



AMORAY

Assessment of Mental Health of Refugees and Asylum Seekers from Youth Workers

Evaluation Questionnaire



Co-funded by the
Erasmus+ Programme
of the European Union



CODE NAME OF PARTICIPANT _____

Date: _____

Questionnaire

A. Demographic information from Youth Worker (YW)

- 1) To which age group do you belong?
 - <20 year
 - 20-29years
 - 30-39 years
 - 40-49 years
 - 50 years or more

- 2) What is your Gender?
 - Male
 - Female
 - Do not wish to state
 - Other

- 3) For how long have you worked / volunteered as a YW?
 - Less than 1 year
 - 1-3 years
 - 3-5 years
 - 5 -8 years
 - more than 10 years

B. Perceived improvement in awareness about mental health

- 4) Do you think that mental health problems are common in your community (namely a community that includes young migrants, refugees, and asylum seekers)?
 - Yes
 - No
 - Don't know

- 5) Would you be willing to work (as youth worker) with people in your community with mental health problems?
 - Yes
 - No
 - May be
 - Don't know

6) What should be the community's response to mental health problems? (Multiple answers allowed)

- Listen to problems
- Create awareness that mental health issues are treatable
- Strive for Social inclusion
- Do nothing
- Isolate the person
- Encourage the person to self-refer / see a YW / a counsellor/ a physician?

7) In your role as Youth Worker what would you feel comfortable doing from the list below to help refugees with mental health issues? (Multiple responses allowed)

- Listening to problems
- Creating awareness that mental health issues are treatable
- Conducting risk assessment screenings
- Creating awareness in high risk cases
- Counselling of high risk-cases
- Don't Know
- Others

8) What is the most important way in which YW could reduce mental health problems in the community (Please select one)

- Improving awareness in the community
- Timely reporting of probable cases
- Having regular screening programs
- Diagnosing and treating the patients
- Referring patients to next level facility
- Others _____

C. Reflective practice, confidence, and resilience

Reflective-in-action

9) During interactions with clients (that is, young migrants, asylum seekers and refugees), I recognise when my pre-existing beliefs are influencing the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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10) During interactions with clients, I consider how my personal thoughts and feelings are influencing the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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11) During interactions with clients, I recognise when my client's pre-existing beliefs are influencing the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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12) During interactions with clients, I consider how their personal thoughts and feelings are influencing the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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Reflective-on-action

13) After interacting with clients, I spend time thinking about what was said and done.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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14) After interacting with clients, I wonder about the client's experience of the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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15) After interacting with clients, I wonder about my own experience of the interaction.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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16) After interacting with clients, I think about how things went during the interaction

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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Reflective with others (RO)

17) When reflecting with others about my work, I become aware of things I had not previously considered.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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18) When reflecting with others about my work, I develop new perspectives.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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19) I find that reflecting with others about my work helps me to work out problems I might be having.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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20) I gain new insights when reflecting with others about my work

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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Confidence – general (CG)

21) I have experience to effectively interact with clients.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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22) I have all the practical skills I require to effectively interact with clients.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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23) I have learnt everything I need to know to effectively interact with clients.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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24) I have all the theoretical knowledge I require to effectively interact with clients

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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D. Resilience self-care strategies and reduction of burnout

Stress interacting with clients

25) After interacting with a client, I feel exhausted.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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26) I find interacting with clients to be stressful.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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27) There are times when I feel distressed after interacting with a client.

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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28) The pressure to meet the needs of my clients can feel overwhelming

Not at all	Slightly	Somewhat	Moderately	Very much	Extremely
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Secondary Traumatic Stress Scale

When you help people you have direct contact with their lives. As you may have found, your compassion for those you help can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a helper, in your role as Youth Worker. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

Rate with a range of 1 to 5

1=Never 2=Rarely 3=Sometimes 4=Often 5=Very Often

29) I am preoccupied with more than one person I help. [] (in the brackets, enter a number from 1 to 5 to rate your as described above)

30) I jump or am startled by unexpected sounds. []

31) I find it difficult to separate my personal life from my life as a helper. []

32) I think that I might have been affected by the traumatic stress of those I help []

- 33) Because of my helping, I have felt "on edge" about various things. []
- 34) I feel depressed because of the traumatic experiences of the people I help []
- 35) I feel as though I am experiencing the trauma of someone I have helped. []
- 36) I avoid certain activities or situations because they remind me of frightening experiences of the people I help. []
- 37) As a result of my helping, I have intrusive, frightening thoughts. []
- 38) I can't recall important parts of my work with trauma victims. []

Burnout scale

(Instructions same as above for Secondary trauma)

1=Never 2=Rarely 3=Sometimes 4=Often 5=Very Often

- 39) I am happy. []
- 40) I feel connected to others. []
- 41) I am not as productive at work because I am losing sleep over traumatic experiences of a person I help. []
- 42) I feel trapped by my job as a helper. []
- 43) I have beliefs that sustain me. []
- 44) I am the person I always wanted to be. []
- 45) I feel worn out because of my work as a helper. []
- 46) I feel overwhelmed because my case/ work load seems endless. []
- 47) I feel "bogged down" by the system. []
- 48) I am a very caring person. []