Community Informant Detection Tool [CIDT]

1. Aims and objectives

The Community Informant Detection Tool (CIDT) is a procedure of pro-active case-finding of people with probably mental health problems and subsequently to promote help seeking. The CIDT consists of contextualized vignettes and associated pictures to facilitate recognition by lay people. The rationale behind the strategy is that briefly trained community members that are intimately familiar with the community, are especially well-placed and capable to identify people in need of care. Research into the accuracy of the CIDT confirms this.

2. Administration

The CIDT procedure is used by community informants briefly trained in the essentials of public mental health care, the use of the procedure and the related ethical considerations. In their routine daily activities and tasks, the community informants aim to gauge the extent to which people match paragraph-long vignettes (aided with pictures) using a simple 5-point scale. If the community informant believes that a person in the community has significant features of the description (i.e. the person fits well with, or exemplifies, the description), then the informant answers two additional questions: one on whether the identified individual is perceived to have impaired daily functioning and a second question on whether the person would want support in dealing with these problems. In case of significant matching and a positive response to at least one of the additional questions, the community informant will encourage the person (possibly through their family) to seek help in a health facility where mental health services are being offered, and where caseness can be confirmed by a trained health professional. No stigmatizing labels or psychiatric terminology is used to label the person, and encouragement for help-seeking is targeted to specific observable behaviors and/or signs of distress.

3. Acknowledgment

Jordans, M.J.D., Kohrt, B.A., Luitel, N.P., Komproe, I.H., Lund, C. (2014).

Example CIDT format, translated into English from Nepali original

Name: | **Location:**

Depression

Since the last Dashain festival, Ram Bahadur looks reallydown and sad. It seemed to have started when his wife died. Nowadays, along with the loss of interest in his work, he doesn't feel like doing anything, not even taking care of his baby son. These days, as he cannot fall asleep at night and has difficulty sleeping, he feels weakand fatigue. He has started to get angry and irritated with his family and friends even abouttrivialmatters. As he feels easily tired and weak, he has started thinking that he cannot do anything in his life. Since past few days, he has started feeling that his future is dark, because of which he does not want to live or feels that his life is useless. For 5 months he has hardly worked on the field anymore, he just sits at home all day.

Referred by (Name): _____

☐ Teacher   ☐ Mother's Group   ☐ Traditional Healer   ☐ FCHV

OBSERVATION

Circle the symptoms you have observed in the person
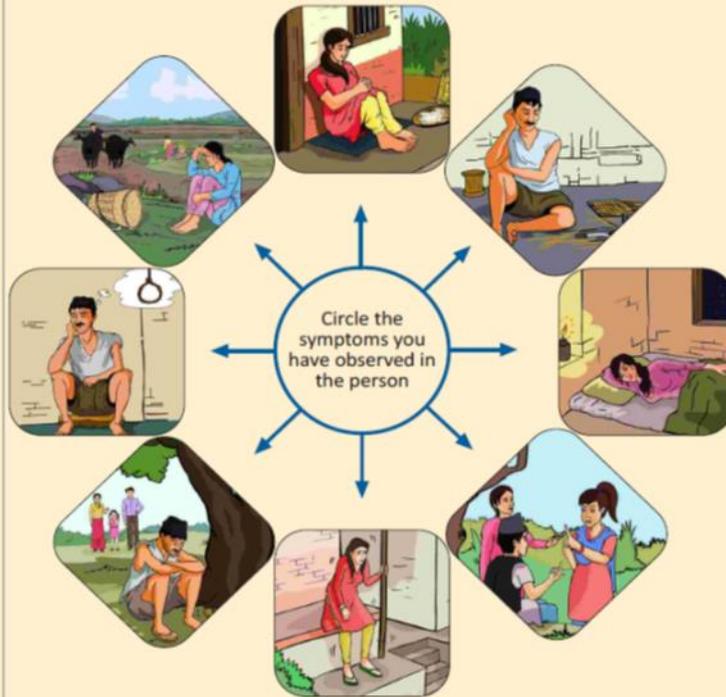
QUESTIONS

A1. Does this narrative apply to the person you are talking to now?

- No match (description does not apply) .... 1 } **Finished**

- Moderate match (person has significant features of this description) 2
- Good match (description applies well) .... 3 } **Go to A2/A3**
- Very good match (person exemplifies description, prototypical case) 4

A2. Do the problems have a negative impact on daily functioning?
- No 1
- Yes 2

A3. Does this person want support in dealing with these problems?
- No 1
- Yes 2

Results (Total score of items A1, A2 and A3):

Jordans, M.J.D., Kohrt, B.A., Luitel, N.P., Komproe, I.H., Lund, C. (2014).