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APPENDICES
Appendix 1: Letter of informed consent

11 March 2008

INFORMED CONSENT

1. NAME OF RESEARCHER: Catharina Johanna Olckers
204 Cisticola 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

## PRE-TEST QUESTIONNAIRE

### SECTION A

1. **Respondent number**

2. **What do you hope to learn at this training**

3. **Please indicate which sector/s you work in (maximum of 2 sectors)**
   - Private
   - Government
   - Academic
   - Industry
   - Other (specify)

4. **Qualification in Social Work**
   - Graduated in SW
   - Masters Degree in SW
   - PhD in SW
   - Other:

5. **Highest Degree obtained at**
   - Stellenbosh University
   - Western Cape University
   - University of Cape Town
   - University of Pretoria
   - University of Johannesburg
   - University of Freestate
   - Other

6. **Year Qualified**
   - 19
   - 20

7. **Age in years**

8. **How many clients do you assess monthly?**

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

10. **Why are you attending this training (maximum of 2 reasons)?**
    - Personal interest
    - Obligated to attend
    - Have a need to know more
    - Have no idea
    - Other
**PRE-TEST QUESTIONNAIRE**  
(Respondent no.)

11 Did you receive any training in the DSM system?  
- Post graduate: Yes [1] No [2]  
- Other: Yes [1] No [2]  

12 Do you make use of an alternative diagnostic tool?  
- No: [1]  
- Yes: [2]  
If yes, please name the tool: [ ]

**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]  

14 How do you manage clients presenting with mental health issues?  
- Yes: [ ]  
- No: [ ]  
  - Work only with social issues: Yes [1] No [2]  
  - Refer to GP: Yes [1] No [2]  
  - Refer to Psychiatrist: Yes [1] No [2]  
  - Refer to Psychologist: Yes [1] No [2]  
  - Other: Yes [1] No [2]  

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]  

16 Please select one only: DSM-IV stands for  
- *Diagnostic Social Manual of Mental Disorders, 4th Edition*: Yes [1]  
- *Diagnostic and Statically Manual of Mental Disorders, 4th Edition*: Yes [1]  
- *Dealing with Statistical Mental Disorders, 4th Edition*: Yes [1]  
- *I do not know*: Yes [1]


**PRE-TEST QUESTIONNAIRE**  
(Respondent no.)

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

<table>
<thead>
<tr>
<th>Mental Health Assessments</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Care</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Mental Health Treatment</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Mental Health Disorders</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>View</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I have no opinion</td>
<td>1</td>
</tr>
<tr>
<td>It is needed</td>
<td>2</td>
</tr>
<tr>
<td>It is dangerous</td>
<td>3</td>
</tr>
<tr>
<td>It is useful</td>
<td>4</td>
</tr>
<tr>
<td>It will reflect negatively on the profession</td>
<td>5</td>
</tr>
<tr>
<td>It will enhance the profession</td>
<td>6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Frequency</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>Seldom</td>
<td></td>
</tr>
<tr>
<td>Time to time</td>
<td></td>
</tr>
<tr>
<td>Most of the time</td>
<td></td>
</tr>
<tr>
<td>Always</td>
<td></td>
</tr>
</tbody>
</table>

| V29 | V30 | V31 | V32 | V33 | V34 | V35 | V36 | V37 |
### Appendix 3: Post-test questionnaire

**POST-TEST QUESTIONNAIRE**  
**SECTION A**

1. Respondent number  
2. In your view, would training in the DSM system assist social workers in conducting more professional assessments?  
   - No  
   - Yes, but only with limited cases  
   - Yes, with all assessments  
3. Give three reasons:  
   a)  
   b)  
   c)  
4. Will the fact that you have attended this course assist you in your profession as a social worker - please motivate:  
   a)  
   b)  
   c)  
   d)  
5. Would you recommend this programme to your colleagues?  
   - Yes  
   - No  
6. Recommendations with regard to the course content:  
   a)  
   b)  
   c)  
7. Please indicate other areas for training in mental health?  
   a)  
   b)  
   c)  
8. Remarks  
   a)  
   b)  

---

For office use only
## POST-TEST QUESTIONNAIRE

### SECTION B

9. Would you make use of the DSM-IV

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1</td>
</tr>
<tr>
<td>Seldom</td>
<td>2</td>
</tr>
<tr>
<td>From time to time</td>
<td>3</td>
</tr>
<tr>
<td>Most of the time</td>
<td>4</td>
</tr>
<tr>
<td>Always</td>
<td>5</td>
</tr>
</tbody>
</table>

Use the following code: V20

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

<table>
<thead>
<tr>
<th>Option</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do psychotherapy</td>
<td></td>
</tr>
<tr>
<td>Use other therapeutic interventions</td>
<td></td>
</tr>
<tr>
<td>Work only with social issues</td>
<td></td>
</tr>
<tr>
<td>Refer to GP</td>
<td></td>
</tr>
<tr>
<td>Refer to Psychiatrist</td>
<td></td>
</tr>
<tr>
<td>Refer to Psychologist</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

Use the following code: V21, V22, V23, V24, V25, V26

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

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1</td>
</tr>
<tr>
<td>Seldom</td>
<td>2</td>
</tr>
<tr>
<td>From time to time</td>
<td>3</td>
</tr>
<tr>
<td>Most of the time</td>
<td>4</td>
</tr>
<tr>
<td>Always</td>
<td>5</td>
</tr>
</tbody>
</table>

Use the following code: V27

12. Please select one: DSM-IV stands for

<table>
<thead>
<tr>
<th>Option</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Social Manual of Mental Disorders, 4th Edition</td>
<td>1</td>
</tr>
<tr>
<td>Dealing with Social and Mental Disorders, 4th Edition</td>
<td>2</td>
</tr>
<tr>
<td>Diagnostic and Statistically Manual of Mental Disorders, 4th Edition</td>
<td>3</td>
</tr>
<tr>
<td>Dealing with Statistical Mental Disorders, 4th Edition</td>
<td>4</td>
</tr>
<tr>
<td>In do not know</td>
<td>5</td>
</tr>
</tbody>
</table>

Use the following code: V28

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

<table>
<thead>
<tr>
<th>Training Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Assessments</td>
<td></td>
</tr>
<tr>
<td>Mental Health Care</td>
<td></td>
</tr>
<tr>
<td>Mental Health Treatment</td>
<td></td>
</tr>
<tr>
<td>Mental Health Disorders</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

Use the following code: V29, V30, V31, V32, V33

14. What is your view on social workers using a diagnostic tools

(Select a maximum of 3)

<table>
<thead>
<tr>
<th>View</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have no opinion</td>
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<td>It is dangerous</td>
<td>3</td>
</tr>
<tr>
<td>It is useful</td>
<td>4</td>
</tr>
<tr>
<td>It will reflect negatively on the profession</td>
<td>5</td>
</tr>
<tr>
<td>It will enhance the profession</td>
<td>6</td>
</tr>
</tbody>
</table>

Use the following code: V34, V35, V36
15. In your view, would other professionals value assessments made by social workers more, if we social workers are more knowledgeable in mental health?

<table>
<thead>
<tr>
<th>Response</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1</td>
</tr>
<tr>
<td>Seldom</td>
<td>2</td>
</tr>
<tr>
<td>Time to time</td>
<td>3</td>
</tr>
<tr>
<td>Most of the time</td>
<td>4</td>
</tr>
<tr>
<td>Always</td>
<td>5</td>
</tr>
</tbody>
</table>
Appendix 4

8 September 2008
Dear Social Worker

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
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 implementation
15h20 Post Assessment Questionaire
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

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.