

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

### Survey Questionnaire for Community Health Workers

To be conducted with Community-based Health workers in both Intervention and Control Sites

#### **Section 1: General Information**

1) To which age group do you belong?

< 20 years  20-29years  30-39 years  40-49 years  50 years or more

2) What is your Gender?

Male  Female

3) Which Village/Town do you live?

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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 (Madrasa)  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?

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## **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 \_\_\_\_\_

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**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)**

	8-18 years	18-25 years	25-40 years	40-60 years	60 years and older	Don't Know
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						
Others						

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

	Women	Men	Don't know
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			
Others			

### **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?

	Not seen at all	Present, but not common (<10% population)	Moderately common (10-25% population)	Very common (>25% population)	Don't Know
Depression					
Anxiety					
Drug addiction					
Peri-natal mental health issues					

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

	Not seen at all	Present, but not common (<10% population)	Moderately common (10-25% population)	Very common (>25% population)	Don't Know
Depression					
Anxiety					
Drug addiction					
Peri-natal mental health issues					

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

	Extremely important	Very Important	Moderately Important	Less important	Not important at all	Don't Know
Family issues						
Income and job related						
Social instability (war and internal disruption)						
Cultural issues						
Drugs						

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**5) In general, mental health issues more common in:**

Men       Women       Both       Don't know

Reasons (if you wish to describe)

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**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?

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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?

	Extremely important	Important	Neither Important nor unimportant	Unimportant	Extremely unimportant	Don't Know
Family						
Community						
Government						
Hospitals						
Doctors						
Community Health Workers						
Religious Leaders						

2) How important are the following sources of information for improving awareness about mental health in the community?

	Extremely important	Important	Neither Important nor unimportant	Unimportant	Extremely unimportant	Don't Know
Hospitals						
Government						
Doctors						
Community Health Workers						
Religious Leaders						
Internet						
Mobile Phones						

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

	Extremely important	Important	Neither Important nor unimportant	Unimportant	Extremely unimportant	Don't Know
Family						
Community						
Friends						
Hospitals						
Government						
Doctors						
Community Health Workers						
Religious						

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Leaders						
Internet						
Mobile Phones						

**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
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**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
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**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
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**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

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## **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

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**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)
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