

Scalable Mental Health: Data Dictionary

Note: The datasets for the ASR, Depression, Grief, Psychosis and PTSD modules contained only scored data, i.e. participants' responses to questions assessing their knowledge of the topic were scored based on correctness of their response. Please refer to the "Assigned Scoring" column to interpret these scores.				
ACUTE STRESS RESPONSE (ASR) MODULE				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
participants_code	participants_code_1	Participant code (unique ID)	N/A	N/A
pre_adol_bdwet	pst_adol_bdwet	14 years old witnessed fire before a week, been bed-wetting since then. Is sleepless with fear of bedwetting, which of this suggestion is not to be given to the patient	A: Did anyone he know get injured or die in the fire B : who is there in the family and what is the support being received C: Did the bed-wetting problem exist before the incident D: Do not drink a lot of water before going go to bed E: These things are normal, there is nothing much we can do. It'll go away in time	1= Correct 0=Incorrect
pre_wmn_cng_beh	pst_wmn_cng_beh	22-year-old woman lost her husband in earthquake, she was agitated but now she is withdrawn and believes her husband will come back. What would you say to her or her family	A:Did this problem start only after husband's demise B:She is suffering from Psychosis C:Take these sleeping pills for a week and come back for follow up D:She is suffering from PTSD E:These things are normal, there's nothing much we can do. It'll go away in time	1= Correct 0=Incorrect
pre_ache_aftrquake	pst_ache_aftrquake	12 days after the earthquake, a 33-year woman had body aches and feels weak. What is best to say to her or her family	A: How did you feeling during the earthquake, might be difficult but you have to share it with me B:you should either go to faith healers or us, don't approach both C: Did you get injured during the earthquake D:This is due to increased stress, take deep breaths, you'll feel better E:These mostly happen to women, don't worry it'll be alright	1= Correct 0=Incorrect
pre_Scrd_wtnss	pst_Scrd_wtnss	A man who witnessed violence before 10 days has difficulty sleeping, what would be best to suggest him	A:Take Diazepam 2mg before going to bed B:What time do you sleep/wake up and what do you usually do before going to bed C:If problem persists for 30 days, come again	1= Correct

			D:You have depression and you need to visit a mental health specialist	0=Incorrect
			E: Post such incidents these symptoms are normal, need not worry. It'll be alright	
pre_pptn_quake	pst_pptn_quake	Been more than a month since the earth quake but Shyam is scared and has lost interest in daily activities, what would be best to suggest or ask him	A:Wait for a month then check again B:Start with Diazepam 2mg, will help resolve most of your problems C:Force yourself to keep doing regular daily activities that you did D: you seem to have PTSD, you will need to consult a mental health specialist for this E: These things are normal, there is nothing much we can do. It'll go away in time	1= Correct 0=Incorrect
prescore	postscore	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
prescorecent	postscorecent	Total pre/post score (%)	N/A	Scores in preceding knowledge questions (in %)
centchange		Change in percentage scores	N/A	Difference of postscorecent and prescorecent
	Video rating	How did you find this training video?	A: Did not like it at all B: Liked it a little C: Liked it somewhat D: Liked it a well E: Liked it a lot	1 2 3 4 5
NA	pst_liked_vds pst_ntLiked_sug	most like about the videos not liked or suggestions	Qualitative free-form text entry	N/A

DEPRESSION MODULE				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
participants_code	participants_code_1	Participant code (unique ID)	N/A	N/A
pre_slpless_Tired	pst_slpless_Tired	27 year old patient is sleepless, has diminished appetite,night mares.What would would do	A:To patient: You definitely have Depression B:Ask patients about all symptoms of depression C:Prescribe amitriptyline daily 25 mg for 10 days	1= Correct

			D:To patient: You are young and nothing has happened to you, if problems persist come back in a month or two E: Prescribe Vitamin B complex for a month	0=Incorrect
pre_No_AntDeps	pst_No_AntDeps	Not to prescribe anti-depressants to one of these patient	A:Patient who says: Three years ago, I didn't have to sleep for 2 weeks, spoke a lot and thought of self as the world's most powerful person B: Patient who had depressive symptoms 5 years ago C: A 50-year old woman with all symptoms of depression D: A patient whose mother suffers from Depression E: An 18-year-old woman with all symptoms of depression	1= Correct 0=Incorrect
pre_bfore_AntDps	pst_bfore_AntDps	To tell patients before starting anti depressants like amitriptyline and fluoxetine	A:Taking these meds for 2 weeks is enough B: These will affect your symptoms only after five months of consumption C: This had no side effect so need not worry D:You need to be mindful because this medicine could be quite addictive E:Take it only when you feel sad, not everyday	1= Correct 0=Incorrect
pre_9smpts_dprn	pst_9smpts_dprn	List the 9 symptoms of depression	Free form text entry	Assigned a score between 0-5 based on the number of correctly identified symptoms
pre_prscb_Amitriptyline	pst_Prscb_Amitriptyline	among patients with depression amitriptyline is correct to prescribe to	A: Patient who had had heart attack B: A 70-year-old man C: A patient who attempted suicide overdosing on antibiotics prescribed for other illness D:Patient who took regular course of Fluoxetine for two whole years but showed no signs of improvement E: 11 year old child	1= Correct 0=Incorrect
prescore	postscore	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
prescorecent	postscorecent	Total pre/post score (%)	N/A	Scores in preceding knowledge questions (in %)

centchange		Change in percentage scores	N/A	Difference of postscorecent and prescorecent
	video_rating	how did you like the video	A:Did not like it at all	1
			B:Liked it a little	2
			C:Liked it somewhat	3
			D:Liked it well	4
			E:Liked it a lot	5
NA	pst_liked_vds	most liked about the video	Qualitative free-form text entry	N/A
	pst_ntLiked_sugs	not like or suggestion	Qualitative free-form text entry	N/A

GRIEF MODULE				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
participants_code	participants_code_1	Participant code (unique ID)	N/A	N/A
pre_lst_hsb	pst_lst_hsb	Lost her husband 4 months back,she's now withdrawn and doesn't eat. The best thing to do is	<p>A:This is due to Depression, I'll approach a mental health specialist who'll prescribe meds and everything will be alright</p> <p>B: These reactions are possible after some one's demise. Have you been able to follow all the death rituals?</p> <p>C:To who accompanied her: If she laughs at time it is not really a grieving problem, had it been so, she'd have only been sad</p> <p>D:To the patient: You should start eating, starving yourself wont' bring back your husband</p> <p>E: To who accompanied her: Mourning until after 4 months of her husband's death shows, that she is fickle hearted. Scold her when she is withdrawn, her endurance will increase and problems will gradually minimize</p>	1= Correct 0=Incorrect
pre_lst_near	pst_lst_near	Seen mostly after people lose near ones	<p>A:Normal reaction: suffering from some problems but still able to continue doing daily activities</p> <p>B: Grief: Various problems seen in grieving and not able to perform daily activities</p> <p>C:Prolonged grief: beyond societal and traditional norms of grieving practices</p>	1= Correct 0=Incorrect

			D:Psychosis	
			E:Depression	
pre_hrng_vcs	pst_hrng_vcs	Patient lost her father a month back, says she hears her father speak to her. Has no physical problem, what could the patient be suffering from	A: Psychosis B: Depression C:Conversion Disorder D:Normal grief E: PTSD	1= Correct 0=Incorrect
pre_sgst_ptnt	pst_sgst_ptnt	Best thing to say to the patient with above symptoms	A: What do you think happened to your father? where did he go or why B:Say "I'll give you a medicine that'll make all voices stop" and prescribe Vitamin B complex C:Say " I'll give you a medicine that'll make all voices stop" and prescribe haloperidol 2.5 mg BD D:"Yes, your father is still alive, don't worry" E: "Being a girl child, rather than helping your mother in chores why are you saying insensible things and wasting her time"	1= Correct 0=Incorrect
pre_no_slp	pst_no_slp	Lost his wife a week back,has trouble sleeping. Has no other physical/mental symptoms. Best thing to do is	A: Diazepam 10 mg B: Amitriptyline 50 mg C: Relaxation technique D: Suggest to re marrying as soon as possible E: Because thinking of the deceased wife would increase stress, suggest throwing all her memories, out of the house	1= Correct 0=Incorrect
	video_rating	How did you like the video?	A: Did not like it at all B: Liked it a little C: Liked it somewhat D: Liked it a well E: Liked it a lot	1 2 3 4 5
NA	pst_liked_vds	most liked about the video	Qualitative free-form text entry	N/A
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prescore	postscore	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
prepercent	postpercent	Total pre/post score (%)	N/A	Scores in preceding knowledge questions (in %)

centchange	Change in percentage scores	N/A	Difference of postscorecent and prescorecent
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PSYCHOSIS MODULE				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
participants_code	participants_code_1	Participant code (unique ID)	N/A	N/A
pre_6smpts	pst_6smpts	List the 6 symptoms of psychosis (no mnemonic)	Free form text entry	Assigned a score between 0-5 based on the number of correctly identified symptoms
pre_noMeds	pst_noMeds	Diagnosed a patient with psychosis who says "I have no problem, why would I take meds" . The best thing to do is	<p>A:To the patient: "That is just how you feel, I have more knowledge than you regarding this. You must take the medicine"</p> <p>B:"I understand that you think you have no illness. What is it that bothers you the most? Are you sleepless at night or scared to leave your home?"</p> <p>C:Because the patient has Psychosis, don't probe much. Suggest family/guardian to give the prescribed meds by deceiving the patient</p> <p>D:To the patient: "You don't want to take the meds and there's not much that I can do. You can go back home and come again when you are willing to take meds"</p> <p>E:"To think you have no illness is a delusion. Stop holding such beliefs"</p>	1= Correct 0=Incorrect
pre_Wrng_Sgst	pst_Wrng_sgst	Wrong to make this suggestion to a patient with Psychosis	<p>A:Come for follow-ups to get regular treatment from trained clinicians</p> <p>B: Try maintaining daily activities that you did before the illness</p> <p>C:Stop alcohol/drug consumption</p> <p>D:If fear/ delusions increase , approach a specialist or a doctor</p> <p>E:Make them understand that "Psychosis would persist despite of treatment"</p>	1= Correct 0=Incorrect
pre_antipsyys	pst_antipsyys	Correct about anti psychotics	A:After taking antipsychotic medicine, it might still take 4-6 weeks for the symptom to subside	

			B: Starting with injectable medication is better than starting with oral medication C: Starting Haloperidol and chlorpromazine would make the patient feel better D: Gradually increase Antipsychotic dose, once patient sleeps a lot, you know the dose is correct. E: If psychotic symptoms occur during alcohol withdrawal, medication must be taken for a year.	1= Correct 0=Incorrect
pre_shv_hands	pst_shv_hands	Lost all symptoms of psychosis with Haloperidol but hands shiver, the best thing to do is	A: Continue Haloperidol and start chlorpromazine B: Make the patient understand that trihexyphenidyl and biperiden should always be taken C: Gradually increase Haloperidol dose D: Stop Haloperidol E: Gradually decrease Haloperidol dose	1= Correct 0=Incorrect
prescore	postscore	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
prepercent	postpercent	Total pre/post score (%)	N/A	Scores in preceding knowledge questions (in %)
percentchange		Change in percentage scores	N/A	Difference of postscorecent and prescorecent
NA	video_rating	How did you like the video?	A: Did not like it at all B: Liked it a little C: Liked it somewhat D: Liked it well E: Liked it a lot	1 2 3 4 5
NA	pst_liked_vds	most liked about the video	Qualitative free-form text entry	N/A
	pst_ntLiked_sugs	not like suggestion		

POST TRAUMATIC STRESS DISORDER (PTSD) MODULE				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
participants_code	participants_code	Participant code (unique ID)	N/A	N/A
pre_recall	pst_recall	2 months after any incident, the witness still recalls the	A: Grief B: Avoidance	1= Correct

		details and avoids similar places/voice, What symptom is it	C:Intrusive Memory D:Re-experiencing E:Hyperarousal	1= Correct 0=Incorrect
pre_Scrd_Wtness	pst_Scrd_Wtness	3 months ago, the Patient witnessed someone being beaten to death. Patient is still sleepless and has night mares. What is best to suggest	A: You seem to have PTSD, you should refer to a trained mental health care specialist B:After such a traumatic incident, these symptoms are normal. But, you should still go to the office. C:You belong to the "upper cast", no one has threatened, abused you, why are you scared? D: After such a traumatizing experience, it is normal to feel sleepless. I'll prescribe Diazepam 10mg, all symptoms will disappear. E:Wait for a month and examine	1= Correct 0=Incorrect
pre_not_PTSD	pst_not_PTSD	Which is these symptoms are not seen in PTSD	A:Shudder when someone calls your name B:Aches in bone, feet etc. but no physical abnormalities seen in x-ray C:Become extremely cautious of the surrounding D:Think of self as world's most powerful person E:Difficulty in sleeping	1= Correct 0=Incorrect
pre_stbl_Med	pst_stbl_Med	Most suitable medicine for PTSD	A:Fluoxetine B:Diazepam C:Haloperidol D:Vitamin B Complex E:Chlorpromazine	1= Correct 0=Incorrect
pre_Thrpy	pst_Thrpy	Therapy that could effectively work for patients with PTSD, without medication	A:Dialectical Behavioral Therapy (DBT) B:Behavioral Activation C:Cognitive Behavioral Therapy (CBT) D:Problem Solving Therapy (PST) E:Motivational Enhancement Therapy (MET)	1= Correct 0=Incorrect
total pre score	total post score	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
	Video_rating	How did you like the video	A:Did not like it at all B:Liked it a little C:Liked it somewhat D:Liked it a well E:Liked it a lot	1 2 3 4 5

NA	pst_liked_vds	most liked about the video	Qualitative free-form text entry	N/A
	pst_ntLiked_sugs	not liked or suggestion		
prescore	postscore	Total pre/post score	N/A	Sum of scores in preceding knowledge questions
prepercent	postpercent	Total pre/post score (%)	N/A	Scores in preceding knowledge questions (in %)
percentchange		Change in percentage scores	N/A	Difference of postscorecent and prescorecent

MENTAL HEALTH ATTITUDES SURVEY				
PRE TEST	POST TEST	DESCRIPTION	RESPONSE OPTIONS	ASSIGNED SCORING
record_id		Unique ID for each participant	N/A	N/A
pre_cnt_decide	post_cnt_decid	Patients with mental disorders cannot make decisions about their health	1=Agree 2=Disagree 3=Don't know	N/A
pre_admt	pst_admt	Patients with mental disorders are best cared for in mental hospitals	1=Agree 2=Disagree 3=Don't know	N/A
pre_suic	post_suic	Asking people about suicidal thoughts increases the likelihood of suicide	1=Agree 2=Disagree 3=Don't know	N/A
pre_meds	post_meds	All patients with mental illness must take medications	1=Agree 2=Disagree 3=Don't know	N/A