

Rehabilitation of post-war stress disorder patients through the Mental Health, Behavioral Change and Social Inclusion Programme in Sierra Leone

Name of Researcher: Ushna Mughal

Participant Information Sheet

You are being invited to take part in this study because of your experiences in the civil war in Sierra Leone. The study is being carried out for the purpose of Masters Research at the University of Sussex.

The aim is to assess the mental well being of people living here. This will be compared with people who live in the community, to see whether there is any difference. Another aim of the study is to find out which factors make help you rehabilitate back into the community.

If you decide to take part you will be asked to fill in a questionnaire. This will take about 35-40 minutes. This will not have your name on it and will only be seen by the people involved in the study. It will not be seen by people who work at University of Makeni. It is confidential and will be destroyed once the study is over. You can choose to withdraw from the study up until the point that you hand over the questionnaire, with no effect on your circumstances. Once you have given the finished questionnaire to the researcher it won't be possible to withdraw because your questionnaire cannot be identified from the others.

The investigators of this study are in no way connected to the people working at the Mental Health, Behavioral Change and Social Inclusion Programme. Taking part in this study will have no effect on your participation in the programme. There are no risks involved in taking part in the study.

The findings of the study will be used to suggest questions for future research. Only the summary of the report will be distributed amongst charities interested in these issues. Your name and other details will remain anonymous at all times.

Please feel free to ask the research any questions at any time. If you agree to take part in the study please fill in the attached consent form.

Title of Project: Rehabilitation of post-war stress disorder patients through the Mental Health, Behavioral Change and Social Inclusion Programme in Sierra Leone

Name of Researcher: Ushna Mughal

Consent Form

1. I confirm that I have read and understand the information sheet dated for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily
2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, up until the time when I hand in the questionnaire. I understand that withdrawing from the study will have no affect on my medical or legal rights.
3. I agree to take part in the above study.

Name of Participant

Date

Signature

Participant Number:	id_i
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Hello! 😊

This questionnaire is about your thoughts, feelings and experience of living in Sierra Leone during the civil war. People react to traumatic events in many different ways. There are no right or wrong answers to these statements.

Your answers will be kept confidential and will not be shown to any your mental health worker. Please answer the questions by crossing the box (☐) with answer which fits you most.

For example:

Item	Not at all		↔		Very Much
I like the rain in Sierra Leone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for your participation. Let's Start...

1. The following statements are about the thoughts which you may have had after a experiencing a traumatic event during the civil war. Please circle each item indicating how frequently these comments were true for you DURING THE PAST SEVEN DAYS. Please read each statement carefully and tell us how much every statement is true for you.

	Item	Not at all		↔		Very Much
ies01	Any reminder brought back feelings about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ies02	I had trouble staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ies03	Other things kept making me think about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ies04	I felt irritable and angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ies05	I avoided letting myself get upset when I thought about it or was reminded of it	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies06	I thought about it when I didn't mean to	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies07	I felt as if it hadn't happened or wasn't real.	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies08	Pictures about it popped into my head	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies09	I was jumpy and easily startled	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies10	I was aware that I still had a lot of feelings about it, but I didn't deal with them	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies11	I found myself acting or feeling like I was back at that time	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies12	I had waves of strong feelings about it	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies13	I tried to remove it from my memory	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies14	I had trouble concentrating	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies15	Reminders of it caused me to have physical reactions such as sweating, trouble breathing, nausea or a pounding heart	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies16	I felt watchful and on-guard	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ies17	I tried not to talk about it	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>
ptc1	If I think about the event I will not be able to handle it	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>

ptc2

After the war I felt isolated and set apart from others

1

2

3

4

5

2. The next questions are about how you feel about how you feel being a member of your group and your thoughts about other groups.

Item		Not at all		↔		Very Much	
ide1	I am proud to be a Sierra Leonine.	1	2	3	4	5	
ide2	I have very strong ties with Sierra Leone.	1	2	3	4	5	
noe1	I feel negative towards the rebels.	1	2	3	4	5	
noe2	I feel angry toward the rebels.	1	2	3	4	5	
for1	I try to understand how the rebels feel after everything they have done.	1	2	3	4	5	
for2	I find it difficult to imagine how the rebels might be dealing with the consequences of the war.	1	2	3	4	5	
for3	I try to see things that happened during the war also from the point of the rebels.	1	2	3	4	5	
for4	I could never forgive the rebels for the atrocities that they committed during the war	1	2	3	4	5	
for5	I should forgive the rebels their misdeeds	1	2	3	4	5	
con	I have regular contact with the rebels	1	2	3	4	5	
noe3	In Makeni the climate between the rebels and us is hostile	1	2	3	4	5	
noe4	I doubt that we will ever be able to live together in a peaceful and cooperative way	1	2	3	4	5	

noe5	If I meet a person, I look at this person and don't care whether he was a rebel or not	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
for6	I think my group should reach out to the rebels and forgive them what they have done	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
noe6	I think that the rebels are entirely to blame for what they have done during the war	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
noe7	I think that the rebels are responsible for everything they did	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
noe8	I think that we cannot trust the rebels after everything they have done during the war	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>

3. Now, please think of a situation in which you were interacting with a rebel. How would you feel?

		Not at all		↔		Very Much
anx1	1. Relaxed	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
anx2	2. Threatened	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
anx3	3. Awkward	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
anx4	4. Safe	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
anx5	5. Nervous	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
anx6	6. Anxious	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>

4. The next questions are about your experience with the civil war in Sierra Leone. If you don't feel like answering these questions, you can leave them out.

What is true for you:

Note: 0 if blank, 1 if its ticked.

war1 ☐ I have no personal memory of the war

war2 ☐ I have seen dead people

war3 ☐ I have lost people of my family in the war

war4 ☐ I was attacked

war5 ☐ I have seen how people were killed

war6 ☐ I have been fighting

war7 ☐ I witnessed how my family was attacked

war8 ☐ Other _____

ies18 Do you sometimes have nightmares or troubling memories and thoughts about the war?

☐ Not at all

☐ Seldom

☐ Sometimes

☐ Often

☐ Very often

1

2

3

4

5

How do you look at the future?

fut1 1) What do you think, compared to today will your life be better in 10 years?

☐ yes, much better

☐ a bit better

☐ quite the same

☐ worse

☐ much worse

1

2

3

4

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fut2 2) What do you think; will there be another civil war in Sierra Leone within the next 10 years?

☐ certainly

☐ probably

☐ undecided

☐ probably not

☐ certainly not

1

2

3

4

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Finally, please tell some basic information about yourself:

You are ☐ male [1] ☐ female [2]

Age _____ (years)

☐ married [1]

☐ not married [2]

sex

age

nat

mar

What is your country of origin? _____

What religion are you?

rel

☐ Muslim

☐ Christian

☐ Traditional

☐ Other _____

1

2

3

4

Have you learned any profession? ☐ No [1] ☐ Yes [2]: _____

ski

At the moment you have ☐ no job [1] ☐ one job [2] what is it?: _____

emp

You have reached the end of the questionnaire.

THANK YOU for taking time to answer these questions! 😊