

Narrative approaches for community detection of mental health problems in Chitwan, Nepal

Prasansa Subba

Transcultural Psychosocial Organization Nepal

General Mental Health Situation

- Gap between mental health needs and resources
- Undetected and untreated problems (Moshki, et al., 2014)

Mitigating the gap

- Integration of mental health in primary health care settings
- Programme for improving mental health care (PRIME)

SUPPLY- SIDE

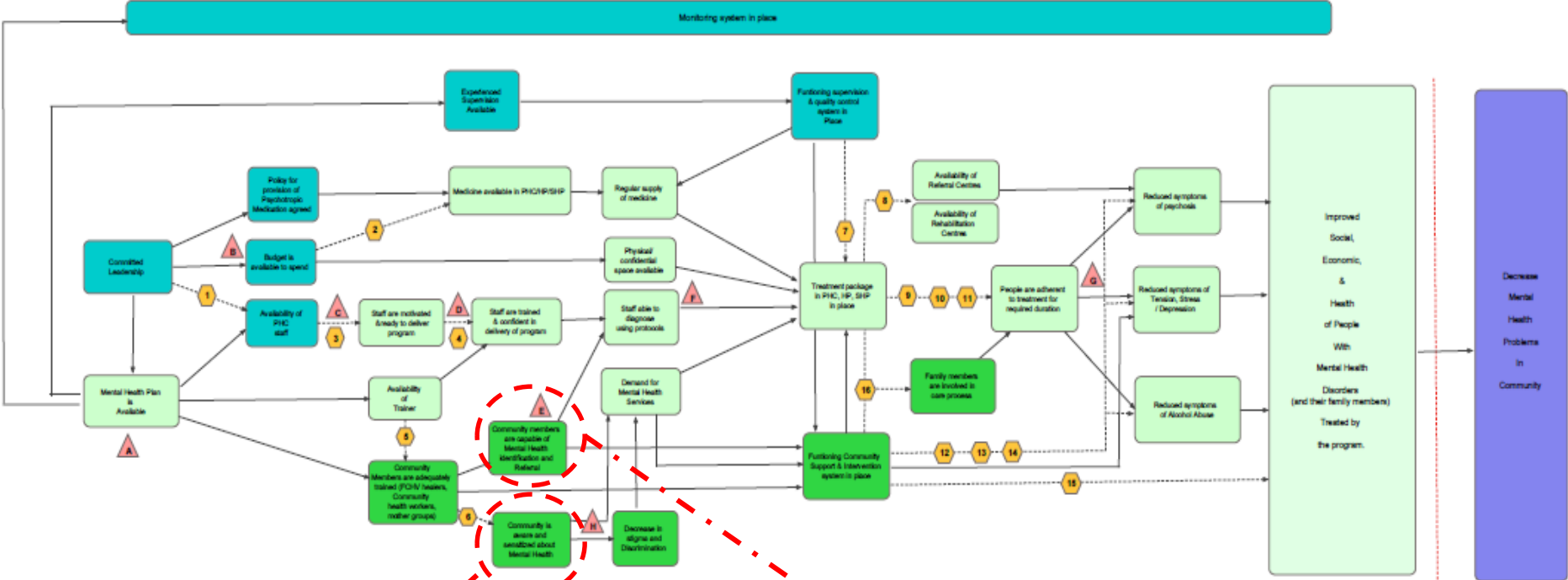


Is it enough?



How about
the demand-
side?

Care Package



Community is aware and sensitized about mental health

Community people are capable of mental health identification and referral

Need of Community based Intervention

- Detection of people with mental illness is a logical prerequisite to increase access to care.



- Self-detection is very low (stigma, no services)
- Trained health care workers have a limited 'pull-effect'
- PHC workers' detection rates tend to be very low (time)



- Availability of treatment within primary health care settings (i.e. mhGAP) may be insufficient to increase help seeking.

Detection of Mental Health Problems

- Heavily relied on symptoms checklist
 - Developed in high income settings
 - Challenging in LMICs- Validation
 - Administration requires expertise
 - High cost (time, human resource burden)
 - Approximately 4-6/10 are falsely screened positive by ultra-short and short screening tools, (Mitchell & Coyne, 2007; Gilbody, et. al, 2007; Manea, et. al, 2012)
- Need of culturally appropriate detection approaches

In the past 7 days
I have been able to laugh & see the funny side of things

As much as I always could

Not quite as much now

Definitely not as much now

Not at all

Community Informant Detection Tool

- Narrative approach; Case vignettes for 5 mental disorders
- “Stories are particularly effective in places where logical statements would inspire argument. If a story is well conceived and well told, listeners are likely to experience emotions that soften their positions and enable them to consider the speaker’s point of view” – Mary Pipher, psychologist
- Narrative in public health communication
 - Gaining knowledge,
 - Having persuasive effects,
 - Changing maladaptive behavior (Hinyard & Kreuter, 2007)

Methods

Step 1

- Development of the draft tool

Step 2

- Understandability of the tool

Step 3

- Trial run

Step 4

- Pilot Test



Step 1: Development of draft tool

Symptoms List
Source:
Mental health
gap action
programme
(WHO, 2012)
Ethno-
psychological
Research
(Kohrt &
Harper, 2008)

Selection of Symptoms
By:
Expert panel
(n=25)
Based on:
Relevance
Understand
Usage

Preparation of Draft Tool
Case Vignette
3 questions about:
Level of match
(Likert scale)
Functional
Impairment
Perceived need of
support

खण्ड ख: गम्भीर मानसिक रोग

		सेवाग्राहीको सुपरीवेक्षण		
गम्भीर मानसिक रोग	<p>प्रकाशको बानीव्यहोरामा केहीमहिना देखी परिवर्तन देखिनथालेको छ । उआफुले आफैलाई एकदमै ठुलो वाशक्तिशालीभएको महसुस गर्दछ । अरु व्यक्तिले गर्ननसक्ने कामपनिगर्न सक्छु भन्दै हिँड्ने गर्दछ । उ एकहोरो अनावश्यक कुराहरु बोलेको बोले गर्ने गर्दछ र त्यस्तो बेलामाउसलाई उसका घरपरिवारका सदस्यतथा छर छिमेकीले धेरै नबोल भनेर रोक्नखोज्दापनि रोक्नै सक्दैनन् । उ एकलै बसेको वावरिपरी कोहि नभएको बेलामापनिकोहीबोलेको, कसैले बोलाएको जस्तो आवाजहरु सुनेको छु भन्ने गर्दछ । उ विस्तारै आफुले गर्नु पर्ने घरायसीकामतथा सामाजिक कृत्याकलापमापनिचासो दिन छाड्दछ । उसको यस्तो व्यवहारले गर्दा उसले आफ्नो दैनिक रुपमागर्नपर्ने कामपनि पूरा गर्न सकीरहेको छैन ।</p>	<p>तपाईंले अहीले कुरा गरीरहनु भएको मान्छेसँग यहाँ लेखीएको कुरा कतिको मेल खान्छ ?</p> <ol style="list-style-type: none"> 1. अत्यन्तै मेल खान्छ (उल्लेखित कुरा उक्तव्यक्तिसँग मृत्याकै मिल्छ) 2. धेरै मेल खान्छ (उल्लेखित कुरा उक्तव्यक्तिसँग धेरैमिल्छ) 3. ठीकै मेल खान्छ(उल्लेखित कुरासँगउक्तव्यक्तिको केहीमुख्य गुणहरु मिल्छ) 4. अलीअली मेल खान्छ (उल्लेखित कुरासँगउक्तव्यक्तिको केही गुणहरु मिल्छ) 		
		<ol style="list-style-type: none"> 5. मेल खादैन (उल्लेखित कुरासँगउक्तव्यक्तिको केहीपनीमिल्दैन) 		<p>सेवाग्राहीकालार्गीप्रश्न(ऐच्छिक)</p> <p>के समस्याले दैनिक कृत्याकलापमानकारात्मकप्रभावपारेको छ ?</p> <ol style="list-style-type: none"> 1. छ 2. हुनपनि सक्छ 3. छैन 4. थाहा छैन
				<p>के उक्तव्यक्तिले यी समस्याहरु समाधान गर्नको लागि सहयोग चाहन्छ ?</p> <ol style="list-style-type: none"> 1. चाहान्छ 2. चाहनपनि सक्छ 3. चाहदैन 4. थाहाछैन
<p>बयस्क सेवाग्राही: खण्ड ग मा जानुहोस</p>		<p>जम्मा खा-ख ॥</p>		

Step 2: Understandability of the tool

Setting: Meghauri and Dibyanagar VDC

Sampling based on formative research (Brennan, et al., 2014) and health worker's recommendations

Focus Group Discussion
(FGD)
(N=2)

1- 9 FCHVs
1- 10 members of
Mothers' group

In-depth Interviews (IDI)
(N=6)

1- Mothers' group
1- FCHVs
2- Traditional healer
2- pharmacist

Step 3: Trial Run

8 Community informants selected *

Half day training

One week in the field

IDI to explore experience

** Purposive sampling from Step 2 (2 each from FCHV, mother group, traditional healer, and pharmacist)*

Step 4: Pilot test

- Survey (N=105)
- Purposively selected potential community informants from the sample (FCHVs- 25, mother's group- 27, traditional healers- 26, and pharmacists- 27) from 26 VDCs and municipalities
- 22 -depression vignette, 19 -psychosis, 20 -alcohol use disorder, 22 -epilepsy, and 22 -behavioral problems
- Explore: perception of the tool, right person to take up the task, need for incentives, suggestions and recommendations

Results

- Understandable even to people with limited education (lower secondary- 9.5%, primary -13.3%, non formal education-15.2%, illiterate-10.5%)
- Use it to recognize people with problems and motivate to seek help
- *“After going through this vignette, I already thought of 2-4 people from my community. This vignette is easily understandable.”- FCHV*

Name: _____ Location: _____

Psychosis

Since a few months, some changes can be seen in Prakash's behavior. He thinks of himself as a very powerful and superior being. He tells everyone that he can do things that others cannot do. He keeps talking weird things and monotonously and during such times, even if his family members or neighbors ask him to stop, he doesn't stop. He says that while he is sitting alone or when there is no one around him, he hears voices that are talking or calling to him. He has slowly stopped showing interest in the household and community activities that he is supposed to do. Due to such behavior, he had to stop the work he was doing. Often he just wanders around the town, not washed and looking very dirty. Prakash seems like a different person now.

Referred by (Name): _____
 Teacher Mother's Group Traditional Healer FCHV

OBSERVATION

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: _____
Qualification of items: A1, A2 and A3

TPO Nepal PEACE OF MIND PRIME HealthNet TPO

CIDT Use Process

Recognition



```
graph TD; A[Recognition] --> B[Matching]; B --> C[Assessment of need]; C --> D[Promote help seeking];
```

The diagram illustrates a four-step process for using CIDT. It consists of four horizontal rectangular boxes arranged vertically, each containing a step name. The boxes are connected by downward-pointing arrows, indicating a sequential flow. The first box is brown and contains the word 'Recognition'. The second box is green and contains the word 'Matching'. The third box is purple and contains the words 'Assessment of need'. The fourth box is grey and contains the words 'Promote help seeking'. The arrows are light grey and point from the bottom right of one box to the top right of the next box below it.

Matching

Assessment of need

Promote help seeking

Conclusion

- Narratives are the “basic mode of human interaction” and its pattern is natural and much familiar to the humans making it more coherent and comprehensible (Hinyard & Kreuter, 2007; Holloway, 2001; Thompson & Kreuter, 2014)
- Narratives encourage us to link emotions to action (Oatley, 2002)
- Positive correlation between education, and help seeking behavior and health outcomes (LeVine & LeVine, 2002; LeVine, et al., 2004; LeVine & Rowe, 2009)
- Paying attention to cultural nuances facilitates accurate detection and help seeking behaviors among persons with mental illness (Patel, 2001)

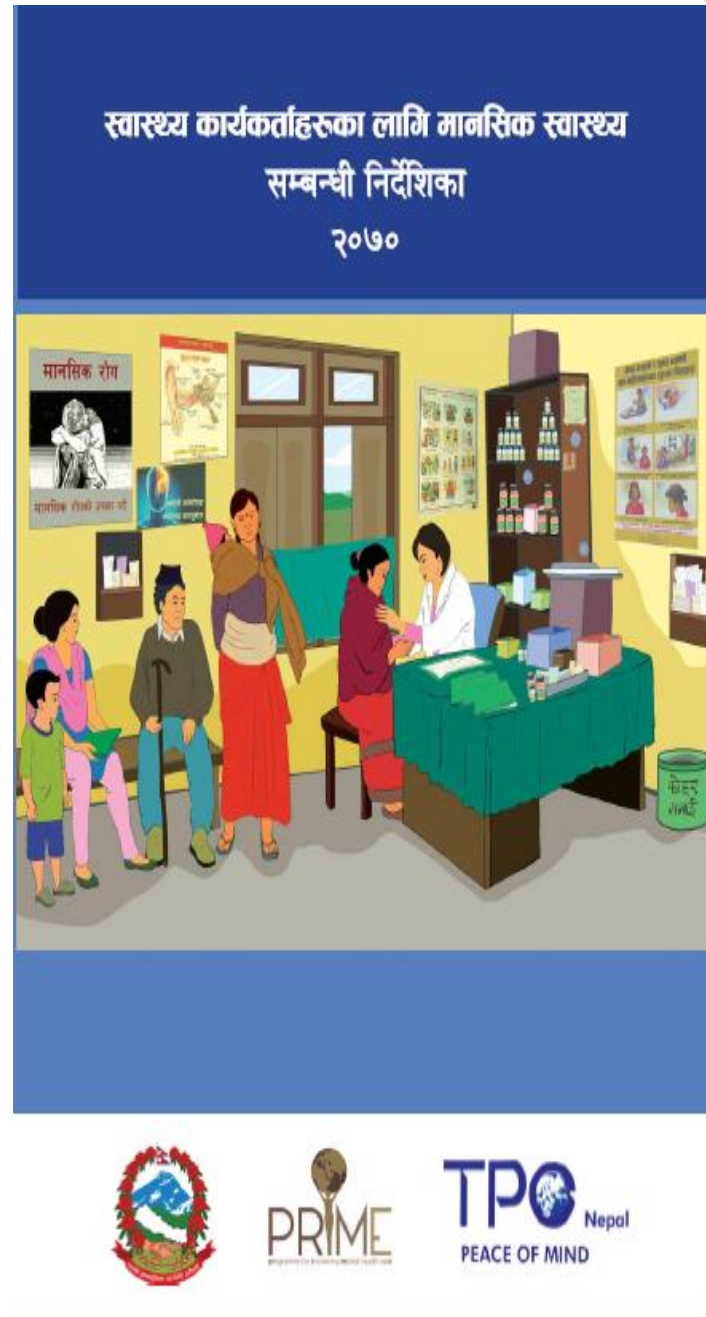
Validation

- Aim: to assess how accurate the CIDT procedure is in identifying people with mental disorders
- 195 sample
- Composite International Diagnostic Interview (CIDI) as a gold standard
- Para-professional counselors administered the CIDI



Results (Validation)

- 64% of people that community informants identified as probable cases using the CIDT were actually positive cases based on clinical interviews
- 93% of people that community informants identified as probable non-cases, were indeed found negative



Effectiveness study of CIDT

- Follow-up interviews with CIDT positives in 1 month after detection
 - Did the person **actually visit health facility**?
 - Did the person **visit the health facility because of the CIDT procedure**?
 - Did the person?
- Sample: n=298 **get a diagnosis for mental illness**
- Study areas: Chitwan and Pyuthan



Key Results

- 67% accessed health care as a result of CIDT, 77% of whom were positively diagnosed and received treatment by trained health worker
- CIDT worked better in rural setting (55.2% in Chitwan compared to 77.6% in Pyuthan accessed health care)