Community Mental Health Workers: Semi-Structured Interview Questions

Demographic Questions

1. Can you tell me about yourself, including your occupation and educational background?
2. What is the population you primarily serve?
3. How long have you been working as a mental health provider?
4. What is your religious/ spiritual background?

Beliefs and Attitudes

1. How are general beliefs about mental health evolving in Ghana?
    - Are these changes more noticeable among younger generations?
2. How do these beliefs impact the services you provide?
    - In what ways do your personal beliefs influence your practice?
3. What is the general attitude of Ghanaians towards counseling and therapy?
    - How do families seek help for children's mental health?
    - What are the barriers to help-seeking for children and adolescents?
4. What strategies do you think could improve help-seeking behaviors?

Nature of Services

1. What modifications do you make in your intervention procedures to address cultural norms?
    - Are there specific therapy styles or techniques you find useful for younger clients?
2. How do you collaborate with:
    - Parents?
    - Schools or other professionals?
3. How do you set therapy goals for children and adolescents?
    - What role does family play in achieving these goals (positively or negatively)?
    - How does religion/ spirituality influence these goals?
4. How do you handle situations where cultural norms conflict with therapeutic goals?
5. How do you build rapport to encourage self-disclosure?
    - What barriers exist to openness or self-disclosure?
    - How do you address these barriers?

Cultural Adaptation of CBT

1. What must be considered when adapting a Western mental health intervention for Ghana?
2. How do you address language barriers in therapy?
    - What adjustments do you make when using psychological terms?
3. How do electronic devices influence your practice?

Educators' Semi-Structured Interview Questions

(Teachers, Counselors, School Administrators)

Demographic Questions

1. What are your roles and responsibilities in the school?
2. What is your educational and religious/ spiritual background??
3. How long have you been working with basic school students?

Beliefs and Attitudes

1. How does your school address children's mental health (CAMH) issues?
    - What cultural or societal beliefs shape how mental health is addressed in schools?
    - What role do families play in this process?
2. What is the general acceptance of school counseling among students, families, and staff?
3. What barriers might prevent students from seeking mental health services at school?
    - How willing are children and their families to engage with these services?

Access, Delivery, and Cultural Adaptation

1. What kind of training or resources do you think educators need to support students' mental health?
2. What role do parents play in supporting the mental well-being of students?
3. How do students typically open up about their problems to you?
    - What barriers affect trust and self-disclosure, and how can these be addressed?
4. What locations in schools are most appropriate for counseling services?
    - How can these spaces be improved to make students feel comfortable?
5. What format would work best for school-based interventions (SBI):
    - Group sessions, individual sessions, or school-wide programs? Why?
    - How long should sessions last, and for what duration (weeks/months)?

Implementation Considerations

1. What challenges do you foresee in implementing a mental health program like CBT in your school?
2. What role do teachers, parents, and community members play in ensuring the success of such a program?
3. What teaching strategies or cultural practices should be incorporated into a school-based CBT program?
    - What strategies can build trust to foster self-disclosure in schools?

Student Focus Group Discussion (FGD) Guide

Demographic Questions

1. What is your age and grade?
2. What are your parents' occupations and educational backgrounds?
3. What is your religious/ spiritual background?

Introduction & Ground Rules

- **Facilitator Introduction:** Briefly explain the purpose in simple terms:
  "We want to learn how students like you handle worries or sadness, and how schools can help in ways that feel right for you."
- **Confidentiality:**
  "Everything we discuss here stays here. No names will be used. You can skip any question or leave anytime."
- **Consent:** Ensure parental consent is obtained beforehand; confirm verbal assent from each child.
- **Icebreaker:** *Share your name and one thing that makes you happy*
- **Warm-Up Activity**: "Feelings/ Emojie Charades"

Beliefs and Experiences with Services

1. What do you think about mental health problems among students?
    - What do you believe causes them?
    - How does your school help students deal with such problems?
2. How do you or your peers deal with stressful situations or problems at school or home?
3. How do you feel about talking to someone (like a counselor) about your problems?

Recommendations for Service Delivery

1. What support do you receive from your teachers when you feel upset or stressed?
    - Do you feel comfortable talking to a teacher or counselor about your problems? Why or why not?
    - How can counselors and teachers collaborate with students to improve their mental health?
2. What types of programs or activities would help you feel better when dealing with stress or sadness?
3. What can be done to encourage students to seek help when needed?
    - What would make it easier for students to talk about their feelings at school?
4. What would make you feel comfortable during counseling sessions?
    - Would you prefer group, individual, or school-wide counseling? Why?

Parents' Interview Guide

Demographic Questions

1. How many children do you have in school, and at what levels?
2. What is your occupation, educational, religious/ spiritual background?
3. Where do you live: city, town, or village?

Beliefs and Experiences with Services

1. How do you usually recognize when your child is struggling emotionally?
2. How do you typically help your child deal with stress or personal problems?
3. How do you seek help when your child has a CAMH problem?
    - What factors influence your decision to seek help?
4. How do your beliefs influence you to seek help for your child with emotional difficulties in children?
5. What challenges have you faced in accessing therapy or counseling for your child?
    - What factors cause these challenges (e.g., economic, stigma, bullying)?
    - How have you managed to overcome them?
6. Do you trust counseling services for your child? Why or why not?

Recommendations for SBI

1. What approaches do you think would work best to help children manage emotional difficulties in school?
    - What do you recommend for supporting children with mental health problems?
    - How can challenging unhelpful thought and beliefs better improve mental and emotional outcomes?
2. What goals or improvements would you expect from an SBI program?
3. How can teachers and schools support students' mental well-being while respecting cultural values?
    - How should they work with you and involve you in therapy or counselling?