

Final Qualitative in depth Interview Probe Questions v 6.6 30th Jan 2020

Supplemental File 1- Guide Questions for Qualitative Interviews.

Section 1- In-depth Interviews

Instructions:

This form should be used for in-depth interviews

If the participants refuse to answer a question, circle the number of the question and do not mark any answers for that question. After obtaining informed consent, read the following instructions to the participants:

“Due to different reasons, people may try to take their own lives. I would like to ask a few questions to allow us to understand how best to address this problem in the area. Please answer the questions as honestly as you can. Your information which I will write down will be kept private and this form will not have your name anywhere. All the information will be kept confidential until the conclusion of the study when it will be destroyed. If you have any questions or do not understand what I am asking you at any time, please ask for clarification.

Please remember that you do not have to answer any questions that you do not want to answer and you may discontinue the discussion at any time. Do you have any questions before we begin?”

ID _____

Time _____

Date _____

Name of Interviewer _____

County _____

Sub county _____

Village _____

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Socio-Demographic Characteristics

1. Sex Male () Female ()
2. Age in Years _____
3. Marital Status
- Single
 - Currently Married
 - Divorced
 - Widow/ widower
4. Level of Education (Tick)
- Never attended school
 - Did not complete primary school
 - Completed primary school but did not complete secondary school
 - Completed secondary school
 - Further studies after secondary school
 - Others, specify _____
5. Main occupation (Tick)
- Peasant farmer
- Small business (kiosk, kibanda)
- Big business (shop)
- Housewife
- Salaried worker (teacher, police, chief)
- Fisherman
- Casual labourer
- Others, specify _____
6. Religion (Tick)
- Christian
 - Islam
 - Non-practicing
 - Others, specify _____
7. Prior experience with mental health services
- Provider
 - Family member
 - User of service
 - Caregiver
 - No experience at all.

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Actual Interview

Consider contextualizing this questions

For example:

For a magistrate/healthcareworker/police officer, commence by asking in your capacity as a.....what is your role in interacting with either persons who have attempted suicide or their family. Do you feel well equipped to do so? If no, how can that be improved.

If for example interviewing someone with a personal experience (attempter, bereaved or affected in any way) ask them if they are willing to talk about their own experience. For example: what the trigger was for wanting to take their own life, did they seek help, how would the help be improved etc.

Exploring Risk Factors

1. What are some of the reasons someone would try to take their own life?

Probe

- a. For difference in risk factors by gender and age. For example: do these reasons differ if someone is male or female, old or young?
- b. Probe whether there is a specific group of people or specific characteristics of a person that make them more likely to take their own lives.

Exploring Cultural Perspective of Suicide

2. These people who attempt to take their own life, or who unfortunately take their own life, how are they perceived by the community?
 - a. Probe if these perceptions differ if say one is male or female, from a certain tribe or ethnicity, from a specific religion, of a certain age (old or young).

Exploring Suicide Prevention

3. Do people who try to take their own life seek any help? If yes, where do they seek help?
4. Do you think that people who try to take their own lives can be helped?
If yes, how can they be helped? (If they give multiple options ask, what of those do you think would be most appropriate for this setting and why)
If they say no to the help question, then probe why they think it's a no.
5. What can we do to reduce suicide in the community?

Probe further along these themes. For example

- a. Say by addressing certain suicide methods/means/places.
- b. Say by addressing care
- c. Say by addressing religion
- d. Say by addressing the law.

THANK YOU VERY MUCH FOR YOUR COOPERATION.

Do you have any additional comments or questions that were not covered in the interview?

Post Interview comment

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In this part of the interview the interviewer should write notes that detail his/her feelings, interpretations and other comments. This should be done immediately after conducting the interview.

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Swahili Translation of Qualitative Questions

Sehemu-1 Mahojiano ya kina

Maagizo:

“ Kwa sababu tofauti watu wanaweza kujaribu kujitua uhai. Ningependa kuuliza maswali machache kuturuhusu kuelewa jinsi bora ya kutatua shida hii katika eneo hii. Tafadhali jibu maswali kwa uaminifu kadri uwezavyo. Habari yako nitakayoandika itahifadhiwa kibinafsi na fomu hii haitakuwa na jina lako mahali pengine. Habari yote itawekwa siri hadi hitimisho la utafiti litakapoharibiwa. Ikiwa una maswali yoyote au hauelewi wakati wowote tafadhali uliza ufafanuzi.

Tafadhali kumbuka kuwa sio lazima ujibu maswali yoyote ambayo hutaki kujibu na unaweza kuacha mazungumzo wakati wowote. Una maswali yoyote kabla ya kuanza.

Fact sheet

ID_____

Time_____

Date_____

Name of Interviewer_____

County_____

Sub county _____

Village_____

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Socio-Demographic Characteristics

1. Jinisia: Mwanaume() Mwanamke ()

2. Umri (miaka) _____

3. Hali ya ndoa

Pasipo mwenzi ()

Nimo katika ndoa ()

Talaka

Mjane ()

4. Kiwango cha elimu (Tick)

Sijaenda shule

Sikumaliza shule ya msingi

Nimehitimu shule ya msingi

Nimehitimu shule ya upili

Nimehitimu masomo baada ya shule
ya upili

Others,
specify _____

7 Uzoefu wa awali na huduma za afya ya akili

Watoa huduma

Mzazi

Anaye hudumiwa

Mlezi

Sina uzoefu wowote na huduma hizi.

5. Kazi kuu (Tick)

Mkulima mdogo

Biashara ndogo (kiosk, kibanda)

Biashara kubwa (shop)

Mke afanyaye kazi ya nyumbani

Mfanyakazi anayelipwa mshahara
(teacher, police, chief)

mvuvi

mfanya kazi wa kibarua

Nyingine ,

Eleza _____

6. Dini

Ukristo

Uislamu

Asiyefuata dini yoyote

Nyingine,

Eleza _____

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Maswali ya Mahojiano ya Kina

Maswali yanayogusia sababu

1. Je, nielezee kwa maoni yako ni sababu gani ambazo zaweza kumfanya mtu atake kujitoa uhai?

Uliza kwa kina:

- a) Kwa mfano, sababu hizi huwatafauti ikiwa mtu ni mwanamume au mwanamke, mzee au kijana.

Maswali yanayogusia desturi na utamaduni

2. Je, watu ambao wamejaribu kujitoa uhai au wamekamilisha kitendo hiki, hutazamiwa vipi na jamii au ukoo pale wanapotoka?

Uliza kwa kina:

- a) Je, tazamo hili huwatofauti ikiwa mtu ni mwanamume au mwanamke, mzee au kijana, wa dini fulani, au wa kabila fulani?

Maswali yanayogusia njia za kuzuia kitendo cha kujitoa maisha

3. Je, watu ambao wanafikra za kujitoa uhai au waliojaribu kitendo hiki hutafuta msaada? Ikiwa ndio,

- a) Hutafuta msaada huu wapi?

4. Je, unaamini watu hawa ambao wanaojaribu kujitoa uhai waweza kusaidika?

Ikiwa ndio,

- a) Waweza kusaidiwa kwa njia gani? (ikiwa njia nyingi zimetajwa uliza)
- b) Je, njia hizo ulizotaja ni gani ambazo zafaa zaidi katika eneo hili na kwa nini?

Ikiwa la,

- a) Uliza kwa nini

5. Je, ni nini tunaweza kufanya ili kupunguza idadi ya watu ambao wanaojitua uhai katika eneo hili?

Uliza kwa kina: Kwa mfano

- a) Ukizingatia njia zinazotumiwa au mahali
- b) Ukizingatia matibabu au utunzaji
- c) Ukizingatia dini
- d) Ukizingatia sheria

Asante sana kwa ushirikiano wako.

Una maswali au maoni yoyote ambayo hayakuzingatiwa kwenye mahojiano?

Post Interview comment

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