

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)

	Highly preferred	Preferred	Not Preferred	Not Applicable
Community Health Workers				
Private doctors				
non allopathic (Hakim)				
Friends				
Family				
Internet				
others (NGO, hospitals)				

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?

	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 importance of the following 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						

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?

	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						

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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 cannot provide treatment No signal in our village Mobile phones 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)
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