

Focus group interview guide

Location: MIDRIFT offices

Date: 29/01/2023 – 14/02/2024

Introduction

- Welcome and introduction to the focus group and introducing myself.
- Briefly explain the purpose of the discussion: to understand health professionals' perspectives on referring survivors of gender-based violence (GBV) to the PM+ program in Nakuru County, Kenya.
- Introducing the psychologist and explain to the participants that they can ask for a break anytime and if necessary talk to the psychologist. The psychologist will attend every meeting.
- Ask for signing an informed consent form for recording and processing their data; ensuring they will stay anonymously

Icebreaker

- Ask participants to briefly introduce themselves, their roles, and their experiences in providing mental health support.

Understanding Referral Practices:

1. Current Referral Process:
 - a) Can you describe the current process of referring GBV survivors from the PFA to PM+?
 - b) How well do PFA and PM+ work together? (challenges, how to cope with it)
 - c) What challenges or barriers do you encounter in the current referral process?
 - d) How can we strengthen this?
 - e) How is your networking among PFA providers and PM+ helpers regarding the referral process?
 - f) How does starting with PFA improve referring GBV survivors to PM+?

2. Training Experience as a PM+ provider:

- a) Could you share your experience with the training to become a PM+ provider?
- b) In what ways did the training prepare you for working with GBV survivors?

3. Perceived Effectiveness of PM+:

- a) In your opinion, how effective is PM+ in addressing the mental health needs of GBV survivors?

4. Integration of PM+ into Current Practices:

- a) How well is PM+ integrated into your current mental health support practices?
- b) Are there any elements in PM+ that you find challenging or that may differ from your current practices?

5. Empowerment Perspectives

- a) In what ways do you observe/believe the Problem Management Plus (PM+) program contributing to survivors' ability to take control of their lives?
- b) How are the survivors empowered regarding social, economic, and using their strategies?

6. Empowerment challenges

- a) What challenges have you encountered in assisting survivors in improving their perceived health, well-being, and overall quality of life within the mental health support context?

- b) How do broader systemic factors, such as social and economic conditions, impact the survivors' ability to regain control over their lives after experiencing gender-based violence?

Psychological First AID (PFA) Integration

7. Knowledge and Utilization of PFA

- a) Having received training on basic PFA by MIDRFIT, how has this impacted on your professional and social life in your community? (asking more towards chief and providers)
- b) What is your perception about the extent the PFA's integration into your initial response to GBV survivors?

Systemic and Community Factors

8. Community Involvement:

- a) How do community factors, such as cultural norms and community support, impact the referral and support process for GBV survivors?
 - a. What other cultural norms impact the support of survivors?
- b) Are there other community-level projects or initiatives that have proven successful? ☐ and did these projects help along side the survivors while receiving PM+?
- c) Do you also work together with other projects or do you refer the survivors to these projects?

9. Systemic Challenges:

- a) From your perspective, what are the main challenges or problems that make it hard for GBV survivors in Nakuru County to get the help they need for their mental health?
- b) How do you think these challenges or problems can be made better so that the support system for survivors improves overall?
- c) How does the existing infrastructure prevent people from reaching to these services (such as reporting of GBV incidents)?

Closing:

- a) Any other issues you want to discuss or mention.
- b) Thank participants for their valuable insights.
- c) Mention any follow-up steps or actions based on the focus group discussion.