CHAPTER 9

APPENDIXES
SEMISTRUCTURED INTERVIEW PROFORMA

1. Serial number, date of examination, Registration number.

2. Preliminary information - name, age, sex, religion, occupation, marital status, informant, address.

3. Age at the onset of Diabetes mellitus.

4. Duration of Diabetes mellitus.

5. Pathological investigation - F.B.S., P.P.B.S., R.B.S.

6. Funduscopy.

7. Presenting psychiatric complaints with their duration.

8. Past medical history with special reference to :
   i) Any previous consultation with physician and surgeon for any chronic ailment.
   ii) Any previous consultation with a psychiatrist.
   iii) Any history of drug therapy of importance.

9. Family history with reference to :
   i) Socio-economic status.
   ii) History of diabetes mellitus in the family.
   iii) History of psychiatric disorders in the family.
   iv) Reaction of family member towards the patient.
   v) Reaction of the patient towards the family members.

10. Personal History :
   i) Nature of birth.
   ii) Prenatal, natal and postnatal history,
   iii) Infancy and childhood.
   iv) Early development & milestones.
   v) Educational achievements and expectation.
   vi) Sexual and marital history.
   vii) Offspring.
   viii) Premorbid personality.
11. General Physical Examination:
   i) Pulse, Blood pressure, Pallor, Jaundice, Oedema etc.
   ii) Cardiovascular system,
   iii) Respiratory system.
   iv) Gastrointestinal system.
   v) Neurological system,
   vi) Musculo-skeletal system.

12. Mental Status Examination:
   i) General appearance and behaviour.
   ii) Attitude.
   iii) Psychomotor activity.
   iv) Speech.
   v) Mood and affect.
   vi) Thought content.
   vii) Perceptual abnormality.
   viii) Cognitive state.
   ix) Intelligence.
   x) Insight and rapport.

13. Psychological and Intelligence Tests:
   i) Pyke's scale was used to assess whether there was any stressful life event,
   ii) PGI health questionnaire was used to judge state of emotionality and severity of depression.
   iii) To assess the intellectual level and any kind of memory deficit - simple information, major past life events, calculation and 3-object test was done on each patient after judging their educational level.

14. Routine and specific investigations e.g. Serology, Glycohemoglobin (HbAic), X-ray etc. was done wherever indicated.

15. Questionnaire: Relating to regulation of treatment for Diabetes mellitus.

16. Diagnosis.
ICMR SOCIO-DEMOGRAPHIC DATA PROFORMA

Pl. tick appropriate box

Date.

1. Name

2. Sex: [ ] male [ ] Female

3. Age

[ ] 15-19 [ ] 20-24 [ ] 25-29 [ ] 30-34 [ ] 35-39
[ ] 40-44 [ ] 45-49 [ ] 50-59 [ ] 60 and above [ ] Not Known [ ] Less than [ ] Specify exact age

4. Marital Status

A. [ ] Never married [ ] Married more than once.
[ ] Not married but living together [ ] Not known
[ ] Not applicable.

B. If married once more: [ ] Marriage continuing.
[ ] Separated [ ] Divorced [ ] Widowed [ ] Not known.

5. Occupation

[ ] Professional [ ] Semi-Professional [ ] Service
[ ] Skilled worker [ ] Semi-skilled worker
[ ] Unskilled worker [ ] Unemployed [ ] House-wife, householder [ ] Retired [ ] Student [ ] Business
[ ] Farmer [ ] Not known.

Specify exact occ.........................................................

6. Education

[ ] Illiterate [ ] Literate [ ] Primary [ ] Matric/
Inter/Diploma/Plus 2 [ ] Graduate [ ] Master/
Professional [ ] Not known.

7. Income

A. [ ] Nil [ ] 0-99 [ ] 200-399 [ ] 400-599 [ ] 600-799
[ ] 800-999 [ ] 1000-1199 [ ] 1200-1399 [ ] 1400-1599
[ ] 1600-1999 [ ] 2000-3000 [ ] More than 3000
[ ] Not known/information unreliable.

B. Total family income approximately
8. Religion
   [ ] Hinduism [ ] Islam [ ] Christianity [ ] Sikhism
   [ ] Others [ ] Not known Specify
9. Caste
   [ ] Dominant urban [ ] dominant agriculture
   [ ] Backward [ ] SC/ST [ ] Not clearly known
   [ ] Not applicable
   Specify.................................................................
10. Occ. of head of household
    [ ] Professional [ ] Semi-Professional [ ] Service
    [ ] Semi-Skilledworker [ ] Unskilledworker
    [ ] Unemployed [ ] House-wife/householder [ ] Retired
    [ ] Student [ ] Business [ ] Farmer [ ] Not known.
    Specify exact occ................................................
11. Provisional Diagnosis :
    L.C.D. Code No.
12. Final Diagnosis :
    L.C.D. Code No.
WHO SCALE SOCIO-ECONOMIC STATUS

This was done with the help of social score method adopted by the WHO INTERNATIONAL COLLABORATION STUDY ON FAMILY FORMATION PATTERN AND HEALTH, 1976.

The educational status of the Head of the family, occupation of the Head, Income of the family and number of persons per living room were taken as the variables and the scoring was done as High (H), Middle (M) or Low (L) for each indicator. The families getting 3 or more H were classified as High, those getting 3 or more L were classified as Low, and all others belonged to the middle socio-economic status.

EDUCATIONAL STATUS : Educational status of mother & head of the family was assessed as below :

Low : Illiterate one who is not able to read & write. Just literate : one who is able to write and read without any schooling.

Middle : Primary/Middle/High School.

High : College education including reading in college or technical school/college.

OCCUPATIONAL STATUS : The occupational status of both wife and head of the household was assessed according to the household composition chart.

Low : Land/Business holder (small).

Middle :

Skilledworker/clericalworker/teacher/nurse/landorbusinessowner (medium).

High : Physician/Lawyer/Manager/Banker.

HOUSING : Number of living rooms was taken into account to calculate the number of persons per living room irrespective of the age of the family members and type of the housing
which was considered as an indicator of social status of the family. Living room did not include the kitchen and bath room. The housing condition was classified as under:

- **Low**: More than four persons for one livingroom.
- **Middle**: 2-4 persons per living room.
- **High**: Less than 2 persons per living room.

INCOME STATUS: The per capita income was taken as the indicator to assess the income status, as suggested by Mohajan & Gupta in the Text Book of Preventive and Social Medicine.

**Per capital family income Status**

- Rs.1600 and above: Upper
- Rs. 500-1599: Middle
- Rs. 499 or less: Lower
CHAPTER 10

APPENDIXES
APPENDIXES

Questionnaire in relation to Semistructured interview proforma (enclosed in the Appendix 1-A) designed as per the vocabulary of the Diabetic Patient.

No. 1-7. Self explanatory - These Question items were enquired in a harmonious situation establishing an emotional rapport in the subject. (Refer to the Next Appendix-II -ended)

No.8 Past medical history with special reference to

1. Did you consult any doctor for any of your disease happened earlier?
2. Did you consult any psychiatrist earlier?
3. Did you now take any medicine/ drug therapy/ intoxicative substance etc?

No.9 Family History with special reference to

1. Question was asked in reference to the ICMR (Indian Council of Medical research Proforma- enclosed in the Appendix-II.
2. Is there anybody suffering from Diabetes mellitus in your family or blood relation? Yes/No
3. Do you have anyone in the family suffering from Mental illness or Stress related diseases? i.e. Diabetes, Hypertension, Gaster, Gastrointestinal diseases, Thyroid, Concer etc ?
   Yes, What is the disease/ No
   If yes, Yes/ No What is the disease/ problem ?
4. How your family members react to such type of your illness - Positive/ Negative
5. Can you tell me your own reaction to yourself or to your family members with regard to your suffering - harmonious/ disharmonious
No. 10. **Personal History**

1. Were you born in hospital/ home
2. Was there any birth complication Yes/ No
   - If yes, It is Prenatal- Yes/ No
   - Natal- Yes/ No
   - Post Natal- Yes/ No
3. Was there any problem or disease during infancy / childhood ?
4. Was there any delay in milestones of development ? Yes/ No
   - If yes - Which was the period of Neck rigidity/ Teeth erruptions/ Sitting/ Crawling etc/ Standing and Walking/ Speech/ Learning.
5. What is your educational qualification ? Pre-school/ Primary/ High School/ College
6. How is your Marital / Sexual Life ? happy/ unhappy
7. What about your offspring i.e. children ?
8. Were your enjoying/ stressful life events prior to the detection of diabetes or any stress - related diseases ?
   - Are You predominately- Introvert/ extrovert/ Neurotic

No. 11 **General Physical Excoriation**

I. This has been done by the doctors of the institute and I was given training to assess Pulse/ Blood Pressure, Pallor, Jaundice, Oedema etc.
II. Do you have any heart problem - Chest pain etc.
III. Do you suffer from any Respiratory infection/ diseases ?
   - Yes/ No. If yes, What is the disease and treatment
IV. Do you suffer from my gastic/ abdominal/ constipation problem Yes/ No
V. Do you suffer from Neurological weakness/ disease ? If yes -
   - What is the disease and treatment.
VI. Do you suffer from any muscle/ bone disorder
   - If yes- What is the disease and treatment
12. **MENTAL STATUS EXAMINATION**

I. How is general appearance and behavior of the patient - good/ manageable/ restless/ bad/ any other.

II. How is the attitude of the patient during the Interview - Co-operative/ Non-co-operative.

III. How is the psychomotor for activity of the patient ? good/ bad/ restless

IV. How is the patient speaks ? good/ bad
   If bad- What is wrong in him.

V. How is the mood and affect of the patient ? Sad/ happy/ brittle/ unconcerned

VI. What is the contents of the speech ?
    Relevant/ Irrelevant
    Coherent/ Incoherent

VII. Do you have any perceptual abnormality in your perception ?
    If yes - Is it in the field of visual/ hearing/ taste/ smell/ touch

VIII. Do the patient suffer from any Cognitive disorder - Yes/ No
    If yes - What is the problem & What remedy have been taken ?

IX. Questions are asked to assess the general intelligence of the patient keeping his cultural and education background i.e.. Vocabulary as per his vocabulary - general information and simple arithmetics were asked.

X. Do you understand about your illness ? Yes/ No.
    If yes what steps you have taken to rectify ?
    Are you comfortable to my questions (rapport) Yes/ No
    If No. may I know the reason of disappointment.
13. **PSYCHOLOGICAL & INTELLIGENT TESTS**

I. Simple questions were asked to ascertain the patients stressful life events/ personality/ family life/ social life/ occupational life/ educational life etc.

II. Psychologist’s/ Doctor’s opinion was taken to qualify the emotional disorder/ degree of depression- mild/ moderate/ several or any other problem.

III. Question were asked to ascertain memory defects- simple information, major past life events, calculation and 3 - object test was done on each patient after judging their educational level.

14. Pathological Tests were conducted by the specialists concern- Blood Haemogramme (DC/ TLC/ Hb/ ESR) Blood Sugar Level - Fasting/ Post Prandial/ Random/ X-Ray/ EEG/ CT Scan etc.

15. What instruction were received by you from the Diabetes specialist regarding treatment ?

Exercise/ Yoga/ Family Counselling regarding the permissible food/ medicines - Insulin and oral diabetic medicines etc.

**Note:** A booklet of History taking and details of the patient’s clinical examinations in the Institute “THE BRAIN & RESEARCH CENTRE”- CLINIC & TREATMENT CENTRE FOR THE MIND & NERVOUS DISEASES (Regd No. 245/2003 of Govt. of Orissa) is enclosed at the end of the Appendices for kind reference.
LIST OF PUBLICATION