Appendices

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Appendix A- Questions for semi-structured interview

1. **Tell us what makes you happy?**
   Probe: 1: tell us a little about what makes you sad?
   Probe 2: Are you happy about yourself?
   Probe 3: Are you happy about where you are in your life?
   Probe 4: Tell us why you are happy/satisfied with your life?
   Probe 5: How would you say your condition has affected your life?
   Probe 6: what good has your condition brought into your life?
   Probe 7: What bad or unpleasant things has your illness brought into your life?
   (If yes, ask client to tell you more.)

2. Tell us what is like to be a patient at THH/FNH/Ekuhlengeni?
   Probe 1: What has been good about living at…?
   Probe 2: What is your daily routine like in this facility. Weekdays and Weekends?
   Probe 3: What are the positive experiences within this facility?
   Probe 4: What are the negative experiences within this facility?
   Probe 5: Tell us why you feel that way?

3. How has living in the facility affected your relationships with family and friends?
   Probe 1 How often do you see your family?
   Probe 2: how often do you see your friends?
   Probe3: How often do you visit home?
   Probe 4: Do you go home on pass out or for Christmas or other holidays or special occasions?

4. How do you feel about your treatment?
   Probe 1: What has been good about your treatments?
   Probe 2: What has been bad about your treatments?
   Probe 3: Do you receive occupational therapy?
   Probe 4: How often do you receive OT?
   Probe 5: What type of OT do you receive-individual or group therapy?
   Probe 6: What is good about it.
   Probe 7: What other OT would you like to receive?
   Probe 8: How has occupational therapy impacted your life?
   Probe 9: What improvement would you like to see from the treatment you get from occupational therapy?

5. How has your sickness/mental illness affected your life?
   Probe 1: how has it affected your work abilities?
   Probe 2: Do you have any work tasks at the facility?
   Probe 3: Are you paid for the work you do?
   Probe 4: how has being in hospital affected your education?
   Probe 5: how has being in hospital affected your interpersonal relationships?
   Probe 6: What activities would you like to do in occupational therapy that are not offered?

6. Can you describe any coping strategies that have been helpful for you to cope with institutionalization?
   Probe 1: What strategies do you use to cope when you feel sad or lonely?

7. What can be improved in the facility that will improve your quality of life?
   Probe 1: What can be improved in the wards and common areas you have in the facility? Are you happy with the layout of the ward?
   Probe 2: How can the services being offered to you be improved?
   Probe 3: What can the doctors, nurses, social worker, psychologist and other service providers do better?
   Probe 4: How can the food/diet be improved?
   Probe 5: How can the pyjamas be improved? Do you think the patients should wear pyjamas or their own clothes? Why?
   Probe 5: Is there anything else you think should change, eg with regards to the facilities and layout of the ward hospital?
   Probe 6: is there anything that needs to change regarding the policies of the hospital?
   Probe 7: what would make your life better at the moment?

8. Is there anything else you would like to say?

Thank you!

Appendix B- Translation of interview questions (IsiZulu Translation)

Isithasiselo A- Imibuzo yengxoxo ehlelekile

1. **Sitshele ukuthi yini ekwenza ujabule?**
   - Uphenyo: 1: sitshele kancane ngalokho okukwenza usizi?
   - Uphenyo 2: Ujabule ngawe?
   - Uphenyo 3: Uyajabula ngokuthi ukuphi empilweni yakho?
   - Uphenyo 4: Sitshele ukuthi kungani ujabule / wanelisekile ngokuphila kwakho?
   - Uphenyo 5: Ungasho kanjani ukuthi isimo sakho sithinte ukuphila kwakho?
   - Uphenyo 6: yisiphi isimo sakho esihle esilethe empilweni yakho?
   - Uphenyo 7: Yiziphi izinto ezimbi noma ezingemnandi ukugula kwakho okulethe empilweni yakho?

   (Uma yebo, cela iklayenti ukuthi ikutshele okuningi.)

2. Sitshele ukuthi kunjani ukuba yisiguli eTHH/FNH/Ekuhlengeni?
   - Uphenyo 1: Yini ebilokhu iyinhle ngokuphila e...?
   - Uphenyo 2: Isimiso sakho sansuku zonke sinjani kulesi sikhungo. Izinsuku zeviki nezimpelasonto?

- Uphenyo 3: Yiziphi izinto/izimo ohlangabezana nazo ezinhle ngaphakathi kwalesi sikhungo?
- Uphenyo 4: Yiziphi izinto/izimo ohlangabezana nazo ezimbi ngaphakathi kwalesi sikhungo?
- Uphenyo 5: Sitshele ukuthi kungani uzizwa kanjalo?

3. Ukuhlala kulesi sikhungo kubuthinte kanjani ubudlelwano bakho nomndeni nabangane?
   - Uphenyo 1 Ubona kangaki umndeni wakho?
   - Uphenyo 2: ubona kaningi kangakanani abangane bakho?
   - Uphenyo 3: Uvakashela kangaki ekhaya?
   - Uphenyo 4: Ingabe uya ekhaya ku pass out noma Christmas noma amanye amaholide noma izikhathi ezikhethekile?

4. Uzizwa kanjani ngokwelashwa kwakho?
   - Uphenyo 1: Yini ebilokhu inhle mayelana nokwelashwa kwakho?
   - Uphenyo 2: Yini eye yayimbi mayelana nokwelashwa kwakho?
   - Uphenyo 3: Ingabe uthola ukwelashwa emsebenzini?
   - Uphenyo 4: Uthola kangaki i-OT?
   - Uphenyo 5: Hlobo luni lokwelashwa oluthola ku – OT okungaba ngamunye noma ngamaqembu?
   - Uphenyo 6: Yini enhle ngaloluhlobo lokwelashwa.
   - Uphenyo 7: yikuphi okunye ukwelwashwa ngokwe -OT ongathanda ukukuthola?
   - Uphenyo 8: Ukwelashwa emsebenzini kuye kwakuthinta kanjani ukuphila kwakho?

- Uphenyo 9: Yikuphi ukuthuthuka ongathanda ukukubona ekwelashweni okutholayo ekwelashweni ngokwemisebenzi?

5. Ukugula / ukugula kwakho kwengqondo kuye kwakuthinta kanjani ukuphila kwakho?
   - Uphenyo 1: luthinte kanjani amakhono akho omsebenzi?
   - Uphenyo 2: Unayo imisebenzi oyenayo lana esikhungweni?
   - Uphenyo 3: Uyakhokhelwa ngomsebenzi owenzayo?
   - Uphenyo 4: ukuba sesibhedlela kuthinte kanjani imfundo yakho?
   - Uphenyo 5: ukuba sesibhedlela kuye kwathinta kanjani ubudlelwane bakho phakathi kwabantu?
   - Uphenyo 6: Yimiphi imisebenzi ongathanda ukuyenza ekwelashweni emsebenzini ongakaze uhlinzekwe ngakho ?

6. Ungachaza noma yimaphi amasu okubhekana nawo abe usizo kuwe ukubhekana ne-institutionalization?
   - Uphenyo 1: Yimaphi amasu owasebenzisayo ukubhekana lapho uzizwa udabukile noma unomzwangedwa?

7. Yini engathuthukiswa esikhungweni esizothuthukisa izinga lakho lokuphila?
   - Uphenyo 1: Yini engathuthukiswa emawadini nasezindaweni ezivamile onazo kule
   - ndawo? Ujabule ngokuhlelwa kwewadi?
   - Uphenyo 2: Izinsizakalo ezinikezwa kuwe zingathuthukiswa kanjani?

- Uphenyo 3: Yini odokotela, abahlengikazi, usonhlalakahle, isazi sengqondo kanye neminye imikhakha kulesikhungo engakuhlinzeka ngakho ukuze ubenconoesimeni sempilo yakho?
- Uphenyo 4: Ukudla / ukudla kungathuthukiswa kanjani?
- Uphenyo 5: Amaphijama angathuthukiswa kanjani? Ucabanga ukuthi iziguli kufanele zigqoke
- amaphijama noma izingubo zabo? Kungani?
- Uphenyo 6: Ingabe kukhona okunye ocabanga ukuthi kufanele kushintshe maqondana nezindawo kanye nokuhlelwa kwesibhedlela newadi?
- Uphenyo 7: kukhona yini okudingeka kushintshe mayelana nemigomo yesibhedlela?
- Uphenyo 8: yini engenza ukuphila kwakho kube ngcono okwamanje?

8. Kukhona okunye ongathanda ukukusho?

Ngiyabonga!

Appendix C- Information Sheet

Information Sheet

To Whom It May Concern,

You are being invited to participate in the research study with is entitled – Exploring the lived experiences and quality of life of mental health care users in chronic psychiatric facilities in KZN.

We are a group of undergraduate UKZN students doing 4th year in occupational therapy.

The aim of the study is to study the quality of life of mental health care users who live in a chronic psychiatric hospital or facility experiences and quality of life of patients in chronic psychiatric facilities. The findings of this study could inform policies and practices aimed at enhancing the living standards of mental health care users in long term chronic psychiatric facilities. The mental health care users will take part in individual interviews that will be recorded. The duration of your participation if you choose to enrol and remain in the study is expected to be provided upon finalisation.

The study aims to enrol 5 participants from the facility. Mental Health Care Users must have resided for a minimum of 6 months at the facility. Mental Health Care User must be verbal and can communicate in English or isiZulu.

The mental healthcare users will not be paid for their participation, their participation will be a great contribution towards the broader understanding of the quality of life of mental health care users living in chronic psychiatric facilities in KwaZulu Natal. The participants will be provided with refreshments during the interview.

The study won't have any negative risk to participants. The mental health care user is free to terminate participation and withdraw at any stage. If they become distressed during the interview, they will be referred to the resident OT or psychologist for counselling.

In the event of any problems or concerns/questions you may contact the researcher the contact detail below or the UKZN Biomedical Research Ethics Committee.

BIOMEDICAL RESEARCH ETHICS ADMINISTRATION
Research Office, Westville Campus
Govan Mbeki Building
Private Bag X 54001
Durban
4000
KwaZulu-Natal, SOUTH AFRICA
Tel: 27 31 2602486 - Fax: 27 31 2604609
Email: BREC@ukzn.ac.za

The contact details of the researchers:

Izwakele Hlengwa (071 299 1923/ 221008732@stu.ukzn.ac.za)

Phezisa Matandabuzo (079 972 3906/ 221051526@stu.ukzn.ac.za)

Fundiswa Mvubu (060 329 7512/ 221002703@stu.ukzn.ac.za))

Kerriska Naidu (065 102 6236/ 220013547@stu.ukzn.ac.za)

Thandolwethu Tshabalala (066 223 6610/ 220028266@stu.ukzn.ac.za)

Should you have any further questions, please contact our supervisor, Dr. T Gurayah at gurayaht@ukzn.ac.za.

Appendix D- Information Sheet translation to zulu

Ishidi Lolwazi

Siyakuningelela

Uyamenywa ukuba ubambe iqhaza ocwaningweni lwesihloko esithi – Exploring the lived experiences and quality of life of mental health care users in chronic psychiatric facility in KZN.

Siyiqembu labafundi base-UKZN abenza unyaka wesi-4 kwiOccupational Therapy. Inhloso yalolu cwaningo ukutadisha izinga lempilo yabakhubazeke ngengqondo/ngokomqondo ahlala esibhedlela sabagula ngengqondo nezinto abahlangabezana nazo. Okutholakele kulolu cwaningo kungazisa izinqubomgomo okuhloswe ngazo ukuthuthukisa isimo-mpilo sabakhubazeke ngengqondo/ngokomqondo abazobamba iqhaza ezingxoxweni zomuntu ngamunye ezizoqoshwa. Isikhathi sokubamba kwakho iqhaza uma ukhetha ukubhalisa futhi uhlale ocwaningweni kulindeleke ukuthi sinikezwe maduze.

Ucwaningo luhlose ukubhalisa ababambiqhaza aba-5 abavela kulesi sikhungo. Abakhubazeke ngengqondo/ngokomqondo kumele bahlale okungenani izinyanga eziyi-6 esikhungweni. Abakhubazeke ngengqondo/ngokomqondo kumele bakwazi ukuxhumana ngesiNgisi noma ngesiZulu.

Abakhubazeke ngengqondo/ngokomqondo angeke bakhokhelwe ngokubamba kwabo iqhaza, ukubamba kwabo iqhaza kuzoba umnikelo omkhulu ekuqondeni kabanzi isimompilo sama Abakhubazeke ngengqondo/ngokomqondo ezikhungweni zokwelashwa KwaZulu Natali. Ababambiqhaza bazonikezwa amarefreshments ngesikhathi sokuxoxisana.

Ucwaningo ngeke lube nengozi kubahlanganyeli, abakhubazeke ngengqondo/ngokomqondo bavumelekile ukunqaba noba ukungabe isazi banadakanye nocwaningo futhi ahoxe kunoma yisiphi isigaba. Uma

bekhathazeka ngesikhathi sokuxoxisana, bazodluliselwa kwiOccupational therapy esesikhungweni.

Uma kwenzeka noma yiziphi izinkinga noma ukukhathazeka / imibuzo ungaxhumana nomcwaningi imininingwane yokuxhumana ingezansi noma iUKZN Biomedical Research Ethics Committee.

BIOMEDICAL RESEARCH ETHICS ADMINISTRATION
Research Office, Westville Campus
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Durban
4000
KwaZulu-Natal, SOUTH AFRICA
Tel: 27 31 2602486 - Fax: 27 31 2604609
Email: BREC@ukzn.ac.za

Imininingwane yokuxhumana nabacwaningi:
Izwakele Hlengwa (071 299 1923/ 221008732@stu.ukzn.ac.za)
Phezisa Matandabuzo (079 972 3906/ 221051526@stu.ukzn.ac.za)
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Kerriska Naidu (065 102 6236/ 220013547@stu.ukzn.ac.za)
Thandolwethu Tshabalala (066 223 6610/ 220028266@stu.ukzn.ac.za)

Uma kufanele ube neminye imibuzo, sicela uxhumane nomphathi wethu, Dr. T Gurayah ku gurayaht@ukzn.ac.za.

Appendix E- Consent form

Informed Consent sheet

Project Title- Lived experiences and quality of life of mental healthcare users in chronic psychiatric facilities KZN.

1. I understand that participation is voluntary, and I can withdraw at any time or refuse to answer any question without any consequences, and I can withdraw permission to use data from my interview within two weeks after the interview, in which case the material will be deleted.
2. I understand that all information I provide for this study will be treated confidentially and the study is for scholarly research only.
3. I understand that in any report on the results of this research, my identity will remain anonymous. This will be done by changing my name and disguising any details of my interview which may reveal my identity or the identity of people I speak about.
4. I understand that signed consent forms and original audio recordings will be retained in a password protected file with access limited to the researchers and the supervisor for a period of 5 years and will be destroyed in line with the rules of the university.

5. I understand that I am entitled to access the information I have provided at any time while it is in storage as specified.
6. I understand that I will not incur any physical harm as a result of study-related procedures.

If I have any further questions/concerns or queries related to the study, I understand that I may contact the researchers at:

Izwakele Hlengwa (071 299 1923/ 221008732@stu.ukzn.ac.za)

Phezisa Matandabuzo (079 972 3906/ 221051526@stu.ukzn.ac.za)

Fundiswa Mvubu (060 329 7512/ 221002703@stu.ukzn.ac.za))

Kerriska Naidu (065 102 6236/ 220013547@stu.ukzn.ac.za)

Thandolwethu Tshabalala (066 223 6610/ 220028266@stu.ukzn.ac.za)

You may also contact our supervisor, Dr. T Gurayah at gurayaht@ukzn.ac.za.

Thank you for your contribution to this research.

DECLARATION

I…… *(full names of participant*) hereby confirm that I understand the contents of this document and the nature of the research project, and I consent to participating in the research project.

I understand the intention of the research. I hereby agree to participate.

I agree to my interview being audio-recorded.

Yes ☐ No ☐

SIGNATURE OF PARTICIPANT DATE

…… ……

Appendix F- Consent form(IsiZulu Translation)

Imvume yokubamba iqhaza ocwaningweni.

Isihloko Sephrojekthi- Lived experiences and quality of life of mental healthcare users in chronic psychiatric facilities in KZN.

1. Ngiyaqonda ukuthi ukubamba iqhaza kuwukuzithandela, futhi ngingahoxa noma nini noma ngenqabe ukuphendula noma yimuphi umbuzo ngaphandle kwanoma yimiphi imiphumela, futhi ngingahoxisa imvume yokusebenzisa idatha yengxoxo yami emasontweni amabili ngemva kwenhlolokhono, lapho okubalulekile kuzosuswa khona.
2. Ngiyaqonda ukuthi lonke ulwazi engilunikezayo kulolu cwaningo luzophathwa ngokuyimfihlo futhi ucwaningo olwezifundo kuphela.
3. Ngiyaqonda ukuthi kunoma yimuphi umbiko wemiphumela yalolu cwaningo, ubunikazi bami buzohlala bungaziwa. Lokhu kuzokwenziwa ngokushintsha igama lami nokufihla noma yimiphi imininingwane yami engaveza ukuthi ngingubani noma abantu engikhuluma ngabo.
4. Ngiyaqonda ukuthi amafomu emvume esayiniwe kanye nokuqoshwa komsindo kwangempela kuzogcinwa efayeleni elivikelwe ngephasiwedi elinokufinyelela okulinganiselwe kubacwaningi nomphathi isikhathi

esiyiminyaka emi-5 futhi azobhujiswa ngokuvumelana nemithetho yenyuvesi.

5. Ngiyaqonda ukuthi nginegunya lokufinyelela ulwazi engilunikeze noma nini ngenkathi lusagcinwe njengoba kushiwo.
6. Ngiyaqonda ukuthi ngeke ngilimale ngenxa yezinqubo ezihlobene nokufunda

<u>Imininingwane yokuxhumana yabacwaningi</u>

Uma unemibuzo, sicela uthinte abacwaningi ku:

Izwakele Hlengwa (071 299 1923/ 221008732@stu.ukzn.ac.za)Izwakele Hlengwa (071 299 1923/ 221008732@stu.ukzn.ac.za)

Phezisa Matandabuzo (079 972 3906/ 221051526@stu.ukzn.ac.za)

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Kerriska Naidu (065 102 6236/ 220013547@stu.ukzn.ac.za)

Thandolwethu Tshabalala (066 223 6610/ 220028266@stu.ukzn.ac.za)

Uma uneminye imibuzo, sicela uthinte umphathi wethu, uDkt. T Gurayah ku gurayaht@ukzn.ac.za

Siyabonga ngegalelo lakho kulolu cwaningo.

ISIVUMELWANO

Mina…… (amagama aphelele ababambe iqhaza) ngalokhu ngiyaqinisekisa ukuthi ngiyakuqonda okuqukethwe

kulo mbhalo kanye nohlobo lombhalo. iphrojekthi yocwaningo, futhi ngiyavuma ukubamba iqhaza kuphrojekthi yocwaningo.

Ngiyayiqonda inhloso yocwaningo. Ngiyavuma ukubamba iqhaza.

Ngiyavuma ukuthi inhlolokhono yami irekhodwe ngomsindo.

Yebo ☐ Cha ☐

ISIGINISHA YOMHLANGANO USUKU

…… ……

Appendix G- Mini Mental State Examination



MINI MENTAL STATE EXAMINATION (MMSE)

Name:

CDS:

Hospital Number:

DATE:			
ORIENTATION			
REGISTRATION			
ATTENTION AND CALCULATION			
RECALL			
LANGUAGE			
COPYING			
TOTAL:			

MMSE scoring

Appendix G– Demographic Questionnaire

Please tick [√] the most appropriate response & answer all questions below.

Age: _____

Home Language: _____

Highest Educational Level: _____

Race

1. Indian
2. Coloured
3. Black
4. White

5. Other (specify): _____

Gender

1. Male
2. Female
3. Other

Name of residence/hospital/institution/facility: _____

Duration of stay at facility: _____

Marital Status

1. Married
2. Single
3. Divorced
4. Widowed

Do you have children?

1. Yes
2. No

Appendix H – Gatekeeper Permission

To whom it may concern,

We hope this letter finds you well. We are a group of final year Occupational Therapy students, writing to request your permission to conduct a research study within this facility and we request to conduct the study with 5 mental healthcare users. Our research topic is “Exploring the lived experiences and quality of life of mental-healthcare users in chronic psychiatric facilities in KZN.”

The purpose of this study to gain insight into the quality of life of those who reside within chronic psychiatric facilities. This research is of utmost significance as we believe that this study will contribute to existing literature about the lived in experiences and quality of life of patients in chronic psychiatric facilities to aid the healthcare providers, policymakers, and researchers so they can develop more tailored interventions that encompass not only clinical care but also

emotional well-being, social interactions, and personal empowerment of Mental Health Care Users.

We would also like to kindly request private spaces or rooms to conduct our research interviews. We would like to assure you that this research study will be conducted with professionalism, respect for privacy and adherence to ethical guidelines. Confidentiality will be upheld throughout the research study by removing personal identities from any of the study documentation.

Thank you for your understanding and co-operation, it is sincerely appreciated.

In the event of any problems or concerns/questions you may contact the researcher the contact detail below or the UKZN Biomedical Research Ethics Committee.

BIOMEDICAL RESEARCH ETHICS ADMINISTRATION

Research Office, Westville Campus

Govan Mbeki Building

Private Bag X 54001
Durban
4000

KwaZulu-Natal, SOUTH AFRICA

Tel: 27 31 2602486 - Fax: 27 31 2604609

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The contact details of the researchers:

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Should you have any further questions, please contact our supervisor, Dr. T Gurayah at gurayaht@ukzn.ac.za.

Appendix I- Ethics Certificates

TRREE

Zertifikat
Certificat
Certificado
Certificate

Promouvoir les plus hauts standards éthiques dans la protection des participants à la recherche biomédicale
Promoting the highest ethical standards in the protection of biomedical research participants

Certificat de formation - Training Certificate

Ce document atteste que - this document certifies that

Clinical Trials Centre
The University of Hong Kong

Fundiswa Mvubu

a complété avec succès - has successfully completed

Introduction to Research Ethics

du programme de formation TRREE en évaluation éthique de la recherche
of the TRREE training programme in research ethics evaluation

Release Date: 2023/07/29
CID : [illegible]

Professeur Dominique Sprumont
Coordinateur TRREE Coordinator

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[REV : 2022/02/17]


TRREE
Zertifikat
Certificat
Certificado
Certificate
Promouvoir les plus hauts standards éthiques dans la protection des participants à la recherche biomédicale
Promoting the highest ethical standards in the protection of biomedical research participants
Certificat de formation - Training Certificate
Ce document atteste que - this document certifies that
Clinical Trials Centre
The University of Hong Kong
Fundiswa Mvubu
a complété avec succès - has successfully completed
South Africa
du programme de formation TRREE en évaluation éthique de la recherche
of the TRREE training programme in research ethics evaluation
Release Date: 2023/08/03
Professeur Dominique Sprumont
Coordinateur TRREE Coordinator
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1.

Appendix J

Tell us what makes you happy?

Probe: 1: tell us a little about what makes you sad?
Probe 2: Are you happy about yourself?
Probe 3: Are you happy about where you are in your life? Why?
Probe 4: Tell us why you are happy/satisfied with your life?
Probe 5: How would you say your condition has affected your life?
Probe 6: what good has your condition brought into your life?
Probe 7: What bad or unpleasant things has your illness brought into your life?
(If yes, ask client to tell you more.)

Tell us what is like to be a patient at THH/FNH/Ekuhlengeni?

Probe 1: What has been good about living at…?
Probe 2: What is your daily routine like in this facility. Weekdays and Weekends?
Probe 3: What are the positive experiences within this facility?
Probe 4: What are the negative experiences within this facility?
Probe 5: Tell us why you feel that way?

How has living in the facility affected your relationships with family and friends?

Probe 1 How often do you see your family?
Probe 2: how often do you see your friends?
Probe3: How often do you visit home?
Probe 4: Do you go home on pass out or for Christmas or other holidays or special occasions?

How do you feel about your treatment both good things and bad things?

Probe 1: What has been good about your treatments?
Probe 2: What has been bad about your treatments?
Probe 3: Do you receive occupational therapy?
Probe 4: How often do you receive OT?

Probe 5: What type of OT do you receive-individual or group therapy?
Probe 6: What is good about it.
Probe 7: What other OT would you like to receive?
Probe 8: How has occupational therapy impacted your life?
Probe 9: What improvement would you like to see from the treatment you get from occupational therapy? – same as probe 7

How has your sickness/mental illness affected your life?
Probe 1: how has it affected your work abilities?
Probe 2: Do you have any work tasks at the facility?
Probe 3: Are you paid for the work you do?
Probe 4: how has being in hospital affected your education? – most of the participants are not schooling or pursuing any type of education beside skills development
Probe 5: how has being in hospital affected your interpersonal relationships? – same as question 3 and the probes below it
Probe 6: What activities would you like to do in occupational therapy that are not offered? – same as probe 7 under question 4

Can you describe any coping strategies that have been helpful for you to cope with institutionalization?
Probe 1: What strategies do you use to cope when you feel sad or lonely? – please help us with other ways we can ask this question

What can be improved in the facility that will improve your quality of life?
Probe 1: What can be improved in the wards and common areas you have in the facility? Are you happy with the layout of the ward?(redundant)
Probe 2: How can the services being offered to you be improved?
Probe 3: What can the doctors, nurses, social worker, psychologist and other service providers do better?
Probe 4: How can the food/diet be improved?
Probe 5: How can the pyjamas be improved? Do you think the patients should wear pyjamas or their own clothes? Why?
Probe 5: Is there anything else you think should change, eg with regards to the facilities and layout of the ward hospital?

Probe 6: is there anything that needs to change regarding the policies of the hospital? – please help us with other probes for this question...
Probe 7: what would make your life better at the moment?

Is there anything else you would like to say?

Translation of interview questions (IsiZulu Translation)

Isithasiselo A- Imibuzo yengxoxo ehlelekile

1. **Sitshele ukuthi yini ekwenza ujabule?**
   - Uphenyo: 1: sitshele kancane ngalokho okukwenza usizi?
   - Uphenyo 2: Ujabule ngawe?
   - Uphenyo 3: Uyajabula ngokuthi ukuphi empilweni yakho?
   - Uphenyo 4: Sitshele ukuthi kungani ujabule / wanelisekile ngokuphila kwakho?
   - Uphenyo 5: Ungasho kanjani ukuthi isimo sakho sithinte ukuphila kwakho?
   - Uphenyo 6: yisiphi isimo sakho esihle esilethe empilweni yakho?
   - Uphenyo 7: Yiziphi izinto ezimbi noma ezingemnandi ukugula kwakho okulethe empilweni yakho?

   (Uma yebo, cela iklayenti ukuthi ikutshele okuningi.)

2. Sitshele ukuthi kunjani ukuba yisiguli eTHH/FNH/Ekuhlengeni?
   - Uphenyo 1: Yini ebilokhu iyinhle ngokuphila e...?
   - Uphenyo 2: Isimiso sakho sansuku zonke sinjani kulesi sikhungo. Izinsuku zeviki nezimpelasonto?
   - Uphenyo 3: Yiziphi izinto/izimo ohlangabezana nazo ezinhle ngaphakathi kwalesi sikhungo?
   - Uphenyo 4: Yiziphi izinto/izimo ohlangabezana nazo ezimbi ngaphakathi kwalesi sikhungo?
   - Uphenyo 5: Sitshele ukuthi kungani uzizwa kanjalo?

3. Ukuhlala kulesi sikhungo kubuthinte kanjani ubudlelwano bakho nomndeni nabangane?
   - Uphenyo 1 Ubona kangaki umndeni wakho?

- Uphenyo 2: ubona kaningi kangakanani abangane bakho?
- Uphenyo 3: Uvakashela kangaki ekhaya?
- Uphenyo 4: Ingabe uya ekhaya ku pass out noma Christmas noma amanye amaholide noma izikhathi ezikhethekile?

4. Uzizwa kanjani ngokwelashwa kwakho?
   - Uphenyo 1: Yini ebilokhu inhle mayelana nokwelashwa kwakho?
   - Uphenyo 2: Yini eye yayimbi mayelana nokwelashwa kwakho?
   - Uphenyo 3: Ingabe uthola ukwelashwa emsebenzini?
   - Uphenyo 4: Uthola kangaki i-OT?
   - Uphenyo 5: Hlobo luni lokwelashwa oluthola ku – OT okungaba ngamunye noma ngamaqembu?
   - Uphenyo 6: Yini enhle ngaloluhlobo lokwelashwa.
   - Uphenyo 7: yikuphi okunye ukwelwashwa ngokwe -OT ongathanda ukukuthola?
   - Uphenyo 8: Ukwelashwa emsebenzini kuye kwakuthinta kanjani ukuphila kwakho?
   - Uphenyo 9: Yikuphi ukuthuthuka ongathanda ukukubona ekwelashweni okutholayo ekwelashweni ngokwemisebenzi?

5. Ukugula / ukugula kwakho kwengqondo kuye kwakuthinta kanjani ukuphila kwakho?
   - Uphenyo 1: luthinte kanjani amakhono akho omsebenzi?
   - Uphenyo 2: Unayo imisebenzi oyenayo lana esikhungweni?
   - Uphenyo 3: Uyakhokhelwa ngomsebenzi owenzayo?
   - Uphenyo 4: ukuba sesibhedlela kuthinte kanjani imfundo yakho?
   - Uphenyo 5: ukuba sesibhedlela kuye kwathinta kanjani ubudlelwane bakho phakathi kwabantu?
   - Uphenyo 6: Yimiphi imisebenzi ongathanda ukuyenza ekwelashweni emsebenzini ongakaze uhlinzekwe ngakho ?

6. Ungachaza noma yimaphi amasu okubhekana nawo abe usizo kuwe ukubhekana ne-institutionalization?
   - Uphenyo 1: Yimaphi amasu owasebenzisayo ukubhekana lapho uzizwa udabukile noma unomzwangedwa?

7. Yini engathuthukiswa esikhungweni esizothuthukisa izinga lakho lokuphila?
   - Uphenyo 1: Yini engathuthukiswa emawadini nasezindaweni ezivamile onazo kule
   - ndawo? Ujabule ngokuhlelwa kwewadi?
   - Uphenyo 2: Izinsizakalo ezinikezwa kuwe zingathuthukiswa kanjani?

- Uphenyo 3: Yini odokotela, abahlengikazi, usonhlalakahle, isazi sengqondo kanye neminye imikhakha kulesikhungo engakuhlinzeka ngakho ukuze ubenconoesimeni sempilo yakho?
- Uphenyo 4: Ukudla / ukudla kungathuthukiswa kanjani?
- Uphenyo 5: Amaphijama angathuthukiswa kanjani? Ucabanga ukuthi iziguli kufanele zigqoke
- amaphijama noma izingubo zabo? Kungani?
- Uphenyo 6: Ingabe kukhona okunye ocabanga ukuthi kufanele kushintshe maqondana nezindawo kanye nokuhlelwa kwesibhedlela newadi?
- Uphenyo 7: kukhona yini okudingeka kushintshe mayelana nemigomo yesibhedlela?
- Uphenyo 8: yini engenza ukuphila kwakho kube ngcono okwamanje?

8. Kukhona okunye ongathanda ukukusho?

Ngiyabonga!