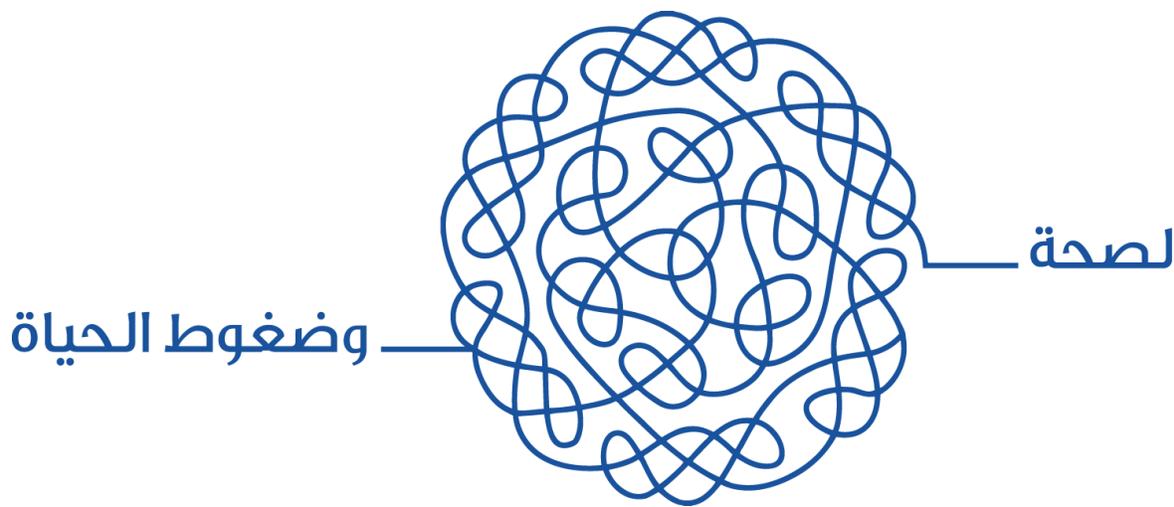




Issue No.1 September, 2014

Saudi National Mental Health Survey Project has conducted 2nd phase training and prepared a new team of Interviewers for the challenges of field work.



The Saudi National Health and Stress Survey is an important nationwide study that provides a vision for clinicians and health policy makers to establish health services in the Kingdom of Saudi Arabia. This survey is under the umbrella of Prince Salman Center for Disability Research, and is a collaboration between the Ministry of Health, King Faisal Specialized Hospital and Research Center, the Census Bureau at the Ministry of Economy and Planning, Ministry of Social Affairs, King Saud University as well as international collaborators such as the World Health Organization (WHO), Harvard University, and University of Michigan. The collaboration of these institutions is an indication of the importance of the study that carries a great hope for the future generations of Saudi Arabia as well as neighboring Arab countries.

The main objective of this study is to estimate the percentage of health disorders in the different regions of the Kingdom of Saudi Arabia and measure the magnitude of the problem as well as the methods of treatment and the obstacles that prevent access to medical care.

We aim to close the gap between knowing the size of the problem, and what best solutions should be used to overcome it, a huge gap that can only be closed through stronger partnerships, greater collaboration between the institutions involved, and increased funding.



Project Highlights

The SNHSS team has conducted and successfully concluded an extensive two week interviewer's training course to prepare a new batch of interviewers before launching them in the second region of field work, which is Qaseem area. The course took place at the headquarters of the MOH "National Committee for the Promotion of Mental Health" in Riyadh.

Currently, the survey field work is exclusively being conducted in the central region in Riyadh and Qaseem, as well as their outskirts. There are two teams working simultaneously in both areas. We are aiming to finish all samples in both areas before the beginning of Ramadan; however, this will only be determined depending on the response rate levels of the Households in both areas.



Interview with an SNHSS Team Member

Abdulrahman Bin Muammar, Outreach Director,

Q1. Please give us a background about yourself?

I have been working in KFSH&RC since 1992. During that time I built huge experience, acquired skills and gained lots of knowledge in the clinical research field.

I am holding a master's degree in business administration and am also a Certified Clinical Research Professional.

I have many certifications from several international institutes

in the Clinical Research discipline such as, Scientific Information Retrieval, Aberdeen University, Scotland, UK, Clinical Trials and their application on antibiotics, Prague, Czech Republic, and Introduction to Epidemiology, University of Michigan Ann Arbor, USA

Q2. Please give as an idea about your role in SNHSS?

I play multi roles in the SNMHS such as coordinator, legal advisor, public representative, outreach director ... etc. However, as the director of the outreach, usually when the research team decides to conduct the study in a remote area then it is my duty to spearhead the team and pave the floor for them, and to accomplish that I have to do the following: Travel ahead of the team and meet the entire region's officials; the governor, police chief, director of health affairs and some society key figures. Scan the survey area and make sure it is accessible and risk free, and secure accommodation, transportation and all necessary logistics for the team.

Q3. In your opinion, what makes SNHSS unique?

In my long experience in the field of Clinical Research, I have never come across a project with such expertise, team efforts, dedication and ambition. Many projects with larger resources and funds have been retired to the archives before they were even completed. However, SNHSS continues to rise to the challenges focused on the end result which is benefiting the Saudi society and contributing in enhancing public health and its services.

Q4. Would you share a personal incident at work?

I was resting on my comfortable couch on a Friday afternoon sipping my fresh juice after lunch with a heavy head. While getting ready for my afternoon nap, I received a call from our Project Manager (that means one thing: Trouble!!). I was right; 5 female interviewers decided not to go to Qassim area to conduct the survey there for several reasons. That is a real crisis!! I asked her to give me 60 min only and I will solve this situation. After using all kind of persuasion methods with those young intelligent interviewers, I managed to convince them and they are back on track. Our Project Manager was filled with joy and excitement and I lost my sleep and my comfort on my week end.

Moral of the story: talk to people as if they are smarter than you, use logic and common sense to communicate with them, don't give them promises unless you could keep them put their goals in line with yours and you will reach success.



How is the study conducted

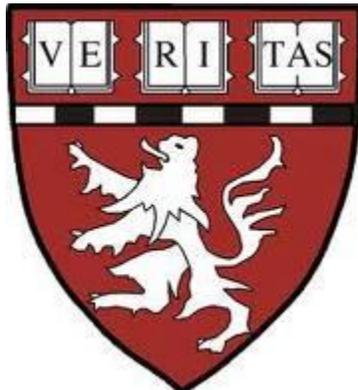
General Overview of the Study

The survey, a community based study, will be administered to a national sample from all 13 administrative areas of Saudi Arabia.

The interview will be conducted using a Computer Assisted Personal Interview (CAPI) through face-to-face interviews in the households of the respondents. The interviewers will use laptop computers to enter the participants' responses directly into a program. From each household 2 respondents will be selected: 1 male and 1 female (between 15-65 years old). Interviews will be gender specific (male interviewer will interview the male respondent, and a female interviewer will interview the female respondent). Each interviewer will be trained on the field work methods and have to pass a test before commencing the field work.

Interviewers also collect DNA saliva samples for analysis from all respondents who sign the consent form.

All this information is entered on Surveytrak, a survey management software program used by interviewers to save all the data collected from the field. This information will be sent to WEBTRAK, which is an online program used by the Quality Control Team, Field Managers, Supervisors and University of Michigan to monitor field work activity on a daily basis.



Mental Health

Up to date insight on emotional health, well-being, & mental health information from Harvard Medical School

Emotional well-being and mental health concerns are major health issues in their own right. But they can also greatly affect physical health. Stress, depression, and anxiety can contribute to a host of physical ailments including digestive disorders, sleep disturbances, and lack of energy. The challenge can be two-pronged: treat the mental and emotional health issues while also caring for the related physical ailments.

Harvard Health Publications and the faculty of Harvard Medical School have developed in-depth special health reports that deal with the challenges of emotional and mental health issues. Learn how stress and anxiety can affect the body, and discover how to relieve those symptoms with exercise, alternative therapies, stress reduction techniques, and meditation. Find out what causes depression, including the changes in brain chemistry, and how best to treat mild,

moderate or severe levels of depression.

Emotional and mental health issues can often be brought on by the strains of life situations, like caregiving for an older family member, dealing with Alzheimer's disease, suffering the loss of a loved one, juggling the responsibilities of a busy lifestyle, or dealing with substance abuse. Harvard's Special Health Reports describe ways to cope with these life events, and offer resources to ease the pressures and provide support.

In Harvard Health Publications' special health reports you'll find reliable, authoritative mental health information on a wide range of issues that impact emotional well-being, along with treatment strategies and practical solutions to help you handle life's many challenges with resilience and maintain your emotional health.

Reference

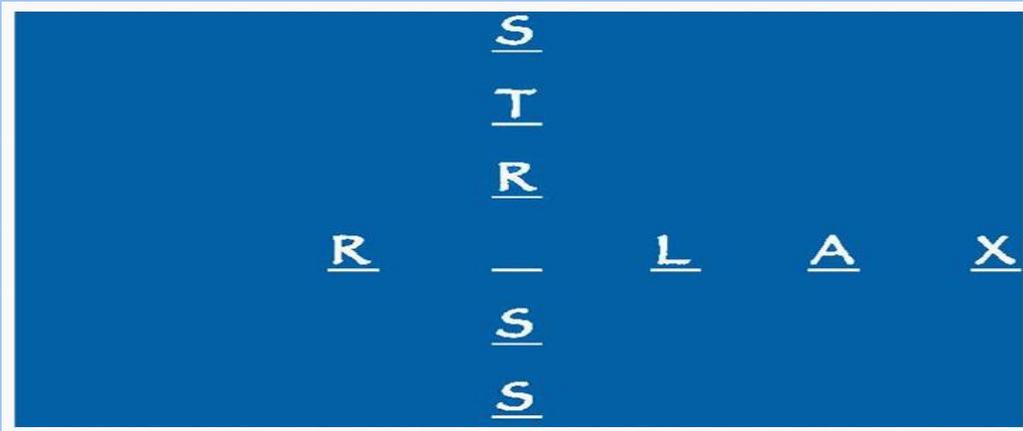
Harvard University. (2014). Emotional Well Being & Mental Health. Retrieved from <http://www.health.harvard.edu/category/emotional-well-being-and-mental-health>



Helpful Tips

Body/Mind balance

- 1- Exercise helps increase endorphins and boosts the emotional & immune state.
- 2- Sleep is crucial for physical regeneration and the brain needs as much of it as any other part of the body.
- 3- Sunlight exposure and fresh air daily decrease depression.
- 4- Breathing correctly gives the right amount of oxygen to the brain making it function more efficiently.
- 5- Gratitude is a state of mind; therefore, counting our blessing shifts our focus from negative to positive.



Who are we?

SNHSS Team consists of a Central Team which is part of the BESC department located in the Research Center at King Faisal Specialized Hospital and a Field Team located at the "National Committee for the Promotion of Mental Health" run by Dr. Abdulhameed Al-Habib.

Central Team

Principal Investigators:

Dr. Yasmin Al-Twajiri (KFSH), Dr. Abdullah Al-Subai (KSU), Dr. Abdulhameed Al-Habib (MOH), Mona Shehab, project consultant

Project Manager:

Lisa Bilal

Quality Control Team:

Nora Al-Ghaslan and Verification Supervisor, Luma Akkad

Verifiers: Nada Al-Humaidan, Nouf Al-Humaidan, Reem Al-Sawi, Najlaa Tahnoun, Saeeda Saleh, Mohamad Mohey Adeen

Help Desk Team:

Bilal Sohail, Fatima Ibrahim, Noha Al-Tanani, Talal Naseem

Public Relations:

Outreach Director, Abdulrahman Bin Muammar and Media, Nora Al-Ghaslan

Data Management Team:

Data Manager, Samia Al-Hashim and Luma Akkad

Programming and Statistics:

Programmer, Mansoor Baig and analyst, Abdulmonem Eldaly

Field Team

Field Managers:

Mohammad Mohezmah, Sara Yehia

Supervisors:

Ahmad Omran, Elaaf Eldali, Mariam Al-Saeed, Miteb Al-Shehri

Interviews:

We currently have 15 male and female interviewers in the field.

**THANK
YOU**

Acknowledgment

We would like to thank our national and international collaborators from our co-investigators, consultants and support staff who helped in making this project possible. Without the constant support and perseverance we as a whole team would not be here today carrying on this challenging and rewarding project.

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