

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

Survey Questionnaire for Facility based Health Providers

To be conducted with Health Providers 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?

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) In what capacity do you work at the health facility?

Specialist doctor General Practitioner Nurse Midwife
 Health promotion expert/Advisor Other _____

7) For how long have you worked in your current capacity?

Less than 1 year 1-3 years 3-5 years 5 -8 years more than 10 years

8) What is the population in your coverage area?

Less than 15,000 15,000-20,000 more than 20,000
 Don't know

9) How many Health Care Workers are there at your health facility?

2-5 5-8 8-10 10-15 15-20 Don't Know

10) Which Health Facility do you work at?

Section II: Current Health Services:

1) What routine services are available at your health facility?

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
 Health facility visit 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 at your health facility? (Multiple responses acceptable)

- Demographic data Communicable diseases Maternal and Child health non-communicable diseases mental health Other _____

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6) Which routine services specific to mental health are available in your facility? (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) At your health facility, 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) At your health facility, 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						

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 at your health facility 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 the health providers (like you) 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 the health providers (like you) 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 health providers (like you) 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 health providers (like you) 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)