Optimizing implementation strategies of the scale-up of a primary care psychological intervention: The Friendship Bench

Dr Ruth Verhey
Zimbabwe

- 15 million inhabitants
- 30% CMD in primary care clinic patients
- HIV prevalence 13.3%
- 84% on ARV
- 60% below poverty line

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Effect of a Primary Care-Based Psychological Intervention on Symptoms of Common Mental Disorders in Zimbabwe: A Randomized Clinical Trial

Dixon Chibanda, MD; Helen A. Weiss, DPhil; Ruth Verhey, MSc; Victoria Simms, PhD; Ronald Munjoma, SLC; Simbarashe Rusakaniko, PhD; Alfred Chingono, MSc; Epiphania Munetsi, MPhil; Tarisai Bere, BA; Ethel Manda, BSc; Melanie Abas, MD; Ricardo Araya, PhD

**IMPORTANCE** Depression and anxiety are common mental disorders globally but are rarely recognized or treated in low-income settings. Task-shifting of mental health care to lay health workers (LHWs) might decrease the treatment gap.
Phases of study

- Phase I: Rank clinics according to RE-AIM indicators
- Phase II: do in-depth qualitative research to compare high- and low-ranking clinics
- Phase III: design and test an intervention to increase performance among low-ranking clinics
Method Phase 1

- Use of RE-AIM model (Glasgow, 2006)
- Choose indicators
- Develop questionnaire
- Collect data in 36 clinics
- Rank according to results (Farris, 2007)
## Participants

<table>
<thead>
<tr>
<th>Participant</th>
<th>Number Interviewed</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinics</td>
<td>36</td>
<td>100</td>
</tr>
<tr>
<td>Lay Health Worker (LHW)</td>
<td>74</td>
<td>49</td>
</tr>
<tr>
<td>Lay Health Worker Supervisor</td>
<td>35</td>
<td>23</td>
</tr>
<tr>
<td>Nurse</td>
<td>36</td>
<td>24</td>
</tr>
<tr>
<td>DHPO</td>
<td>7</td>
<td>5</td>
</tr>
</tbody>
</table>

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Specific Indicators
Way forward... Moving to Phase 2

- Design qualitative interview guides using CFIR framework (Damschroder, 2017)
- Collect data in 7 low and 7 high-performing clinics
- Analyze data to find differences
THANK YOU!

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