerous

2) How do families generally respond to a relative with mental health problems? (Multiple answers allowed)

- Discrimination
- Stigmatization
- Social exclusion
- Helpful behavior
- none of these

3) How does the community generally respond to people with mental health problems? (Multiple answers allowed)

- Discrimination
- Stigmatization
- Social exclusion
- Helpful behavior
- none of these

4) Do you think that mental health problems are generally treatable?

- Yes
- No
- May be
- Don’t know

If yes how could they be treated?

5) 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

6) 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>Doctors</td>
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<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>
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<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)?

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<tr>
<th></th>
<th>Extremely important</th>
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Health Workers

Religious Leaders

4) 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

5) 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) How comfortable are you receiving health information through mobile phones?
   - I am comfortable
   - I am not comfortable
   - I do not have a mobile phone
   - Don't know

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

5) What could be the disadvantages of using mobile phones for health awareness for mental health?
   - Socially not acceptable
   - No signal in our village
   - Mobile phones cannot provide treatment
   - No disadvantage
   - Don't know

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

7) 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)