

Outcomes of a community-based wellness screening tool administered by mental health professionals and religious leaders in the Ketu South Municipality in Ghana

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Conclusion

- a **brief culturally sensitive mental health screening tool** (PHQ-2, GAD-2, one question about suicidality, and CAGE-AID) was **developed** in a **collaborative effort between mental health providers and religious leaders**
- in the development and implementation phases, we **utilized principles of human-centered design and implementation science**, respectively
- **potential cases of depression, anxiety, suicidality, and substance use disorder were identified**; we found **differences in demographic data** between community members not yet and already connected with mental health services; this allows us to design **tailored strategies** and interventions for prevention, screening, and treatment targeting **religious leaders' involvement and endorsement built trust in mental health activities** which are stigmatized at baseline

Introduction

- We know **WHY** we should act in community mental health (f.e., early interventions can improve treatment outcomes)
- We know **WHAT** we should do (f.e., task-sharing versus task-shifting)
- **HOW** any of these activities can be implemented on the community level to decrease the delay of access to evidence-based mental health care remains unclear

Aim

- study started to explore the "how" for a specific identified problem (collaboration between mental health professionals and religious leaders) in the Ketu South Municipality in Ghana (results not shown here)
- additionally, the study explored the feasibility and the results of a community-based wellness screening



Figure 1 (above): Map of the Ketu South Municipality in Ghana; which is one of the 25 municipalities in the Volta Region in Ghana; **Figure 2 (to the right):** Wellness Questionnaire (based on in Ghana validated mental health screening tools)

Wellness Questionnaire Ketu South Municipality
(administered by a health professional or trained religious/traditional leader)

Screening done by (your name): _____ Today's date (DD/MM/YY): _____

Location: OPD visit Hospital stay Outpat. School visit Other (specify): _____

Sex: Male Female Other _____

Age: _____ years

Occupation: _____

Identifier: ORF number: _____ (first letter of first name, last letter of last name, first letter of the month a community member was born in, year of birth)

Please circle one of the boxes per question:

Over the last 2 weeks, how often have you been bothered by the following problem?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling tired, exhausted, or hopeless	0	1	2	3
3. Feeling nervous, anxious, or on edge	0	1	2	3
4. Trouble concentrating on things, such as school or work	0	1	2	3
5. Having thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3

How often you drink alcohol or used illicit drugs in your life? No (never) Yes

If no (never), you can skip this questionnaire. If you have tried alcohol or illicit drugs (including weed/marijuana/cannabis) before, please continue with the questionnaire and circle one of the boxes per question:

	YES	NO
6. Have you ever felt you might cut down on your drinking or on your use of illicit drugs?	1	0
7. Have people ever annoyed you by criticizing your drinking or illicit drug use?	1	0
8. Have you ever had bad or guilty about your drinking or illicit drug use?	1	0
9. Have you ever had a drink or used illicit drugs first thing in the morning to steady your nerves or to get rid of a hangover (you mean)?	1	0

Scoring:
PHQ-2 (score for depression): add points for questions 1 and 2
GAD-2 (score for anxiety): add points for questions 3 and 4
Suicide (score for suicidal thoughts): add points for questions 5 and 6
CAGE-AID (score for alcohol and/or substance use disorder): add points for questions 7 to 9

Results

- screened 1,065 community members (787 females, 278 males, mean age: 32.42 years) in five months (January - May 2022) in hospitals and churches, collected baseline demographic data (not shown here in detail)
- 215 of these community members were already connected to mental health services

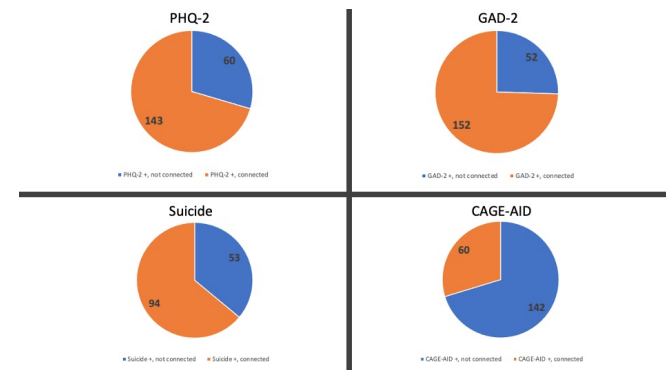


Figure 3 (above): Number of community members who screened positive on a questionnaire (PHQ-2, GAD-2, Suicide, or CAGE-AID) and a) are currently not connected with a mental health provider (blue slice) or b) are already connected with a mental health provider (orange slice); the total number of community members who screened positive on a questionnaire is the sum of the number displayed in the blue slice plus the number displayed in the orange slice; completed referrals across "conditions" averaged around 55%

We create spaces of empowerment towards mentally healthier communities.



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