

Appendix A

There are many different reasons why people who use substances do not seek help. Here are some reasons that people give, as to why they do not seek treatment or other kinds of help. Please indicate how correct each of these was for you as a reason why you did not seek help.

Instructions

Please tick one answer for each reason.

Section A: Biographical details

Variable		
Gender	Male	1
	Female	2

Section B

Was this an important reason why you did not seek help with regard to your substance use?	Strongly disagree	Somewhat agree	Agree	Strongly agree
1. Healthcare workers mistreat people using substances.	0	1	2	3
2. I was afraid the community would isolate me.	0	1	2	3
3. I feared the shame and embarrassment of being called names.	0	1	2	3
4. I feared losing my identity by being viewed as an outcast.	0	1	2	3
5. We feel not accepted across different places and settings.	0	1	2	3
6. The community looks down upon people using substances.	0	1	2	3
7. People blame us for our condition – they say it is our own fault.	0	1	2	3
8. People using substances are regarded as worthless.	0	1	2	3
9. The police abuse their power by ill-treating people using substances.	0	1	2	3
10. I was afraid of being arrested.	0	1	2	3
11. I didn't know where to go for help.	0	1	2	3
12. I didn't know there is help available for people who use substances.	0	1	2	3
13. Harm reduction is another way of promoting substance use.	0	1	2	3
14. Treatment does not work.	0	1	2	3
15. I didn't think it would do any good.	0	1	2	3

16. Churches provide better services.	0	1	2	3
17. Our families encourage us to seek help from pastors and religious figures.	0	1	2	3
18. Substance use treatment does not help.	0	1	2	3
19. I had no transportation, no way to get there.	0	1	2	3
20. I couldn't afford to pay for help.	0	1	2	3
21. The registration and treatment initiation process is tedious (too long and frustrating).	0	1	2	3
22. I didn't like to talk about my personal life with other people.	0	1	2	3
23. My substance use seemed fairly normal to me.	0	1	2	3
24. I didn't think I needed any help.	0	1	2	3
25. I liked using substances and was not prepared to give it up.	0	1	2	3
26. I thought I could handle it on my own.	0	1	2	3
27. Substance use health care sites are too few and not available where I stay.	0	1	2	3
28. There is fragmented service.	0	1	2	3
29. Substance use healthcare sites lack enough healthcare workers	0	1	2	3
30. We do not get moral support from our families.	0	1	2	3
31. My friends are all users. They would reject me if I stop using.	0	1	2	3
32. I did not have anyone to assist me if I join the programme	0	1	2	3

Were there any other important reasons why you did not seek help? If so, please write them here: