



ALHIV Adherence and Mental Health

Operations research to estimate the effectiveness of a peer-led mental health intervention on virological suppression and mental health among adolescents with HIV in Zimbabwe

Survey Tool for Study Participants (Disclosed)

Name of Interviewer		Date Form completed	
Province		District	
Participant ID			

Instructions for Interviewer

Please begin the interview by reading out the following statement:

Thank you for agreeing to complete this survey. I am going to ask you some questions about you, your life experiences, and your thoughts and feelings. Your answers to these questions will help us to better the support you need. This will help us to develop services which can assist you.

Your answers to these questions will be kept confidential. Your name is not included on this form. Please feel free to answer honestly. If you need clarification on any of the questions below, please do ask me. Please feel free to use whichever language you are most comfortable with. If you are uncomfortable at any time, or wish to take a break or are unable to answer, please feel free to let me know.

No.	Question	Response (please mark the appropriate response with an X)	Do Not Enter Anything Here
1.	Gender		
	Male		1
	Female		2
2.	What is your age?		

10		1
11		2
12		3
13		4
14		5
15		6
16		7
17		8
18		9
19		10
3.	How many people are currently living in your household, including yourself?	
1-2		1
3-4		2
5-8		3
9+		4
4.	Who is your primary caregiver?	
Mother		1
Father		2
Both parents		3
Maternal or paternal aunt		4
Maternal or paternal uncle		5
Grandparent		6
Sibling		7
Yourself		8
Other		9
5.	Has anyone close to you died?	
No (now go to question 6)		1
Yes		2
5a	If yes, who? (tick all that apply)	
Mother		1
Father		2
Both parents		3
Grandparent		4
Sibling		5
Other		6
6.	How many times have you changed households in your life?	
Never		1
1		2
2		3

	3		4
	4		5
	5		6
	More than 5		7
7.	What is the highest level of education you have completed?		
	Below Grade 7		1
	Grade 7		2
	O Level		3
	A Level		4
	Tertiary Level		5
8.	What is your relationship status?		
	Single		1
	Partner		2
	Married		3
	Divorced		4
	Widowed		5
9.	Have you disclosed your HIV status to anyone?		
	No		1
	Yes		2
	Please explain the reasons for your answer?		
9a	If yes, who have you disclosed to?		
	Relative		1
	Boyfriend		2
	Girlfriend		3
	Friend		4
	Church member		5
	Other		6
10.	How many children do you have?		
	None		1
	0		2
	1		3
	2		4
	3		5
11.	Are you currently employed?		
	No (now go to question 12)		1
	Yes		2
11a	If yes, what is your monthly income?		
	\$1-\$50		1

	\$51-\$100		2
	\$101-\$200		3
	\$201-\$499		4
	\$500+		5
12.	Do you smoke?		
	Yes		1
	No		2
13.	Do you take alcohol?		
	Yes		1
	No		2
13a	If yes, how often?		
	Daily		1
	Weekly		2
	Monthly		3
14.	Do you take drugs / substances?		
	Yes		1
	No (now go to question 15)		2
14a	If yes, what do you take?		
	Marijuana		1
	Broncho		2
	Prescription drugs		3
	Cocaine		4
	Cocktail of drugs		5
	Other		6
14b	How often?		
	Monthly		1
	Weekly		2
	Daily		3
15	Do you know how you came to be living with HIV? (Probe carefully for mode of transmission)		
16	When were you diagnosed with HIV?		
17	When were you informed of your HIV status?		
18	Are you on ARVs?		
	Yes		1

	No		2
18a	If yes, when did you start ARVs?		
18b	If yes, what medicines are you taking?		
19	What is your religion?		
	Catholic		1
	Muslim		2
	Adventist		3
	Methodist		4
	Pentecostal		5
	Other (please specify)		6

SSQ-14

Q No.	Munotanga nekuti "Musvondo rapfuura" <i>Start each sentence with "In the last week"</i>	Mhinduro Hongu/Kwete Answer Yes/No
1	Musvondo rapfuura pane pamaimboona muchinyanya kufungisisa kana kufunga zvakawanda <i>In the last week there were times in which I was thinking deeply or thinking about many things</i>	
2	Musvondo rapfuura pane pamaimbotadza kuisa pfungwa dzanyu pamwechete <i>In the last week I found myself sometimes failing to concentrate</i>	
3	Musvondo rapfuura pane pamaimboshatirwa kana kuita hasha zvenhando <i>In the last week I lost my temper or got annoyed over trivial matters</i>	
4	Musvondo rapfuura pane pamaimborota hope dzinotyisa kana dzisina kunaka. <i>In the last week I had nightmares or bad dreams</i>	
5	Musvondo rapfuura pane pamaimboona kana kunzwa zvinhu zvaisaonekwa kana kunzvikwa nevamwe <i>In the last week I sometimes saw or heard things which others could not see or hear</i>	
6	Musvondo rapfuura pane pamaimborwadziwa nemudumbu <i>In the last week my stomach was aching</i>	
7	Musvondo rapfuura pane pamaimbovhundutswa nezvinhu zvisina mature <i>In the last week I was frightened by trivial things</i>	
8	Musvondo rapfuura pane pamaimbotadza kurara kana kushaya hope <i>In the last week I sometimes failed to sleep or lost sleep</i>	
9	Musvondo rapfuura pane pamaimbonzwa kuomerwa neupenyu zvekuti maimbochema kana kunzwa kuda kuchema <i>In the last week there were moments when I felt life was so tough that I cried or wanted to cry</i>	
10	Musvondo rapfuura pane pamaimbonzwa kuneta musina basa kana zvimwe zvamaita <i>In the last week I felt run down (tired)</i>	
11	Musvondo rapfuura pane pamaimboita pfungwa dzekuda kuzviuraya <i>In the last week there were times I felt like committing suicide</i>	
12	Musvondo rapfuura mainzwa kusafara nezvinhu zvamaiita zuva nezuva <i>In the last week I was generally unhappy with things that I would be doing each day</i>	
13	Musvondo rapfuura basa renyu rainge rava kusarira mumashure <i>In the last week my work was lagging behind</i>	
14	Musvondo rapfuura mainzwa zvichikuomera kuti muzive kuti moita zvipi <i>In the last week I felt I had problems in deciding what to do</i>	

PHQ-9

Over the LAST 2 WEEKS, how often have you been <u>bothered</u> by any of the following problems? <i>Mumasvondo maviri apfuura makashungurudzwa kangani nematambudziko anotevera</i>		Not at all <i>Kwete</i>	Several days <i>Mamwe mazuva</i>	More than half the days <i>Zviri pakati nepakati</i>	Nearly every day <i>Zuva rega rega</i>
1	Little interest or pleasure in doing things. <i>Kusanyatsova nechido chekuita zvinhu</i>	0	1	2	3
2	Feeling down, depressed, or hopeless. <i>Kusanyatsonzwa chido nezvehupenyu, kufunganya zvakapfuirikidza kana kushaya tariro muhupenyu</i>	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much. <i>Kutadza kuwana hope kana kurara zvakapfuirikidza</i>	0	1	2	3
4	Feeling tired or having little energy. <i>Kunzwa kuneta uye kuve nesimba shoma rekuita zvinhu</i>	0	1	2	3
5	Poor appetite or overeating. <i>Kusanyatsodya zvakakwana kana kudyisa</i>	0	1	2	3
6	Feeling bad about yourself — or that you are a failure or have let yourself or your family down. <i>Kuzvizvidza pachezvako-kana kuti kunzwa sekuti urimukundikani muhupenyu kana kutadza kuzadzikisa zvaitarisirwa nevemhuri yako</i>	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television. <i>Kutadza kuita zvinhu zvakaita sekuverenga pepanhau nekuona chivhitivhiti pfungwa dziri pamwechete</i>	0	1	2	3

8	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual. <i>Kufamba kana kutaura zvine kunonokera mukati zvekuti zvinogona zvakaonekwa nevamwe vakakutenderedza? Kana kuti kutadza kugarisika zvekuti wange urikufamba-famba zvakapfuirikidza zvaunofanirwa kunge uchiita</i>	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way. <i>Kuve nendangariro dzekuti zvirinani kuti dai wafa zvakodu kana kuda kuzvikuvadza neimwe nzira</i>	0	1	2	3
	A11 – PHQ9 total score/ zvibodzwa zvabatanidzwa				<input type="text"/>

EQ-5D-Y

Under each heading, please tick the ONE box that best describes your health TODAY.

Mobility (walking about)

I have no problems walking about

I have some problems walking about

I have a lot of problems walking about

Looking after myself

I have no problems washing or dressing myself

I have some problems washing or dressing myself

I have a lot of problems washing or dressing myself

Doing usual activities (*for example, going to school, hobbies, sports, playing, doing things with family or friends*)

I have no problems doing my usual activities

I have some problems doing my usual activities

I have a lot of problems doing my usual activities

Having pain or discomfort

I have no pain or discomfort

I have some pain or discomfort

I have a lot of pain or discomfort

Feeling worried, sad or unhappy

I am not worried, sad or unhappy

I am a bit worried, sad or unhappy

I am very worried, sad or unhappy

How good is your health TODAY

- We would like to know how good or bad your health is TODAY.
- This line is numbered from 0 to 100.
- 100 means the best health you can imagine. 0 means the worst health you can imagine.
- Please mark an X on the line that shows how good or bad your health is TODAY.

The best health

you can imagine.

The worst health

you can imagine

100 95 90 85 80 75 70 65 60 55 50 45 40 35 30 25 20 15 10 5 0

DISABILITY ASSESSMENT SCHEDULE 2.0

This questionnaire asks about difficulties due to health conditions. Health conditions include diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs.

Mibvunzo iyi irimaererano nezvingave zvirikuku netsa nekuda kwehutano hwako. Hungave huri hurwere kana mamwe wo matambudziko ezvehutano anonetsa munguva shomanana kana munguva yakakura, kukuvara, hutano hwepfungwa nendangariro uye nematambudziko anokonzerwa nekutora zvinodhaka

	In the past 30 days, how much difficulty did you have in: Mumazuva 30 apfuura, makashungurudzwa kangani nematambudziko anotevera					
	Understanding and communicating <i>Kunzwisia nekukurukura nevamwe</i>	None <i>Kwete</i>	Mild <i>Zvishoma</i>	Moderate <i>Zviripakati nepakati</i>	Severe <i>Zvaka nyanya</i>	Extreme or cannot do <i>Zvakanyanya isa</i>
D1 .1	Concentrating on doing something for ten minutes? <i>Kuisa pfungwa dzako panzvimbio imwe uchiita chinhu chimwe kwemaminitsi makumi?</i>					
D1 .2	Remembering to do important things? <i>Kurangarira kuita zvinhu zvakakosh?</i>					
D1 .3	Analysing and finding solutions to problems in day-to-day life? <i>Kuongorora uye kutsvaka nzira dzekugadzirisa matambudziko atinosangana nawo zuva nezuva?</i>					
D1 .4	Learning a new task, for example, learning how to get to a new place? <i>Kudzidza kuita chinhu chitsva, semuenzaniso, kudzidzira kuenda kunzvimbio yausati wamboenda?</i>					

D1 .5	Generally understanding what people say? <i>Kunzwisisa zvinenge zvichitaurwa nevamwe?</i>					
D1 .6	Starting and maintaining a conversation? <i>Kutanga kutaudza munhu nekuramba uchitaura naye?</i>					
	Getting around <i>Kutenderera</i>					
D2 .1	Standing for long periods such as 30 minutes? <i>Kumira kwenguva yakareba inopfuura maminitsi makumi matatu?</i>					
D2 .2	Standing up from sitting down? <i>Kumira iwe wanga wakagara?</i>					
D2 .3	Moving around inside your home? <i>Kutenderera pamba?</i>					
D2 .4	Getting out of your home? <i>Kubuda pamba?</i>					
D2 .5	Walking a long distance such as a kilometre (or equivalent)? <i>Kufamba mufambo kana rwendo rurefu rwakaita sekiromita kana kupfuura?</i>					
	Self-care <i>Kuzvichengetedza</i>					
D3 .1	Washing your whole body? <i>Kugeza muviri?</i>					
D3 .2	Getting dressed? <i>Kushambidzika?</i>					
D3 .3	Eating? <i>Kudya?</i>					
D3 .4	Staying by yourself for a few days? <i>Kugara wega kwemazuva mashoma?</i>					
	Getting along with people <i>Kuwirirana nevamwe?</i>					

D4 .1	Dealing with people you do not know? <i>Kuwadzana kana kushanda nevanhu vamusingazivi?</i>					
D4 .2	Maintaining a friendship? <i>Kugona kuchengetedza hushamwari?</i>					
D4 .3	Getting along with people who are close to you? <i>Kuwirirana nevanhu varipedyo newe kana vehukama?</i>					
D4 .4	Making new friends? <i>Kutanga hushamwari hutsva?</i>					
	Life activities <i>Zviitwa zveupenyu</i>					
D5 .1	Taking care of your household responsibilities? <i>Kuita mabasa ako epamba?</i>					
D5 .2	Doing most important household tasks well? <i>Kuita mabasa akakosha epamba akawanda zvakanaka?</i>					
D5 .3	Getting all the household work done that you needed to do? <i>Kuita mabasa epamba ese aunenge uchifanira kuita?</i>					
D5 .4	Getting your household work done as quickly as needed? <i>Kuita mabasa ako epamba ese munguva inenge yakafanira?</i>					
D5 .5	Your day-to-day work/school? <i>Zvamunoita zuva nezuva kungava kubasa kana kuchikoro?</i>					
D5 .6	Doing your most important work/school tasks well? <i>Kuita basa rakho kana basa rako rechikoro rakakosha zvakanaka?</i>					
D5 .7	Getting all the work done that you need to do? <i>Kuita basa rese raunenge uchifanira kuita?</i>					
D5 .8	Getting your work done as quickly as needed? <i>Kuita basa rako nokukurumidza?</i>					
	Participation in society <i>Kushandirana nevamwe munharaunda</i>					

D6 .1	How much of a problem did you have in joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can? <i>Wainetsekana zvakadini nekubatirana nevamwe munharaunda (semuenzaniso, kunopembererwa, kuenda kumisangano yakaita seyekereke kana zvimbewo) semaitire anoita vamwe?</i>					
D6 .2	How much of a problem did you have because of barriers or hindrances in the world around you? <i>Wakanetsekana zvakadii nekuda kwe zvipingamupinyi kana kuti zvinokanganisa munyika yaunorarama?</i>					
D6 .3	How much of a problem did you have living with dignity because of the attitudes and actions of others? <i>Wakanetsekana zvakadii kurarama nechiremera nekuda kwemafungiro nemaitiro evamwe?</i>					
D6 .4	How much time did you spend on your health condition, or its consequences? <i>Wakashandisa nguva yakareba zvakadii mukuchengetedza utano wako, nezvigumisiro zvahwo?</i>					
D6 .5	How much have you been emotionally affected by your health condition? <i>Wainetsekana zvakadini mundangariro dzako kuburikidza neutano hwako?</i>					
D6 .6	How much has your health been a drain on the financial resources of you or your family? <i>Utano hwako hwakanganisa sei mashandiro emari yako kana kuti yemhuri yakho?</i>					
D6 .7	How much of a problem did your family have because of your health problems? <i>Utano hwako hwakakonzera matambudziko akaita sei kumhuri yakho?</i>					

D6 .8	How much of a problem did you have in doing things by yourself for relaxation or pleasure? <i>Wakanetsekana zvakadii kuita zvinhu uriwega zvekuti usununguke kana kufara?</i>					
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H1	Overall, in the past 30 days, how many days were these difficulties present? <i>Pamazuva apfuura makumi matatu, mazuva mangani awaiomerwa matambudziko ataurwa pamusoro?</i>	Record number of days _____
H2	In the past 30 days, for how many days were you totally unable to carry out your usual activities or work because of any health condition? <i>Pamazuva makumi matatu apfuura, mazuva mangani awaikundikana kana kutadza kuita basa reko remazuva ose kuburikidza nekusananza zvakanaka pahutano hwako?</i>	Record number of days _____
H3	In the past 30 days, not counting the days that you were totally unable, for how many days did you cut back or reduce your usual activities or work because of any health condition? <i>Pamazuva makumi matatu apfuura, tisinga verengere ayo mazuva awaitotadza zvamuchose, mazuva mangani awaimbodzokera kumashure pakuita basa rako nekuda kwehutano hwako?</i>	Record number of days _____