Topic guide for first eight focus groups

**Depression case history**

**This 86 year old woman has a few medical problems, like diabetes and high blood pressure. She also suffers with pain in her lower back so cannot walk very far and needs help getting washed by her daughter. Over the last few months, she has felt sad most of the time and is always tired. She used to enjoy working in the shamba but now cannot think of anything she enjoys doing. She feels worthless because she cannot do anything to help around the house and does not look forward to anything. At times she feels so sad that she thinks it would be better to die than live like this. Her daughter says she cries a lot more now and finds it difficult to concentrate when listening to the radio or to make decisions. She finds it hard to fall asleep and often wakes up very early. She has lost her appetite so is not eating very much. While you talk to her, she avoids looking you in the eye, is quiet and she seems to have no hope.**

* What do you think about this woman? How would people describe her? Would people think there is something wrong with her?
* What is msongo na mawazo? Does this woman have it?
* Have you heard of ‘depression’? Does this woman have depression?
* What causes the problems this woman has?
* Do these problems happen to some people more than others? Which people and why?
* Is there anything that can be done to help this woman? If someone in your family felt like this, what would you recommend they do?

**Case history of sadness**

**This 82 year old woman has four children who have all moved away to cities like Arusha and Dar. She just lives with her husband. She misses her children a lot because they do not visit very often which makes her sad and she is disappointed not to see her grandchildren. However she has good neighbours and visits friends regularly. She goes to the Mosque once a week and likes talking to people at the market when she goes to sell vegetables. She often suffers from headaches which sometimes means she has to spend the day in the house but when she feels well, she enjoys feeding the chickens and cooking for her and her husband. She sleeps well at night.**

* How would people describe this woman?
* What is the difference between normal sadness and depression?
* Can you describe people you have seen that have normal sadness or depression? How were they different?

**Case history of bereavement**

**This 75 year old man has been sad for the last two months after his wife died suddenly. He gets upset sometimes when he thinks about her and misses her. Sometimes he thinks his wife is in the yard sweeping even though he knows that cannot be true. His appetite is not as good as usual so he has lost a bit of weight. He still goes to Church every Sunday and has been attending the community meetings but does not contribute as much as usual. He sometimes struggles to get to sleep because he feels sad but then sleeps well until the morning. His family have noticed he is quieter than usual but still enjoys watching the grandchildren play and feeding the cows.**

* Why do you think this man is sad?
* How would people describe bereavement?
* What is the difference between depression/msongo na mawazo and bereavement?

All over body pain

* When people say they have all body pain, what do they mean?
* Why do people have all body pain?
* Is this something that needs treatment? What can be done about all body pain?

Anxiety

* Everyone worries, but what happens when people worry too much? Could you describe people you have seen who worry too much?
* Why do some people worry too much?
* Is it different to depression/msongo na mawazo or part of it?
* Is there anything that can be done to help people who worry too much?