

## LIST OF REFERENCES

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# APPENDICES

## Appendix 1: Letter of informed consent



11 March 2008

### INFORMED CONSENT

**1. NAME OF RESEARCHER: Catharina Johanna Olckers**

204 Cisiticola Street  
Zambezi Country Estate  
Zambezi Road  
Montana Gardens

Cell: 082 773 1379

**2. NAME OF INSTITUTION**

Department of Social Work and Criminology  
University of Pretoria  
Pretoria  
0002

**Contact person:**

Dr C.E. Prinsloo  
Tel: 012-4202601

**3. RESEARCH TITLE**

A training programme in the DSM system for social workers.

**4. PURPOSE OF THE RESEARCH STUDY**

The purpose of the doctoral research is to develop, implement and evaluate an intervention that trains social workers in the utilization of the DSM system, when dealing with individuals who present with a specific disorder.

**5. ACTIVITIES INVOLVED IN THE RESEARCH STUDY**

The research activities include focus group interviews and gathering information through a questionnaire. The focus group interviews will be approximately two hours long.

**6. RISKS INVOLVED IN THE RESEARCH STUDY**

The focus group interviews will be conducted in a safe secure environment. Any information provided for the focus group interviews and the questionnaire will be treated in strict confidence. I will not be required to furnish my personal particulars.

**7. BENEFITS OF THE RESEARCH STUDY**

I will benefit from the research study by undergoing training in the DSM system to use in mental health intervention. The recommendations of the research will inform academic institutions whether formal training in the DSM system as part of the social work curriculum could be of any value.

**8. RIGHTS OF THE PARTICIPANTS**

My participation in the research is on a voluntary basis. I may, if I wish to, withdraw at any time that I prefer. Upon my withdrawal, the information I provided for the research will be destroyed.

**9. CONFIDENTIALITY**

All information gathered for the research will be treated in strict confidence. The only person who will have access to the information will be the researcher. The research data will be stored for ten years in a secure place to ensure the confidentiality of information and for future research purposes.

**10. AGREEMENT TO PARTICIPATE IN THE RESEARCH STUDY**

This document was signed at \_\_\_\_\_ on the \_\_\_\_\_ day of \_\_\_\_\_ 2008.

**SIGNATURE OF RESPONDENT:**

.....

**SIGNATURE OF RESEARCHER:**

.....

**MRS K OLCKERS**



**Appendix 2: Pre-test questionnaire**

For office use only

**PRE-TEST QUESTIONNAIRE  
SECTION A**

1 Respondent number

V1

2 What do you hope to learn at this training  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V2

3 Please indicate which sector/s you work in (maximum of 2 sectors)

Private	1
Government	2
Academic	3
Industry	4
Other (specify)	

V3   
V4

4 Qualification in Social Work

Graduated in SW	1
Masters Degree in SW	2
PhD in SW	3
Other:	

V5

5 Highest Degree obtained at

Stellenbosh University	1
Western Cape University	2
University of Cape Town	3
University of Pretoria	4
University of Johannesburg	5
University of Freestate	6
Other	

V6

6 Year Qualified 19   
20

V7

7 Age in years

V8

8 How many clients do you assess monthly?

V9

9 Approximately how many patients present(s) with mental health issues monthly?

V10

10 Why are you attending this training (maximum of 2 reasons)?

Personal interest	1
Obligated to attend	2
Have a need to know more	3
Have no idea	4
Other	

V11   
V12





For office use only

**PRE-TEST QUESTIONNAIRE**

(Respondent no.)

11 Did you receive any training in the DSM system?

	Yes	No
Under graduate	1	2
Post graduate	1	2
Additional courses	1	2
Self study	1	2
Other		

V13   
V14   
V15   
V16   
V17

12 Do you make use of an alternative diagnostic tool?

No	1
Yes	2
If yes, please name the tool:	

V18   
V19

**SECTION B**

13 Do you make use of the DSM-IV?

Never	1
Seldom	2
From time to time	3
Most of the time	4
Always	5

V20

14 How do you manage clients presenting with mental health issues?

	Yes	No
Do psychotherapy	1	2
Use other therapeutic interventions	1	2
Work only with social issues	1	2
Refer to GP	1	2
Refer to Psychiatrist	1	2
Refer to Psychologist	1	2
Other		

V21   
V22   
V23   
V24   
V25   
V26

15 Do you feel you have enough knowledge to identify mental health issues?

Never	1
Seldom	2
From time to time	3
Most of the time	4
Always	5

V27

16 Please select one only: DSM-IV stands for

Diagnostic Social Manual of Mental Disorders, 4th Edition	1
Dealing with Social and Mental Disorders, 4th Edition	2
Diagnostic and Statically Manual of Mental Disorders, 4th Edition	3
Dealing with Statistical Mental Disorders, 4th Edition	4
I do not know	5

V28



For office use only

**PRE-TEST QUESTIONNAIRE**

(Respondent no.)

17 Do you have a need for training in mental health with regard to:

	Yes	No
Mental Health Assessments	1	2
Mental Health Care	1	2
Mental Health Treatment	1	2
Mental Health Disorders	1	2
Other	1	2

V29   
V30   
V31   
V32   
V33

18 What is your view on social workers using a diagnostic tools (select a maximum of 3)

I have no opinion	1
It is needed	2
It is dangerous	3
It is useful	4
It will reflect negatively on the profession	5
It will enhance the profession	6

V34   
V35   
V36

19 In your view, do other professionals value assessments made by social workers?

Never	<input type="checkbox"/>
Seldom	<input type="checkbox"/>
Time to time	<input type="checkbox"/>
Most of the time	<input type="checkbox"/>
Always	<input type="checkbox"/>

V37

**Appendix 3: Post-test questionnaire**

For office use only

<b>POST-TEST QUESTIONNAIRE</b>		For office use only								
<b>SECTION A</b>										
1 Respondent number	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>				V1	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>				
2 In your view, would training in the DSM system assist social workers in conducting more professional assessments?	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">No</td> <td style="padding: 2px; text-align: center;">1</td> </tr> <tr> <td style="padding: 2px;">Yes, but only with limited cases</td> <td style="padding: 2px; text-align: center;">2</td> </tr> <tr> <td style="padding: 2px;">Yes, with all assessments</td> <td style="padding: 2px; text-align: center;">3</td> </tr> </table>	No	1	Yes, but only with limited cases	2	Yes, with all assessments	3	V2	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>	
No	1									
Yes, but only with limited cases	2									
Yes, with all assessments	3									
3 Give three reasons:		V3	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
a)	_____	V4	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
b)	_____	V5	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
c)	_____									
4 Will the fact that you have attended this course assist you in your profession as a social worker - please otivate:		V6	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
a)	_____	V7	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
b)	_____	V8	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
c)	_____	V9	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
d)	_____									
5 Would you recommend this programme to your colleagues?	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Yes</td> <td style="padding: 2px; text-align: center;">1</td> </tr> <tr> <td style="padding: 2px;">No</td> <td style="padding: 2px; text-align: center;">2</td> </tr> </table>	Yes	1	No	2	V10	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>			
Yes	1									
No	2									
V11		V11	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
6 Recommendations with regard to the course content:		V12	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
a)	_____	V13	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
b)	_____	V14	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
c)	_____									
7 Please indicate other areas for training in mental health?		V15								
a)	_____	V16								
b)	_____	V17								
c)	_____									
8 Remarks		V18	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
a)	_____	V19	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> </tr> </table>							
b)	_____									

**POST-TEST QUESTIONNAIRE**  
**SECTION B**

(Respondent no.)

9 Would you make use of the DSM-IV

Never	1
Seldom	2
From time to time	3
Most of the time	4
Always	5

V20

10 How do you manage clients presenting with mental health issues?

Do psychotherapy	1	2
Use other therapeutic interventions	1	2
Work only with social issues	1	2
Refer to GP	1	2
Refer to Psychiatrist	1	2
Refer to Psychologist	1	2
Other		

V21

V22

V23

V24

V25

V26

11 Do you feel you have enough knowledge to identify mental health issues?

Never	1
Seldom	2
From time to time	3
Most of the time	4
Always	5

V27

12 Please select one: DSM-IV stands for

Diagnostic Social Manual of Mental Disorders, 4th Edition	1
Dealing with Social and Mental Disorders, 4th Edition	2
Diagnostic and Statically Manual of Mental Disorders, 4th Edition	3
Dealing with Statistical Mental Disorders, 4th Edition	4
In do not know	5

V28

13 Do you have a need for training in mental health with regard to:

Yes No

Mental Health Assessments	1	2
Mental Health Care	1	2
Mental Health Treatment	1	2
Mental Health Disorders	1	2
Other		

V29

V30

V31

V32

V33

14 What is your view on social workers using a diagnostic tools  
(select a maximum of 3)

I have no opinion		1
It is needed		2
It is dangerous		3
It is useful		4
It will reflect negatively on the profession		5
It will enhance the profession		6

V34

V35

V36



**POST-TEST QUESTIONNAIRE**

(Respondent no.)

15. In your view, would other professionals value assessments made by social workers more, if we social workers are more knowledgeable in mental health?

Never	1
Seldom	2
Time to time	3
Most of the time	4
Always	5

V37

## Appendix 4

8 September 2008

Dear Social Worker



### **Invitation to a Free Training programme for Social Work in the Diagnostic and Statistical Manual of mental Disorders (DSM) system**

I am currently doing a DPhil Social Work degree, through the University of Pretoria. The research topic is as follow:

#### **A TRAINING PROGRAMME IN THE DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS (DSM) SYSTEM FOR SOCIAL WORKERS**

So often, the public and professionals will make statements and diagnoses – formally and informally – regarding the mental health of another individual. Nevertheless, what is the basis for or system of such a diagnosis? Are social work professionals also guilty of diagnosing while assessing without using valid criteria? Is there any value in utilising one internal assessment and diagnostic system or will each clinician use a system most applicable to their practice? These are all questions raised by the researcher in a search for answers.

I have found that it is expected of Social Workers to utilize the Diagnostic Statistical Manual of Mental Disorders (DSM) system (within South Africa and the United Kingdom), regardless of social workers knowledge or lack thereof with respect to this diagnostic system.

The DSM is the standard classification of mental disorders used by mental health professionals internationally. In a self-study by myself, I have found that social workers often utilize the DSM without formal training in the system.

Based on this experience I initiate this study with the aim to develop, implement and evaluate an intervention that trains social workers in the utilization of the DSM system.

The two day training will focus on the link between social workers and mental health interventions, mental health assessments and the criteria's for mental health disorders. The training programme will also address methods to deal with mental health clients and focus on the role that the DSM could play as an assessment tool.

The training session will take place over two days and there is no cost involved. Training material will be distributed. Due to high volumes of confirmations, the venue will change. I will forward the details of the new venue, closer to the training date. Attached you will find the registration form and programme.

I herewith kindly invite you to this training session.

**Kind regards**

**Karen Olckers**

**PhD Student**

**Group Operations Manager for Life Path Health**

**Cell: 082 773 1379**

[karen@lifepathgroup.co.za](mailto:karen@lifepathgroup.co.za)



**Invitation to a Free Training programme for  
Social Work in the Diagnostic and Statical Manual of  
mental Disorders (DSM) system**

**Tuesday, 7 October 2008**

- 08:00 Tea/Coffee
- 08:30 Introduction
- 09:00 Pre-training assessment
- 09:00 Module 1: Mental health interventions
- 10h45 Tea
- 11h00 Module 2: The link between social work and mental health interventions
- 12:30 Lunch
- 12:45 Module 3: Social work in mental health – assessments, tools
- 14h15 Tea
- 14h30 Module 4: DSM: Introduction, history & use of the DSM
- 16:00 Closure

**Wednesday, 8 October 2008**

- 08:00 Tea/Coffee
- 08:30 Review & Overview
- 09:00 Module 5: Multiaxial Assessment & Global Assessment of Functioning Scale
- 10h45 Tea
- 11h00 Module 6: DSM-IV-RE Classification
- 12:30 Lunch
- 12:45 Module 6: Continue
- 14h15 Tea
- 14h30 Module 7: Practical implimentation
- 15h20 Post Assessment Questionnaire
- 16:00 Closure





**Registration closes on Friday, 26 September 2008**

**Registration and Bookings**

The training is free of charge, but booking is essential due to a limited number of seats.

**Enquiries**

Telephonic enquiries Karen Olckers 082 773 1379

Email enquiries [karen@lifepathgroup.co.za](mailto:karen@lifepathgroup.co.za)

**Venue**

Tijger Clinic – Training Facility

267 Hendrik Verwoerd Drive

Loevenstein

Bellville

Cape Town

-----  
--  
**Registration form**

**Complete all your details.**

Full name(s) \_\_\_\_\_

Calling name \_\_\_\_\_

Surname \_\_\_\_\_

Employer \_\_\_\_\_

Telephone area code \_\_\_\_\_

Telephone number \_\_\_\_\_

Cellular number \_\_\_\_\_

Statutory registration number \_\_\_\_\_

Please complete and send this registration form via

Fax: **(013) 6970327** or

E-mail **karen@lifepathgroup.co.za**

by 26 September 2008.