**Appendix I**

 **Training questionnaire on knowledge of maternal depression**

**HEALTH CENTRE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LGA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION A DEMOGRAPHIC DATA**

1. Age in years \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Highest level of education. Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Designation/office/Cadre (1) Chief Nursing Officer (2) CHEW (3) others\_\_\_\_\_\_\_\_\_\_\_
4. Tribe (1) Yoruba ( ) (2) Ibo ( ) (3) Hausa ( ) (4) Others ( )
5. Religion (1) Christian ( ) (2) Islam ( ) (3) Traditional ( ) (4) Others specify\_\_\_\_\_
6. Marital status (1)Married ( ) (2) Widowed ( ) (3)Separated ( ) (4)Divorce ( ) (5 ) Single
7. How long have been in health care giving service? (1) < 3yrs (2) 3yrs-5yrs (3) 6yrs -9 yrs (4)>10 yrs
8. Are you involved in giving health talk at your centre? (1) yes (2) No
9. Do you given health talk on maternal depression at your centre? (1) yes (2) No
10. How many women has sought emotional help in the last two months \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SECTION B: KNOWLEDGE QUESTIONS**

 **Instruction: kindly tick the correct answer, your answer for a particular number may be more than one**

1. **WHICH OF THE FOLLOWING DOES NOT DEFINE DEPRESSION?**
2. feeling down or sad
3. Unhappiness
4. Intense emotions of anxiety, hopelessness, negativity and helplessness, and the feelings stay
5. None of the above
6. **WHCH OF THE LIST BELOW IS NOT SIGN AND SYMPTOM OF**

 **DEPRESSION?**

|  |  |
| --- | --- |
| a. Low mood | b. Loss of interest in pleasurable things |
| c. Low energy | d. Fatigue |
| e. Reduced attention | f. Forgetfulness |
| g. Idea of guilt | h. Disturbed sleep |
| i. Guilt | j. Feeling of unworthiness |
| K Reduced self esteem | l. Low self esteem |
| m. Reduced concentration | n. Diminished appetitereduces self confidence |
| o. Thought of self-harm | p. Thoughts of suicide |
|  | Q None of the above |

 **3. WHAT THREE SYMPTOMS FROM THE LIST ABOVE SHOULD YOU FIRST**

 **LOOK OUT FOR TO ESTABLISH DEPRESSION IN A SUSPECTED**

 **MOTHER/PREGNANT WOMAN**

4. **WHICH OF THE FOLLOWING IS NOT A POSSIBLE CONSEQUENCE OF**

|  |  |
| --- | --- |
| a. Inter-uterine retarded growth | b. Low birth weight due to loss of appetite |
| c. Miscarriage | d. Premature delivery |
| e. Raised blood pressure due to sleeplessness | f. Pre-eclampsia |
| g. None of the above |  |

 **DEPRESSION IN PREGNANCY**

 **5. WHICH OF THE FOLLOWING IS NOT CONSEQUENCES OF DEPRESSION**

 **AFTER DELIVERY**

|  |  |
| --- | --- |
| a. Sleeping disturbance | f. Malnutrition of child |
| b. Loss of mother’s confidence | g. Negative feelings towards their child |
| c. It disrupts mother –child bond | h. Estranges spouse |
| d. Poor social functioning and quality of life | i. Elevated rates of depression in partner |
| e. Adverse effects upon cognitive, social, and emotional developments in the infants | j. Psychosis | k. None of the above |

 **6. WHICH OF THE LIST BELOW IS NOT A WAY OF COPING OR BUILDING**

 **RESILIENCE**

|  |  |
| --- | --- |
| 1. Ensure daily social interaction
 | g. Force self to involve in daily household activities |
| 1. Ensure active occupational activities
 | h. Seek needed counsel on time on issues: career, business, marital, spiritual issues |
| 1. Forgive easily
 | 1. Accepting disappointment and failure as blessing in disguise
 |
| 1. Accepting disappointment and failure as blessing in disguise
 | j. Earn from failure and change strategies |
| 1. Praying to God concerning everything
 | k. Attend social gathering e. g religious gathering or parties |
| 1. Accepting responsibility for one’s life not blaming another person
 | l. None of the above |

7. Any human being can have depression (1) True (2) False

8. It can be very difficult to know if you are depressed and what you can do about it

 (1) True (2) False

9. Depression is the same as puerperal psychosis (1) True (2) False

10. Community people, pregnant women and nursing mother do not know depression

 (1) True (2) False

**10 SCORE**

**Appendix II**

**Training checklist for scoring the skill to give health talk on maternal depression according to guide**

1. DEFINITION - Maternal depression: “is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being experienced by women during pregnancy and after giving birth” (Diagnostic and Statistical Manual, DSM5 2013). If this is occurring for two weeks, there is no other name to call it than depression. It is an intense emotions of anxiety, hopelessness, negativity and helplessness, and the feelings stay except mother wages war against it **3 marks**
2. What maternal depression is not, it is not just unhappiness? *Address misconception*
* Emere: Ogbanje
* Oko orun: Spirit husband
* Ijiya ese iya lara omo: Revenge of mother’s offense on child **2 marks**
1. Mention 2 possible risk factors for maternal depression *address misconception*
* Life events that are overwhelming like bereavement, failure, debt, loss of job, poverty, disaster, disappointment (different factors cause it for individuals)
* Personality trait like introverts are vulnerable to depression because their social interaction is less
* It can be genetic that is it can be hereditary
* It can be caused by brain injury **2 marks**
1. Mention three signs (being experienced for almost two weeks) to first look out for or to use to assess a suspected depressed mother or pregnant woman
* Low mood
* Loss of interest in pleasurable things
* Low energy **1 mark**
1. Mention other signs and symptoms of depression
* Loss of interest in the things you enjoy doing
* Low mood
* Fatigue and Low energy
* Loss of joy
* Loss of appetite or overeating
* Poor sleep
* Weight loss or over weight
* Pains and ache
* Thinking back into past
* Weeping  **1 mark**
1. Mention the consequences of depression *mention at least 1 items each* during pregnancy and after giving birth

 During pregnancy

* Such mother may have raised Blood Pressure
* Her baby may not grow in the womb
* She may deliver to low birth weight baby
* She may have premature delivery
* She may have shock in pregnancy **1 mark**

 After giving birth

* Such mother may not be able to function well as mother and wife
* It may disrupt the bond between her and her child because she will not feel like carrying the baby
* It may not allow her child to grow well because of neglect and underfeeding
* It may impair her child’s emotional development
* It may disrupt relationship between her and her partner
* She may commit suicide or kill her child **1 mark**
1. Mention 3 ways of coping, prevention or building resilience for depression
* Depression often makes you feel helpless. Take action!!!! Make yourself feel more in control will have a positive effect
* Forgive and resolve conflicts
* Think well about yourself. The way you think about yourself will affect your frame of mind and feelings of depression.
* Doing something that you are interested in, enjoy or good at
* Take right decision on time or seek help to take your decision (indecision can fuel depression)
* Finish up your task on time or seek help to finish on time (procrastination can make work to be overwhelming, cause non-accomplishment, low self-esteem and depression)
* Going for daily walk
* Attend occasion like wedding, naming ceremony, party and religious activities
* Keep in touch with friends and family
* Eating healthily (eat fruits and vegetables), it will help you generally feel better and give you more energy, especially if you are also exercising
* Get help from health workers
1. Help seeking (Address misconception) 3 **marks**
* Spiritual help seeking alone without medical should be discouraged
* Talk to health workers about your feeling **1 mark**

**Total 15mks**

**Appendix III**

**Self-efficacy questionnaire for training participants**

**HEALTH CENTRE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LGA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION A: DEMOGRAPHIC DATA**

1. Age in years \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Highest level of education. Specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Designation/office/Cadre (1) Chief Nursing Officer (2) CHEW (3) others\_\_\_\_\_\_\_\_\_\_\_\_
4. Tribe (1) Yoruba ( ) (2) Ibo ( ) (3) Hausa ( ) (4) Others ( )
5. Religion (1) Christian ( ) (2) Islam ( ) (3) Traditional ( ) (4) Others specify\_\_\_
6. Marital status (1)Married ( ) (2) Widowed ( ) (3)Separated ( ) (4)Divorce ( )

(5 ) Single

1. How long have been in health care giving service? (1) < 3yrs (2) 3yrs-5yrs (3) 6yrs -9 yrs (4)>10 yr
2. Have you ever been trained on maternal depression before (1) yes (2) No
3. Are you involved in giving health talk at your centre? (1) yes (2) No
4. Do you give health talk on maternal depression at your centre? (1) yes (2) No
5. How many women has sought emotional help in the last two months \_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Self-efficacy | Not at all | Well a bit | Not very well | Very well |
|  |  | 1 | 2 | 3 | 4 marks |
| 1. | How well can you give health talk on maternal depression without using IEC? |  |  |  |  |
| 2. | I can confidently deliver health talk on maternal depression without IEC |  |  |  |  |
| 3. | I can confidently use IEC materials on maternal depression to give health talk |  |  |  |  |
| 4. | I can confidently use song on maternal depression to give health talk |  |  |  |  |
| 5. | I need more training on how to use health talk guide and IEC materials on maternal depression to give health talk  |  |  |  |  |

 **20 MARKS MAX**

 **CLIENTS’ QUESTIONNAIRE**

**Appendix IX**

**Knowledge assessment of maternal depression for the service users**

* + - * Describe what maternal depression is **(1mark)**
			* Describe what maternal depression is not ***(*2marks)**
			* Mention two possible risk factors for depression **(2marks)**
			* Mention three signs (being experienced for almost two weeks) to first look out for or ask a

 Suspected depressed mother or pregnant woman **(2 marks)**

* + - * Mention 1sign and symptom of depression **(1mark)**

The consequences of depression in pregnancy. *mention at least 2*  **(2mark)**

The consequences of depression after delivery *mention at least 2* **(2 mark)**

* + - * Mention at least 3 ways of coping or building resilience for depression **(1mark)**
			* Help seeking **(2marks)**
			* **15 MARKS**