

A: Participant on the line - ተሳታፊ አብ መስመር

Participant's Name: ስም ተሳታፊ	Phone Number: ቁጽሪ ቴሌፎን	Referred from: ዘመላላለፎ አካል	Participant Number: ቁጽሪ ተሳታፊ	Group: ጉጅለ
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B: Description of Study - እቲ መጽናዕቲ እንታይ ይመስል፤

- 1) Describe the purpose of the study and the group interventions - ዕላማ ናይቲ መጽናዕትን እቲ ጥምር መደብ ፍወሳን እንታይ ምዃኑ ግለጽ
- 2) Explain what participants need to do when participating in the study - ተሳተፍቲ ኣብዚ መጽናዕቲ ከሳተፉ ከለዉ እንታይ ክገብሩ ከምዘለዎም ኣረድእ።
- 3) Financial compensation - ገንዘባዊ ክፍሊት፡

C: Interest to participate - ክትሳተፍ ምድላይ

- 1) Ask participant if he is interested in participating in the study - ኣብዚ መጽናዕቲ ከሳተፍ ድሌት እንተ'ለዎ ሕተቶ

If not, why: መልሲ ኣይፋል እንተ'ኹይኑ፡ ስልምንታይ፡

D: Filter Questions - መጸረፊ ሕቶታት፡

1st Question: Other Mental Health Treatment - 1ይ ሕቶ፡ ካልእ ናይ ኣእምሮአዊ ጥዕና ፍወሳ

“Are you currently receiving psychotherapy or any kind of mental health treatment (for examples in Gesher clinic or a group in Assaf)?”

“ኣብዚ እዋን'ዚ ስነ-ኣእምሮአዊ ሕክምና ወይ ዝኾነ ዓይነት ናይ ኣእምሮአዊ ጥዕና ፍወሳ ትወስድ ኣለኻ ዲኻ፤ (ንኣብነት፡ ኣብ ገሼር ክሊኒክ ወይ ብጉጅለ ኣብ ኣሳፍ)

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

If yes, where do you get psychotherapy, whom do you meet and how many times during the past month? (Only if the person receives psychotherapy twice a month or more often, he/she is excluded from participation)

እወ እንተ'ኹይኑ መልሲ፡ ስነ-ኣእምሮአዊ ሕክምና ኣበይ ትወስድ፡ እቲ ስነ-ኣእምሮአዊ ሕክምና ካብ መን ትረኽቡ፡ ከንደይ ጊዜ ኣብ ዝሓለፈ ወርሒ፡ እቲ ሰብ ኣብ ወርሒ ክልተ ጊዜ ወይ ካብ ንላዕሊ ስነ-ኣእምሮአዊ ፍወሳ እንድሕር ዝወስድ ኮይኑ፡ እቲ ሰብ ከሳተፍ ተኸእሎ የብሉን)

2nd Question: Psychiatric Medication - 2ይ ሕቶ፡ ስነ-ኣእምሮአዊ መድሃኒት

“Are you currently using any kind of psychiatric medication like Prizma, Flution, Tziprale, Tzipramil, Asto, Lustral, Serenada, Vanela, Efexsor, Resperidal, Vaben, Lurivan?”

What we mean by that is a medicine that you got from a doctor to treat depression or anxiety”

“ኣብዚ እዋን'ዚ ዝኾነ ዓይነት ስነ-ኣእምሮአዊ መድሃኒት ከም XXXX ትጥቀም ኣለኻ ዲኻ፤ እዚ እንታይ ማለትና እዩ፡ ቅዛነት ወይ ጭንቀት ንምፍዋስ ካብ ዶክተር ዝተዋህበካ መድሃኒት ማለትና እዩ።”

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

3rd Question: Psychosis - 3ይ ሕቶ፡ ስነ-ኣእምሮአዊ ጽላል

A. Have you ever heard voices that talked directly to you?

ካበይ መጺኡ ዘይትፈልጦ ብቐጥታ ንዓኻ ዝዛረበካ ድምጺ ሰሚዕካ ትፈልጥ ዲኻ፤

መልሲ እወ እንተ'ኹይኑ፡ ንዓኻ ይዛረበካ ከምዘሎ ዶ ተሓማሚነት ወይ ምናልባት ኣብ ጋህዲ ዘየለ ኣእምሮኻ ዝፈጠሮ ክኸውን ከምዘኸእል ሓሲብካ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

B. What about receiving special messages from the TV, radio, or newspaper, or from the way things were arranged around you?

ካብ ተሌቪዥን፡ ራዲዮ ወይ ጋዜጣ ወይ ውን ካብ ኣብ ከባቢኻ ዘለዉ ነገራት ፍሉይ መልእኽታት ምቕባል ከ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

C. Have you ever felt that people want to hurt you personally or people are following you?

ሰባት ብውልቅኻ ከጎድኡኻ ዝደልዩ ወይ ሰባት ዝኸተሉኻ ዘለዉ ኮይኑ ተሰሚዑኻ ዶ ይፈልጥ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

D. Have you ever felt that you were especially important in some way, or that you had special powers to do things that other people couldn't do?

ንሰኻ ብፍሉይ ካብ ሰብኻ ንላዕሊ ኣገዳሲ ሰብ ምዃንኻ ወይ ካልኣት ሰባት ከገብርዎ ዘይከኣሉ ነገራት ንምግባር ፍሉይ ሓይሊ ዘለኻ ኮይኑ ተሰሚዑኻ ዶ ይፈልጥ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

E. Have you ever had any unusual experiences like visions while you were awake or you saw things that other people could not see?

ነቂሕኻ እንክለኻ ዝኾነ ዘይንቡር ነገራት ከም ራኢይ ወይ ካልኣት ሰባት ከርእይዎ ዘይከኣሉ ነገራት ርኢኻ ትፈልጥ ዲኻ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

4th Question: Suicide

“Do you have thoughts that you would be better off dead or hurting yourself in some way?”

እንተዝመውት ምሓሽኒ ዝብል ወይ ብገለ ጌርኻ ነብስኻ ናይ ምትዳእ ሓሳባት ኣለዉኻ ድዮም፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

Only if yes: እንተኮይኑ እቲ መልሲ፡ ሓዲጋ ናይ እቲ ናብ ጭቡጥ ነብስ ቅትለት ዝፍትን ሰብ ንምግጋም ነዞም ዝሰዕቡ ሕቶታት ሕተቶ

a) Do you have concrete plans for how to commit suicide?”

ምስ ከመይ ገይርኻ ነብስ ቅትለት ከም ትፍጽም ዝተሓሳዝ ውጥን ኣለኻ ድዩ፡

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

b) “Did you have suicide attempts in the past?” ኣብ ዝሓለፈ ናይ ነብስ ቅትለት ህቃነ ነይሩኻ ዶ፡“

☐ No - ኣይፋል ☐ Yes - እወ

If he/she answers one of these two questions with yes or if you have the impression that the person is at acute risk to commit suicide, consult with Kim or Anna and call a psychiatrist (Ido Lurie, Phone: XXX) እቲ ሰብ ብቴሌፎን ካብ እዞም ክልተ ሕቶታት እወ ዝብል መልሲ እንተመለሱ ወይ እቲ ሰብ ኣብ ቅጽብታዊ ነብስ ቅትለት ናይ ምፍጻም ሓዲጋ ኣሎ ዝብል ኣሰር እንተሃልዩኻ፡ ምስ ኪም ወይ ኣና ተማኸርን ናብ ሓኪም ናይ ኣእምሮ (ኢዶ ሉሪ) ደውልን። ቁ ቴሌፎን xxxxxxxx

E. Check suitability to participate in Study - ተቆባልነት አብዚ መጽናዕቲ ንምስታፍ ኣረጋግጽ

- 1) 1 “Yes” in Filter Questions: **Exclusion** - 1 “እወ” ኣብ መጻረዪ ሕቶታት፡ ምግላፍ
- 2) If the person is excluded based on **suicidality or psychosis**, refer the person for additional assistance to PHR or Geshet - እቲ ሰብ ብመሰረት ኣደጋ ነብሰ-ቕትለት ወይ ስነ-ኣእምሮአዊ ጽላል ዝተገለፈ እንተኾይኑ፣ ነቲ ሰብ ተወሳኺ ሓገዝ ክረከብ ምእንቲ ናብ ያፎ ክሊኒክ ወይ ገሼር ለኣኮ (ሪፈር ቦሎ)።

F. Randomization - ሓዋዊስካ ምምዳብ

- 1) Check on the randomization key sheet in which group the person will participate in - እቲ ሰብ ኣበየኖይ ጉጅለ ክሳተፍ ምዃኑ፡ ኣብቲ ናይ ሓዋዊስካ ምምዳብ ገጽ ርእኻ ኣረጋግጽ
- 2) Explain that it is not your personal decision in which group he/she will be - ኣበየኖይ ጉጅለ ከም ዝምደብ ንስኻ ከምዘይትውስን ኣረድኡዮ።
- 3) The decision cannot be changed እቲ ውሳኔ ክቕየር ኣይክእልን እዩ።

G. Explain next steps - ዝቐጽል ደረጃታት ግለጸሉ

a) Intervention Condition (Group 1) - ጉጅለ ፍወሳ (ጉጅለ 1):

- Check participant's availability for the group/times of group - ንተሳታፊ ኣብቲ ናይታ ጉጅለ ግዜ ዝጥዕም (ነጻ) እንተኾይኑ ሕተቶ
- Give more information about the group sessions - ብዛዕባ እቲ ርክባት ብጉጅለ ተወሳኺ ሓበሬታ ሃቦ።
- Offer babysitters to women - ንቆልዑ ዘለወን ደቂ-ኣንስትዮ ቆልዑ ዝኣልዩ ሰባት ምቕራብ፡
- Explain more about the assessment sessions - ብዛዕባ እቲ ናይ ገምጋም ርክባት ዝያዳ ኣረድእ
- Explain payment plan - ናይ ክፍሊት መደብ ኣረድእ

b) Waitlist Control Condition (Group 2) - ጉጅለ መነጻጸሪ (ጉጅለ 2):

- Explain next steps and assessment sessions - ብዛዕባ ዝቐጽል ደረጃታትን ናይ ገምጋም ርክባትን ግለጽ
- Explain payment plan - ናይ ክፍሊት መደብ ኣረድእ

c) Ask about **commitment** and additional questions - ብዛዕባ ተግዳስነትን ካልእ ተወሳኺ ሕቶታትን ሕተት

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

1. "Do you need any assistance with stairs/walking etc." - “ኣስካላ ክትድይብ/ክትወርድ ወይ ብእግርኻ ክትካይድ... ወዘተ ዝኾነ ሓገዝ የድልየካ ድዩ?”

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

2. "Do you need any assistance with reading and writing?" - “ኣብ ምንባብን ምጽ-ሓፍን ዝኾነ ሓገዝ የድልየካ ድዩ?”

Everybody can participate in the study, regardless of whether they can read or write. Participating in the study entails filling out questionnaires and completing computer tasks. It is important for us to understand if you may have any difficulties, specifically with reading, to make sure that we can offer you the assistance you need
ዝኾነ ሰብ ክጽሓፍን ክንብብን ዝኽእል ይኹን ዘይክእል ኣብ መጽናዕቲ ክሳተፍ ይኽእል እዩ። ኣብ እቲ መጽናዕቲ ምስታፍ ዝምላእ ሕቶታትን ኣብ ኮምፒውተር ዝስራሕ ዕማማትን ዝጠልብ እዩ። ዝኾነ ጸገም ብፍላይ ናይ ምንባብ ጸገም እንተሃልይኩም ክትሕብርና ብትሕና ንላቦ፡ ንዘደልየኩም ሓገዝ ክሕግዘኩም ዝኽእል ሰብ ክናደልወልኩም።

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

3. "Where do you live?" “ኣብይ ኢኻ ትነብር?”

Notes: ሓጺር መዘኻኸሪ

4. "Do you need a babysitter? What is the age of the children? How many?" “ቆልዓ ዝሕዝ ሰብ ትደልዩ ዲኺ፡ ናይ ውላድኪ ዕድመ ክንደይ እዩ፡ ክንደይ ቆልዑ?”

☐ No - ኣይፋል ☐ Yes - እወ

Notes: ሓጺር መዘኻኸሪ

H. Benefits of Participation - ረብሐታት ተሳትፎ፡

“አብ ርእሲ እቲ ገንዘባዊ ክፍሊት፡ እቲ ኣብዚ መጽናዕቲ ምስታፍ እትረኽቦ ካልእ ዝዓበየ ረብሐታት፡ ሓፈሻዊ ጥዕናኻ ክትመሓየሽ ዘለና ተስፋ እዩ። ካብኡ ንላዕሊ፡ እዚ መጽናዕቲ ነቶም ኣብዚ መጽናዕቲ ዝሳተፉ ሰባት ጥራይ ዘይኮነስ እቲ ውጽኢት ናይዚ መጽናዕቲ ብዓቢኡ ንስደተኛታት ክሕግዝን ዝሕገዝሉ መንገድታት ንምርካብ ዘድሊ ተወሳኺ ሓበሬታ ክህብን ተስፋ ኣለና።”

I. Scheduling an Appointment for Assessment Session - ንናይ ገምጋም ርክብ ቆጸራ ስራዕ

- d) Schedule an appointment for the 1st assessment session - ንናይ ቀዳማይ ገምጋም ርክብ ምስቲ ተሳታፊ ቆጸራ ስራዕ
- e) Offer different times for assessment (check the available times on google calendar; you can schedule for Sunday 9 to 16h, Thursday 10 to 15, Friday 12 to 18 – plan 3 hours for one assessment meeting) - ዝምልከቶ ስምምዕ መሰረት ብምግባር ዝተፈላለዩ ንገምጋም ዝኸውን ጊዜ ዕድል ሃብ (ኣብ ናይ ጉግል ካላንደር ንዝርከብ ናጻ ጊዜ፡ ሰንበት ካብ 9:00 ክሳብ 16:00፡ ሓሙስ 10:00 ክሳብ 15:00፡ ዓርቢ 12:00 ክሳብ 18:00 ክትቆጽሮ ትኽእል ኢኻ፡ 3 ሰዓታት ዝኸውን ጊዜ ንኣደ ናይ ገምጋም ርክብ ውጥን ሃብ።

J: Conclude conversation - ምድምዳም ዝርርብ

“ኣብዚ መጽናዕቲ ክትሳተፍ ስለዝፈተኻ ነመስግነካ። እቲ ናይ ገምጋም ርክብ ምሳኻ ዝገበርናዮ ቆጸራ መዓልቲ/ጊዜ ክትዝከሮ ክትፍትን ብትሕትና ንላቦ። ውሑድ መዓልታት ቅድሚ እቲ ናይ ገምጋም ርክብ ክነዘኻኸረካ ኢና። ዝኾነ ካልእ ሕቶታት ምስ ዝህልወካ ወይ ድሕሪ ብተለፍን ምዝርራብና ኣብ ሓሳብካ ዝመጸካ ገለ ነገር እንተ’ሎካ በዚ ቁጽሪ ተሌፎን ብዘይ ስክፍታ ክትድውለልና ትኽእል ኢኻ።”

- Whatsapp Message፡ ድሕሪ እቲ ዝርርብ ምውዳእካ፡ ነቲ ተሳታፊ ብ ዋትስኣብ ኣድራሻ ናይ ኩቲናተ (ሃርጽዮን 104፡ 2ይ ደብረ፡ ኮደ ናይቲ ካንሸሎ 1331#) መዓልትን ሰዓታትን ናይ እቲ ቆጸራን ሰደደሉ።