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Using lay health workers to identify and manage common mental disorders using problem solving therapy through a friendship bench in a resource poor setting in Zimbabwe

Submission date
09/07/2010

Recruitment status
No longer recruiting

Registration date
10/01/2011

Overall study status
Completed

Last Edited
18/12/2020

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Locally adapted problem-solving therapy for depression and common mental disorders in primary care in Zimbabwe delivered through lay workers and a Friendship Bench: a pilot study

Acronym
The Friendship Bench Project

Study objectives
There is very limited evidence that sustainable interventions for depression and other common mental disorders (CMD) can be integrated into routine primary health care in Africa. In primary care clinics serving a high density suburb in Harare, a low-cost multi-component 'Friendship Bench Intervention' for CMD, based on problem-solving therapy, was developed to be delivered by trained and supervised female lay workers who were already respected in the community for their outreach role in human immunodeficiency virus (HIV)/acquired immune deficiency syndrome (AIDS), tuberculosis (TB) and health promotion. Our aim was to explore the potential of integrating this low-intensity mental health intervention into the work load of lay workers.

Outcomes included the number of people referred to the service and the number seen by the lay workers, qualitative data from layworkers on the acceptability and feasibility to them of providing this as part of their work load and participant scores pre-post problem solving therapy on the Shona Symptom Questionnaire for common mental health symptoms.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Medical Research Council of Zimbabwe (MRCZ) REC approved on the 10th August 2006 (ref: MRCZ/A/1307)

Primary study design
Observational

Study design
Observational cross-sectional pilot cohort study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Depression and common mental disorders

Interventions
All individuals attending a local clinic who were identified by the local nursing staff as needing psychological care were referred to the 'Friendship Bench', a problem solving therapy based intervention run by lay health works supervised by a clinical psychologist and psychiatrist. initially all those referred were screened using a locally validated indigenous screening tool, the SSQ. All scoring above the cut-off score of 8+ received six sessions of problem solving therapy delivered over a six week period. All those identified as having severe depression were referred to the psychiatric hospital.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)

Shona Symptom Questionnaire (SSQ) score after six sessions of problem solving therapy delivered through the friendship bench.

Key secondary outcome(s)
No secondary outcome measures

Completion date
30/12/2009

Eligibility

Key inclusion criteria
1. Residents of Mbare
2. Aged 16 years and over, either sex
3. Gave written informed consent. Those who were unable to give informed consent but needed mental health services were referred to the clinical psychologist or psychiatrist and their data was not included in the analysis.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
16 Years

Sex
All

Total final enrolment
355

Key exclusion criteria
1. Client requires acute medical attention such that they cannot participate in screening
2. Severe depression with risk features as diagnosed by primary care nurse

Date of first enrolment
01/01/2007

Date of final enrolment
30/12/2009

Locations

Countries of recruitment

Zimbabwe

Study participating centre
37 Baines Ave
Harare
Zimbabwe
CY 105

Sponsor information

Organisation
Counseling Services Unit (Zimbabwe)

Funder(s)

Funder type
Research organisation

Funder Name
Counseling Services Unit (Zimbabwe)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	26/10/2011	18/12/2020	Yes	No