

# Baseline Malawi Mental Health

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## Section 1. Location

### 1.1 intro\_instruction

Section 1: Welcome to the 2013 GCC baseline study. This first section will collect some data about the location of the respondent. Please push Next to continue.

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### 1.2 district

District

Expects a single option response (required)

è Lilongwe [1]

è Salima [2]

è Mchinji [3]

è Nkhokakota [4]

è Dedza [5]

è Kasungu [6]

---

Prerequisites

Skip when *district (1.2)* Not Equal 'Nkhokakota [4]'

### 1.3 district\_other

Please enter the name of the district.

Expects a single line text response (required)

### 1.4 Name village

Type the name of the village where the respondent lives

Expects a single line text response (required)

## Section 2. About Respondent

### 2.1 about\_instruction

Section 2: This section will gather information about the person being interviewed. Please push Next to continue.

---

### 2.2 Phone number

Please enter the respondent's phone number. If the respondent does not have a phone, skip to the next question

Expects a phone number (optional)

### 2.3 sex

Sex

Expects a single option response (required)

Male [1]

Female [2]

---

### 2.4 age

Age (please enter a number, estimate if the person does not know)

Expects a numeric response (required)

### 2.5 education\_level

Level of education. Please enter the highest level COMPLETED by the respondent.

Expects a single option response (required)

Primary [1]

Secondary [2]

Tertiary (post-secondary) [3]

Adult Literacy [4]

None [0]

---

### 2.6 What month were you born

Select the month the respondent was born in

Expects a single option response (required)

January [January]

February [February]

March [March]

April [April]

May [May]

June [June]

July [July]

August [August]

September [September]

October [October]

November [November]

December [December]

I don't know [I don't know]

---

**2.7 older brothers**

How many older brothers do you have?

Expects a numeric response (required)

**2.8 older sisters**

How many older sisters do you have?

Expects a numeric response (required)

**2.9 respondent category**

Please select the respondent type

Expects a single option response (required)

- Student [1]
- Teacher [2]
- Counselor [3]
- Youth club member [4]
- Church Leader [5]
- Police Officer [6]
- Radio Broadcaster [8]
- Other [9]

Prerequisites

Skip when *respondent category (2.9)* Not Equal 'Other [9]'

**2.10 respondent category other**

If the respondent answered other for the previous category, please type his/her profession here

Expects a single line text response (required)

**2.11 income**

What are your main sources of income? (select all that apply)

Expects multiple selected options (required)

- Sale of farm produce [1]
- Occasional labour [2]
- Regular waged job [3]
- Gifts from family members living overseas [4]
- Gifts from family members from within Malawi [5]
- Non farm small-scale business [6]
- Other [0]

Prerequisites

Skip when *income (2.11)* Excludes 'Other [0]'

**2.12 source income other**

Please enter source of income

Expects a single line text response (required)

## Section 3. Knowledge

### 3.1 knowledge assessment

Section 3: This section includes questions related to knowledge about Depression. Tell respondents that there is nothing gained by guessing and that I don't know is an honest response if they are unsure. Push Next to continue

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### 3.2 word for Depression

Explain what we mean by Depression. Give an explanation. Ask the respondent what they would call this issue in Chichewa and make a note in your book.

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### 3.3 cause

Mental illnesses are often caused by evil spirits or happen as a result of God's intervention

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.4 recovery

Most people who have a mental illness will not get well

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.5 violent crime

Most people who have a mental illness are violent and likely to commit terrible crimes

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.6 curse

Many people with a mental illness have had someone put a curse on them.

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.7 onset

Mental illness usually begins when someone is an adult

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-

### 3.8 population affected

Mental illnesses affect about 15% of the world's population

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.9 witchcraft

Mental illnesses can be caused by witchcraft

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.10 medicine

Most medicines used to help people with mental illness usually make the person more sick

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.11 poverty

Most mental illnesses are due to poverty

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.12 depression common

Depression is a common type of mental illness

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.13 brain function

Mental illnesses are the result of problems with the functioning of the brain

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.14 prevention

Most mental illnesses can be prevented by good food, exercise, hard work, moral behaviour or positive attitude

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-

### 3.15 hemp

Smoking hemp causes most mental illnesses

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.16 useful treatments

Useful treatments for Depression and other mental illnesses include some medications and psychological treatments like counseling

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.17 effective treatments

Effective treatments for Depression include: going to church, prayer, getting a potion from a traditional healer

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.18 depression feelings

Depression is an illness that is frequently characterized by feelings of hopelessness, lack of interest in things, lack of pleasure and problems with sleeping

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.19 overcome Depression

Most people who have Depression can just get out of it if they try really hard

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.20 suicide

Some people with Depression will think that life is not worth living and even consider suicide

Expects multiple selected options (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.21 girls vs boys

Depression happens more commonly in girls than boys

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-

**3.22 positive attitude**

Depressed people do not need medicines or therapy; they just need to work harder and develop a more positive attitude to life

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.23 weak people**

Most people who get Depression are weak and cannot be successful

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.24 controlling moods**

A person's brain can develop problems in controlling moods and that can lead to Depression

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.25 SSRIs**

Medicines called Fluoxetine can be very helpful in treating people who have Depression

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.26 factor suicide**

Depression is never a factor in suicide in young people

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.27 unlikely to get better**

People who have Depression are unlikely to get better, even if they can be helped by a health professional who knows how to diagnose and treat Depression

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

**3.28 school and friends**

People who have Depression can have trouble doing well at school and may withdraw from their friends

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-

### 3.29 physical symptoms

People who have Depression can often experience many symptoms such as headaches, pain, stomachaches and feeling tired. There can be no physical explanation for these symptoms.

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.30 life stress

Depression is usually caused by a common stress in someone's life, such as breaking up with a boyfriend/girlfriend, doing poorly at school or having a fight with their parents

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.31 psychological treatments

Psychological treatments such as counseling are not very helpful for young people who have Depression

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.32 mild depression

A person can have a mild case of Depression and not know they have a mental illness

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.33 medical illness

Depression is a medical illness just like diabetes or heart disease is a medical illness

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.34 avoid friends

Young people who develop a Depression should avoid their friends as much as possible

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 3.35 trusted teacher

A trusted teacher can be a big help to a student who is experiencing a Depression

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-



**3.36 live in city**

The young people who have the greatest risk for developing Depression are those that live in a city and who work in stressful jobs

Expects a single option response (required)

Yes [1]

No [2]

I don't know [3]

---

**3.37 negative thoughts**

People who have Depression often have negative and incorrect thoughts about their past, their present and their future

Expects a single option response (required)

Yes [1]

No [2]

I don't know [3]

---

## Section 4. Attitudes

### 4.1 Introduction to Section 4

Section 4: This section contains questions related to attitudes about Depression. Tell respondents to choose how strongly they agree or disagree with the statement: strongly agree; somewhat agree; neither agree nor disagree; somewhat disagree; strongly disagree. For each question, repeat the 5 possible responses. Push Next to continue

---

### 4.2 locked up

People who have a mental illness should be locked up for the safety of the community

Expects multiple selected options (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

### 4.3 attend school

People who have a mental illness should not go to school

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

### 4.4 govern country

People who have a mental illness should not be relied on to govern the country

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

### 4.5 act bizarrely

It is easy to tell when someone has a mental illness because they act in a strange and bizarre way

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
-

#### 4.6 friend with illness

If I had a friend with a mental illness I would do what I could to help him/her

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

#### 4.7 welcomed in home

People who have a mental illness are welcomed in my home and in my church

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

#### 4.8 productive life

Most people who have a mental illness can live a positive and productive life with proper treatment

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

#### 4.9 drive a car

People who have a mental illness should not be allowed to drive a car

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
- 

#### 4.10 medical attention

People with a physical illness should receive medical attention BEFORE someone with a mental illness

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
-

#### 4.11 schools and health centers

Schools and health centers have an important role to play in identifying people who may have a mental illness

Expects a single option response (required)

- strongly agree [1]
  - somewhat agree [2]
  - neither agree nor disagree [3]
  - somewhat disagree [4]
  - strongly disagree [5]
-

## Section 5. Practices

### 5.1 Section 5 instructions

Section 5: This section includes questions related to health practices. Tell respondents that there is nothing gained by guessing and that I don't know is an honest response if they are unsure. Push Next to continue

---

### 5.2 need help\_health

At some point in the past 6 months I thought that I may need help for problems with my health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 5.3 need help\_mental health

At some point in the past 6 months I thought that I may need help for problems with my mental health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 5.4 seek care\_health

At some point in the past 6 months I went to get help for problems with my health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 5.5 seek care\_mental health

At some point in the past 6 months I went to get help for problems with my mental health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 5.6 other need help\_health

At some point in the past 6 months I thought that someone I know may need help for problems with their health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
- 

### 5.7 other need help\_mental health

At some point in the past 6 months I thought that someone I know may need help for problems with their mental health

Expects a single option response (required)

- Yes [1]
  - No [2]
  - I don't know [3]
-

**5.8 advise other\_health**

At some point in the past 6 months I told someone I know that they should get help for problems with their health

Expects a single option response (required)

Yes [1]

No [2]

I don't know [3]

---

**5.9 advise care\_mental health**

At some point in the past 6 months I told someone I know that they should get help for problems with their mental health

Expects a single option response (required)

Yes [1]

No [2]

I don't know [3]

---

## Section 6. Radio Listening Practices and Preferences

### 6.1 radio\_instruction

Section 6: The following section contains questions relating to radio listening practices. Push Next to continue.

---

### 6.2 radio\_listening

Do you listen to the radio?

Expects a single option response (required)

- Yes [1]
  - No [2]
- 

### 6.3 radio\_at\_home

Do you have access to a radio at home?

Expects a single option response (required)

- Yes [1]
  - No [2]
- 

Prerequisites

Skip when *radio\_listening (6.2)* Equals 'No [2]'

### 6.4 frequency

How often do you listen to the radio?

Expects a single option response (required)

- Daily [1]
  - At least 3 times/week [2]
  - Once or twice a week [3]
  - Less than weekly [4]
  - Seldom [5]
- 

Prerequisites

Skip when *radio\_listening (6.2)* Equals 'No [2]'

### 6.5 device

What do you listen to the radio on?

Expects a single option response (required)

- My own radio [1]
  - The family radio [2]
  - A friend's radio [3]
  - Mobile phone [4]
  - Internet [5]
  - Other [6]
- 

Prerequisites

Skip when *device (6.5)* Not Equal 'Other [6]'

### 6.6 device\_other

If the respondent answered other for the previous question, please ask what device he/she uses to listen to the radio and type the answer here

Expects a single line text response (required)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

#### 6.7 radio\_listening\_time

Please select the best times of day for you to listen to the radio. You may select more than one response

Expects multiple selected options (required)

- weekday morning [1]
- weekday afternoon [2]
- weekday evening [3]
- weekday late evening [4]
- weekend morning [5]
- weekend afternoon [6]
- weekend evening [7]
- weekend late evening [8]

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

#### 6.8 radio\_listening\_group

Do you belong to a group that listens to the radio together?

Expects a single option response (required)

- Yes [1]
- No [2]

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

#### 6.9 radio\_formats favourite

Please select your favourite type of radio program

Expects multiple selected options (required)

- News [1]
- Drama [2]
- Music [3]
- Documentaries [4]
- Phone-ins [5]
- Sports [6]
- Magazine [7]
- Current affairs [8]
- Sermons [9]
- Other [10]

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'  
Skip when *radio\_formats favourite (6.9)* Includes 'Other [10]'

#### 6.10 radio\_formats\_other

Please specify the other preferred program formats.

Expects a single line text response (required)



Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.11 radio\_duration**

What is your preferred duration for a radio program?

Expects a single option response (required)

- 15 min [1]
  - 20 min [2]
  - 30 min [3]
  - 1 hour [4]
  - More than 1 hour [5]
- 

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.12 favourite station**

What is your favourite radio station?

Expects a single line text response (required)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.13 second favourite station**

What is your second favourite radio station? (Skip if the respondent does not have a second favourite station)

Expects a single line text response (optional)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.14 favourite radio show**

What is your favourite radio show?

Expects a single line text response (required)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.15 second favourite radio show**

What is your second favourite radio show? (Skip when respondent does not have a second favourite radio show)

Expects a single line text response (optional)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.16 Favourite presenter**

Who is your favourite radio presenter?

Expects a single line text response (required)

---

Prerequisites  
Skip when *radio listening (6.2)* Equals 'No [2]'

**6.17 second favourite presenter**

Who is your second favourite radio presenter? (Skip if respondent does not have a second favourite radio presenter)

Expects a single line text response (optional)

---

Prerequisites

Skip when *radio listening (6.2)* Equals 'No [2]'

**6.18 Favourite music**

What is your favourite type of music to listen to on the radio?

Expects a single line text response (required)

Prerequisites

Skip when *radio listening (6.2)* Equals 'No [2]'

**6.19 Second favourite music**

What is your second favourite type of music to listen to on the radio? (Skip if respondent does not have a second favourite type of music to listen to on the radio)

Expects a single line text response (optional)

**6.20 use mobile**

Do you use a mobile phone?

Expects a single option response (required)

Yes [1]

No [2]

**6.21 own mobile**

Do you own a mobile phone?

Expects a single option response (required)

Yes [1]

No [2]

Prerequisites

Skip when *use mobile (6.20)* Equals 'No [2]'

**6.22 type phone**

What type of phone is it?

Expects a single option response (required)

Ordinary 2G [1]

Smartphone [2]

I don't know [3]

Other [4]

Prerequisites

Skip when *type phone (6.22)* Not Equal 'Other [4]'

Skip when *use mobile (6.20)* Equals 'No [2]'

**6.23 phone type other**

Please indicate what type of phone you have

Expects a single line text response (required)

Prerequisites  
Skip when *use mobile (6.20)* Equals 'No [2]'

#### 6.24 phone use

What do you use your phone for? (Select all that apply)

Expects multiple selected options (required)

- Making and receiving phone calls [1]
  - Sending and receiving SMS [2]
  - Facebook [3]
  - Shopping/buying [4]
  - Sending/receiving money [5]
  - Twitter [6]
  - Internet searches [7]
  - Using apps [8]
  - Other [9]
- 

Prerequisites  
Skip when *phone use (6.24)* Excludes 'Other [9]'  
Skip when *use mobile (6.20)* Equals 'No [2]'

#### 6.25 phone other

What other things do you use your phone for?

Expects a single line text response (required)

Prerequisites  
Skip when *phone use (6.24)* Excludes 'Using apps [8]'  
Skip when *use mobile (6.20)* Equals 'No [2]'

#### 6.26 Phone apps

Which apps do you use on your phone?

Expects a single line text response (required)

Prerequisites  
Skip when *use mobile (6.20)* Equals 'No [2]'

#### 6.27 phone use frequency

How often do you use your mobile phone for calling people?

Expects a single option response (required)

- Hourly [1]
  - Daily [2]
  - 2-3 times/week [3]
  - Weekly [4]
  - Rarely [5]
- 

Prerequisites  
Skip when *use mobile (6.20)* Equals 'No [2]'

#### 6.28 text frequency

How often do you use your mobile phone for SMS?

Expects a single option response (required)

- Hourly [1]
  - Daily [2]
  - 2-3 times/week [3]
  - Weekly [4]
  - Rarely [5]
-

Prerequisites  
Skip when *use mobile* (6.20) Equals 'No [2]'

**6.29 social network phone frequency**

How often do you use your mobile phone for social networking?

Expects a single option response (required)

- Hourly [1]
  - Daily [2]
  - 2-3 times/week [3]
  - Weekly [4]
  - Rarely [5]
  - Never [6]
- 

Prerequisites  
Skip when *use mobile* (6.20) Equals 'No [2]'

**6.30 phone use frequency Internet**

How often do you use your mobile phone for searching the Internet?

Expects a single option response (required)

- Hourly [1]
  - Daily [2]
  - 2-3 times/week [3]
  - Weekly [4]
  - Rarely [5]
  - Never [6]
- 

Prerequisites  
Skip when *use mobile* (6.20) Equals 'No [2]'

**6.31 phone spending**

How much money (kwacha) do you spend per week on using your mobile phone?

Expects a decimal response (required)

**6.32 personal problems**

If you had a personal problem you wanted to discuss with someone you trust, who would you go to? Please select all that apply

Expects multiple selected options (required)

- Best friend [1]
  - Boyfriend/girlfriend [2]
  - Mother [3]
  - Father [4]
  - Brother or sister [5]
  - Other family member [6]
  - Village headman [7]
  - Teacher [8]
  - Health care worker [9]
  - No one [10]
  - Pastor [11]
  - Peer group leader [12]
  - Other [13]
-

Prerequisites

Skip when *personal problems (6.32)* Excludes 'Other [13]'

**6.33 personal problems other**

Please indicate who else you would discuss personal problems with

Expects a single line text response (required)

## Section 7. Photo and Closing

### 7.1 photo\_instruction

Section 7: The next question will ask you to take a photo of the respondent with the phone. Make sure you have enough light! Also, please ask if it is okay to use their photo for Farm Radio publications and reports in the future. If they do not give you this permission, DO NOT take their photo.  
\*Also be sure to take some photos with your normal camera and outside of Moberzi to get some high resolution shots! Push Next to continue.

---

### 7.2 photo

Now, please take a photo of the respondent. Options->Take photo-> push button to take photo

Expects an image response (optional)

---

### 7.3 9\_GPS

If your phone is GPS enabled (Nokia E5) please enter the GPS location. You may need to click Options->Get Location

Expects a latitude and longitude coordinate (optional)

---

### 7.4 end

THE END! Please thank the respondent for their time and let them know that their participation will help us with our program to improve mental health among young people in Malawi. Please press next to end the survey.

---