Appendix 2: amended topic guide for final two focus groups

**Case 1**

**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?
* What is msongo na mawazo? Does this woman have it?
* What causes the problems this woman has?
* Is there anything that can be done to help this woman?
* This lady is having some worries about not having enough resources. Can people who are rich and have money feel like this? Or is the problem resolved if the resources are there?

**Case 2**

**A 70 year old woman lives alone in a rural area. Previously she was at peace and used to enjoy doing farming work and looking after the animals. She also liked to go to the market and spend time with people and also go to church. More recently she has had the problem of too much thinking. She cannot stop thinking and it is making her to feel very tired. She thinks until her head feels hot, and it doesn’t matter how much she thinks, she cannot find a way out. She has noticed pain of the whole body and is starting to feel that she is weak and that she cannot do her farming work well anymore. She is feeling bad because the farm is not cared for. When she goes to the market and to the church she still goes there but it does not make her feel happy. Her friends and neighbours have noticed that she seems confused and that she is not paying attention to what they are saying. She sometimes forgets where she has put things or where she is going.**

**She has been thinking about whether she should go to see the doctor. But also she is wondering if someone has caused her to feel this misfortune and whether she should go to see a traditional healer because she has heard of someone who may be able to help her who lives quite far away. Another possibility would be to ask a faith healer if they can help her.**

* What do you think is the problem with this lady?
* What do older people enjoy doing at home – what makes them happy normally?
* Why does she seem confused? Is this a problem with her memory or with something else?
* How would you advise her to solve this problem? Should she maybe see the traditional healer? Can this type of treatment help people sometimes?
* What about medication – can medication help with this type of problem ? Is it a good idea?

**Case 3**

**An 82 year old man lives alone in a rural area. Previously he was at peace and used to enjoy doing farming work and looking after the animals. He also liked to go to the market and spend time with people and attend community meetings. More recently he has been thinking a lot. Even though nothing has really changed in his situation, he is thinking more and more about his farm and thinking it is not producing enough and that he does not have enough income or resources for his old age. He is worrying a lot, and feels feelings of fear in his body. He thinks until his head feels hot, and it doesn’t matter how much he thinks, he cannot find a way out. He has noticed that he has difficulty in thinking clearly, and cannot make decisions because he is worried that he will make the wrong decision. He feels trembling and sweating and sometimes heart palpitations and cannot sleep well. He feels like this much of the time and cannot get these thoughts out of her head. He has difficulty relaxing, and if he hears any noise like children throwing stones he jumps and goes to see what has caused the noise. His neighbours and friends try to encourage him and try to explain to him that actually he works hard and should not worry so much but he is not comforted and continues to feel the same.**

* What is the problem with this man?
* Why is he so worried? What could be the cause? Is he correct to be so worried?
* Is it different to depression/msongo na mawazo or part of it?
* What should be done to help him?
* Can medication solve this type of problem?

HOJA YA KWANZA

Mwanamke mwenye umri wa miaka 86 ana matatizo ya matibabu kadhaa, kama ugonjwa wa kisukari na shinikizo la juu la damu. Pia hupata maumivu katika upande wa chini wa mgongo kwa hio hawezi kutembea mbali sana na anahitaji msaada wa kuoshwa kutoka kwa binti yake. Zaidi ya miezi michache iliyopita, wakati mwingi anasikia huzuni na amechoka. Alikuwa anafurahi kufanya kazi katika shamba lakini sasa hawezi kufikiria chochote kinachomfurahisha kufanya.Anahisi kuwa hana thamani kwa sababu hawezi kufanya kitu chochote cha kusaidia nyumbani na hana matazamio ya chochote. Wakati mwingine anahisi huzuni sana kwamba anafikiri itakuwa bora kufa kuliko kuishi katika hali hii. Binti yake anasema analia sana na huona kuwa vigumu kuzingatia wakati wa kusikiliza redio au kufanya maamuzi. Anaona vigumu kulala na mara nyingi huamka mapema sana. Amepoteza hamu yake ya kula kwa hiyo ana kula mara chache sana .Wakati unapozungumza naye, anaepuka kukuangalia katika jicho, ni mutulivu na anaonekana kuwa hana tumaini.

• Unafikiria nini kuhusu mwanamke huyu? Watu wanamzungumziaje?

• Msongomano wa mawazo ni nini? Je! Mwanamke huyu anao?

• Ni nini kinasababisha matatizo ya mwanamke huyu?

• Je, kuna chochote kinachoweza kufanyika ili kumsaidia mwanamke huyu?

• Mwanamke huyu ana wasiwasi kuhusu kutopata rasilimali za kutosha. Je! Watu ambao ni matajiri na wana pesa wanahisi hali hii? Au tatizo litatatulika kama rasilimali zipo?

HOJA YA PILI

Mwanamke mwenye umri wa miaka 70 anaishi peke yake katika kijijini. Hapo awali alikuwa ana amani na alikuwa anafurahia kufanya kazi ya kilimo na kutunza wanyama.Pia alipenda kwenda sokoni na kutumia muda kuwa na watu na pia kwenda kanisa. Hivi karibuni amekuwa na tatizo la kuwaza sana. Hawezi kuacha kuwaza na inafanya ajisikia mchovo sana. Anawaza mpaka kichwa chake kinahisi moto, na haijalishi ni kiasi gani anachowaza, hawezi kupata ufumbuzi/suluhu.Amegundua ana maumivu mwili mzima na anaanza kujisikia kuwa ni dhaifu na kwamba hawezi kufanya kazi yake ya kilimo vizuri tena. Anahisi vibaya kwa sababu shamba halitunzwi tena. Wakati anaenda sokoni na kanisani bado huenda huko lakini haimfanya ahisi kuwa na furaha.Marafiki zake na majirani wameona kwamba anaonekana kuchanganyikiwa na kwamba hayupo makini na kile wanachosema. Wakati mwingine husahau alipo ameweka vitu au anaenda wapi.

Amekuwa anafikiria kama anapaswa kwenda kumwona daktari. Lakini pia anajiuliza ikiwa mtu amemsababisha kujisikia namna hii na kama anapaswa kwenda kumwona mganga wa jadi/kienyeji kwa sababu amesikia kuna mtu ambaye anaweza kumsaidia ambaye anaishi mbali sana. Uwezekano mwingine ni kuuliza waponyaji wa kiimani/kidini kama wanaweza kumsaidia.

• Unafikiria tatizo la mwanamke huyu ni nini ?

• Watu wazee wanafurahia kufanya nini nyumbani – kwa kawaida ni nini kinachowafanya wawe na furaha?

• Kwa nini anaonekana kuchanganyikiwa? Je! Hii ni tatizo la kumbukumbu yake au kuna kitu kingine?

• Unaweza kumshauri jinsi gani ya kutatua tatizo hili? Je! Labda anaweza kuona mganga wa jadi? Je! Aina hii ya matibabu inaweza kuwasaidia watu wakati mwingine?

• Je! Kuhusu dawa - Je, dawa inaweza kusaidia aina hii ya tatizo? Je! Ni wazo nzuri?

HOJA YA TATU

Mtu mwenye umri wa miaka 82 anaishi peke yake katika kijijini. Hapo awali alikuwa na amani na alikuwa anafurahia kufanya kazi ya kilimo na kutunza wanyama. Pia alipenda kwenda sokoni na kutumia muda na watu na kuhudhuria mikutano ya jamii. Hivi karibuni amekuwa akiwaza sana. Ingawa hakuna kitu kilichobadilika sana katika hali yake, anafikiri sana na sana(zaidi na zaidi) juu ya shamba lake na anawaza halizalishi vya kutosha na kwamba hawana kipato cha kutosha au rasilimali kwa uzee wake. Yeye ana wasiwasi sana, na anahisi hisia za hofu katika mwili wake. Anawaza mpaka kichwa chake kinahisi moto, na haijalishi jinsi gani anawaza, hawezi kupata suluhu. Ameona kuwa ana shida katika kufikiri vizuri, na hawezi kufanya maamuzi kwa sababu ana wasiwasi kwamba atafanya uamuzi usio sahihi. Anahisi kutetemeka na kutapika na wakati mwingine hupiga moyo na hawezi kulala vizuri. Anahisi hivi muda mwingi na hawezi kuondoa mawazo haya kwenye kichwa chake. Anakupumzika kwa shida, na kama anaisikia kelele yoyote kama watoto kutupa mawe yeye anaruka na huenda kuona nini imesababisha kelele. Majirani zake na marafiki hujaribu kumtia moyo na kujaribu kumweleza kwamba kwa kweli anafanya kazi kwa jitihada na haipaswi kuwa na wasiwasi kabisa lakini hafarijiki na anaendelea kujisikia vile vile.

• Tatizo la huyu bwana ni nini?

• Kwa nini ana wasiwasi sana? je Nini kinaweza kuwa chanzo? Je! Ni sahihi yeye kuwa na wasiwasi sana?

• Je, ni tofauti na msongo wa mawazo au mojawapo ya huo?

• Nini kifanyike ili kumsaidia?

• Je, dawa zinaweza kutatua tatizo hili?