*Assessment of Generalized Anxiety Disorder and community-based interventions among refugees in protracted displacement in urban setups: A case of Umoja Refugee community-based organization, Nairobi, Kenya.*

Introduction

Dear respondent, my name is Manishimwe Anne-Marie, a student at Daystar University pursuing masters in Clinical Psychology. I am carrying out research on *generalized anxiety disorder among refugees in protracted displacement and community-based interventions in urban set-ups with a case study of the Umoja Refugee Community-Based organization in Nairobi Kenya.* You have been selected to participate in this study. Please answer the questions in this document as honestly and truthfully as possible. You can opt out at any time or at any point should you feel uncomfortable with the questions asked. The information you provide here is for academic purposes and not for any other purpose. Be assured that the information will be protected from any unauthorized access. Your participation is voluntary; however your full participation would be appreciated. If possible, respond to all the questions. It should take you about 20 minutes at most to complete the questionnaire**.** In case you have any questions, you can call me on 0700507358 for further information.

Do you agree to participate in this study? 1 (Yes), 2 (No)

If (Yes), please sign here: Date: 

Section A: Demographic Information

1. What is your age in years?

Below 18 years ( )

18-24 years ( )

25-31 years ( )

32-38 years ( )

39-45 years ( )

Above 45 years ( )

1. Gender:

* Male
* Female
* Other

1. Marital status

* Single
* Married
* Divorced
* Widowed
* Separated
* Single mother
* Single father

1. Level of education:

No formal education ( )

Primary ( )

Secondary ( )

Tertiary ( )

1. Occupation:

* Employed
* Self-employed
* Not employed
* Small scale business
* Casual worker
* No income generating activity
* Other

1. Number of years in Kenya

Below 1 year ( )

2 – 5 years ( )

6 – 9 years ( )

Over 10 years ( )

1. Nationality:

Congolese ( )

Rwandan ( )

Burundian ( )

Ugandan ( )

South Sudanese ( )

Ethiopian ( )

Other ( ) Specify

Section B: Levels of anxiety (GAD-7 Questionnaire)

In this section, please indicate the level the given factors have made you feel generally anxious over the last 2 weeks, where 0= Not at all, 1=Several days, 2= More than half the days; 3= Nearly every day

| Item | 1 | 2 | 3 | 4 |
| --- | --- | --- | --- | --- |
| 1.Feeling nervous, anxious or on edge |  |  |  |  |
| 2.Not being able to stop or control worrying |  |  |  |  |
| 3.Worrying too much about different things |  |  |  |  |
| 4.Trouble relaxing |  |  |  |  |
| 5.Being so restless that it is hard to sit still |  |  |  |  |
| 6.Becoming easily annoyed or irritable |  |  |  |  |
| 7.Feeling afraid as if something awful might happen |  |  |  |  |

Section C: Precipitating Factors of GAD among refugees

In this section, please indicate the extent to which the given factors have made you feel

generally anxious where (1= to no extent, 2= to some extent, 3= to a great extent, 4 = to

the greatest extent)

| Item | 1 | 2 | 3 | 4 |
| --- | --- | --- | --- | --- |
| 1. Feeling unsure of what next |  |  |  |  |
| 1. Missing my home country |  |  |  |  |
| 1. Lack of basic needs |  |  |  |  |
| 1. Inability to form strong personal relationships |  |  |  |  |
| 1. Stalled immigration procedures |  |  |  |  |
| 6. Lack of proper refugee documentation |  |  |  |  |
| 7. Fearing something bad may happen/insecurity |  |  |  |  |
| 8. Lack of a place to settle permanently |  |  |  |  |
| 9. Discrimination by local population in the host country |  |  |  |  |
| 10. Having to learn a new language/ inability to communicate effectively |  |  |  |  |
| 11. No access to any of the refugee durable solutions |  |  |  |  |
| 12. Inability to secure a sustainable source of income |  |  |  |  |

Section D: Community Based Organization Interventions

In the following services offered to you, please indicate the extent to which you have been satisfied by each of them where (0= service not received, 1= to no extent, 2= to some extent, 3= to a great extent, 4 = to the greatest extent)

| Intervention | 0 | 1 | 2 | 3 | 4 |
| --- | --- | --- | --- | --- | --- |
| 1. Individual counselling |  |  |  |  |  |
| 1. Group counselling |  |  |  |  |  |
| 1. Psychological trainings |  |  |  |  |  |
| 1. Guidance from the leaders |  |  |  |  |  |
| 1. Handicraft and tailoring training |  |  |  |  |  |
| 1. Skills and talent development (filming, photography, media stories, computer literacy, acting, etc.). |  |  |  |  |  |
| 1. Food and other basic needs |  |  |  |  |  |
| 1. Support with fees and uniforms |  |  |  |  |  |
| 1. Social support from others who also visit the centre |  |  |  |  |  |
| 1. Creation of job opportunities |  |  |  |  |  |

Thank you for your time and participation!