

Appendices

Appendix A

Title: Integrating Evidence-Based Care For Common Mental Disorders in TB Services in Pakistan-GNCA

Topic Guide for Interviews with Health Providers of TB patients

AIM of INTERVIEW: To elicit health providers' views of:

- a) Current experience and practice relevant to psycho-social management in TB patients.
- b) Ideas about psycho-social care pathways and care package for TB patients including barriers and drivers.

PROCESS

BEFORE THE INTERVIEW STARTS

- Thank the participant for their time and contribution. (The duration of interview will be approx. 45 mins).
- Say that we are interested in learning their views and experiences of their provision of TB services and CMD services within TB services at the health facility.
- Check that the participant has read the Participant Information Sheet.
- Ask them if they have any questions about the interview and answer those questions.
- Complete and sign two copies of consent form (participant keeps one, researcher keeps one).
- Reassure them that there are no right or wrong answers, we are really interested in their experiences and views so please be honest. Participation is anonymous and they will not be identified.
- Tell them they can stop at any time.
- Explain why we are using the recorder – because we can talk to each other directly, without the researcher having to write it down and more accurately record what you say.
- Tell the participant that there are 4 sections to the interview –
 - (1) questions about their TB work,
 - (2) questions about their experience of psychosocial wellbeing to TB patients,
 - (3) questions about education and training,
 - (4) questions to get their ideas on the integrated care package for TB patients.
- Turn on recorder and start the interview.

AT THE END OF THE INTERVIEW/FGD

- Thank participant again.
- Inform them that if requested in consent form, we will send them a summary of the study findings.
- Fill the demographic form.

Section 1: Work in the TB center (10 minutes)	
1.	Can you tell me about a typical day at the TB center? • How many patients do you see on each clinic day? • On average how much time do you spend on each consultation?
2.	What is the standard treatment given to TB patients in Pakistan?
3.	In your opinion how well do the patients comply with the treatment plan? What are the reasons for non-compliance? What steps do you take to minimize any setbacks to the treatment?
Section 2: Psycho-social well-being in TB patients (20 minutes)	
1.	Do you see patients with TB that have common mental disorders? (NOTE: DEFINE THE TERMS ANXIETY, STRESS, DEPRESSION, AND PANIC ATTACKS TO THE PARTICIPANTS) • If yes, what type of problems are these? • What proportion of patients that you see do you think experience common mental disorders? • Of these, what proportion is anxiety?
2.	What makes you think they have anxiety? • <i>Patient's appearance,</i> • <i>Patient's behavior,</i> • <i>Patient's speech content,</i> • <i>Reports by family members,</i> <i>Restless, reassurance-seeking, poor concentration, negative thoughts.</i>
3.	What do your patients tell you causes this anxiety? • <i>Their physical health</i> • <i>Lack of knowledge and lack of motivation,</i> • <i>Personal or cultural beliefs,</i> • <i>Lack of access to healthcare facilities,</i> • <i>Financial restraints,</i> • <i>Bad side effects of medication,</i> • <i>Poor relationship with healthcare workers.</i>
4.	Have you noticed any similarities and differences between these patients with anxiety? • Gender-based similarities and differences, • Age-based similarities and differences
5.	Thinking about your TB patients who have anxiety, what do they tell you

	about the impact of this? • <i>Their lives (e.g. their abilities, their relationships and position in the family/community, their marriage, their burden on others),</i> • <i>Their attendance at TB Facility,</i> • <i>Their TB management and care (E.G., describing their health problems, their choice and motivation to take TB treatment).</i> Please elaborate with an example with one patient.
6.	Are there any guidelines that you follow to <u>treat</u> a patient with anxiety? What do these guidelines say? (If possible, ask if you could have access to a copy of these guidelines?) • Any specific steps you take when you engage female patients with anxiety that differ from when you check male patients? • Any specific steps you take when you engage different age patients with anxiety that differ from other age group patients? • Are there any reporting mechanisms for TB patients with anxiety? • Are there any referral mechanisms for psychotherapy to TB patients with anxiety?
7.	From your point of view, how well do patients manage their anxiety? If not well, what could be the possible reasons for this? • <i>Lack of self-motivation,</i> • <i>Lack of awareness,</i> <i>Lack of free and easily accessible treatment.</i>
8.	How seriously do health professionals take the anxiety of their patients? If not, what are the possible reasons for not addressing the anxiety? • <i>Workload/burnout,</i> <i>Lack of awareness.</i>
9.	From your point of view, how important is it to address the anxiety of TB patients? Why? • <i>It worsens their physical health,</i> • <i>It affects their treatment outcomes.</i>
Section 3: Education/Training (5 minutes)	
1.	Do you have knowledge of any current treatment available for patients with anxiety in TB care? If yes, can you tell me about this/these? • Providing information and educating patients, • Communication materials to patients, • Patients counseling

2.	Have you received any training on supporting TB patients with anxiety? If yes, • What type of support did you learn about? • When did you receive this training? • What type of training was it? E.g., was it a formal qualification? Was it informal training? • What was the duration of the training? • Did the training involve participation in workshops or mental health awareness campaigns? • Have you been able to deliver this support? (If not, what has stopped you from doing this?) If no, what would you like to learn about to better support TB patients with their anxiety?
3.	Has any other health worker at the facility received this training? If yes, tell me about the training. If not, why?
4.	In your opinion what can be done to reduce the issue of anxiety among TB patients in the population at large? • Awareness sessions in the community, • Radio programs and social media campaigns, • Capacity building of health professionals.
Section 4: Integrated Care Package and pathway (10 minutes)	
As I mentioned before the interview, we are planning to develop an integrated care package and pathway to support TB patients in managing anxiety. I'd like to ask you a few final questions about this. The care package is likely to be psychosocial counselling.	
1.	What are your immediate thoughts on Psychosocial counseling as an intervention for anxiety? • Positive thoughts? -What would be the benefits to patients? • Negative thoughts? Any negative effects on the patients? • Uncertainties?
2.	Who should deliver the counselling to patients? • Why them?
3.	What opportunities exist to support the integration of Psychosocial counseling within your TB facility? • What will motivate the staff to do this? • What resources do you already have in place? (e.g. staff, time, equipment, protocols)

5.	What obstacles are there to the integration of psychosocial counseling within your TB facility? • What would demotivate the staff from doing this? • What additional resources would you need? (e.g. staff, time, equipment, protocols)
6.	Finally, we talked earlier about referral mechanisms for TB patients with anxiety. Would the referral pathway need to be improved/changed to accommodate this counselling package? How?
	Conclusion
	Is there anything further you would like to share or add to your answers?

Appendix B

Title: Integrating Evidence-Based Care For Common Mental Disorders in TB Services in Pakistan-GNCA

Topic Guide for Interviews with Decision Makers/TB Facility Managers

AIM of INTERVIEW: To elicit views of senior management about:

- a) Current experience and practice relevant to psycho-social management in TB patients.
- b) Ideas about psycho-social care pathways and care packages for TB patients including barriers and drivers.

PROCESS

BEFORE THE INTERVIEW STARTS

- Thank the participant for their time and contribution. (The duration of the interview will be approx. 45 mins).
- Explain that we are interested in learning about the current practices of psychosocial management of TB patients in TB control program and explore their views on integration of Psychosocial counseling as an intervention for anxiety in TB control program.
- Check that the participant has read the Participant Information Sheet.
- Ask them if they have any questions about the interview and answer those questions.
- Complete and sign two copies of the consent form (participant keeps one, researcher keeps one).
- Reassure them that there are no right or wrong answers, we are really interested in their experiences and views so please be honest. Participation is anonymous and they will not be identified.
- Tell them they can stop at any time.
- Explain why we are using the recorder – because we can talk to each other directly, without the researcher having to write it down and more accurately record what you say.
- Tell the participant that there are 4 sections to the interview –
 - (1) questions about their roles, responsibilities, and organizational and service structure of provincial TB control program
 - (2) questions about their current practices for psychosocial well-being of TB patients,
 - (3) questions about education and staff training,
 - (4) questions to get their ideas on the integrated care package for TB patients.
- Turn on the recorder and start the interview.

AT THE END OF THE INTERVIEW

- Thank the participant again.
- Inform them that if requested in the consent form, we will send them a summary of the study findings.
- Fill out the demographic form.

Section 1: Roles & Responsibilities + Organizational and Service Structure of Provincial TB Control Program

1. Being deputy director TB Control Program, can you please reflect on your current roles and responsibilities in Provincial TB Control Program?
2. How different are these from the job description (JD) of the Director Provincial TB Control Program?
3. Can you please describe the organizational and service structure of the Provincial TB control program?
4. How is the coordination mechanism established across all levels?
5. What exact mechanism is in place at TB centers for TB patients from diagnosis till treatment exit?
6. How do the diagnostic services differ at each primary secondary and tertiary TB center?

Section 2: Psycho-social well-being of TB patients

Now I would like to focus on the Psychosocial well-being of TB patients

1. Does the program only focus on the management of TB or psychosocial management is also provided to patients?
2. How do you currently approach the psycho-social management of TB patients in across all the facilities?
3. Are you aware of any policies or guidelines for integrated care of TB and anxiety?
 - If yes, please elaborate/identify the guidelines
 - If there is no policy then, ask Q4
4. Is there a need to develop policies/guidelines for the integrated care of TB and anxiety? Why?
5. What resources or support are available to assist with the psychosocial management of anxiety among TB patients?
6. How do you ensure that TB patients with anxiety receive appropriate psycho-social care and support throughout their treatment?
7. What support system is in place for patients with anxiety with different severity levels?

	<i>Mild/ Moderate & Severe CMD cases</i> 8. How do you balance the need for psychosocial care for anxiety with other priorities and demands at all facility levels? 9. Can you describe any successful strategies or approaches you've used to address anxiety in TB patients in all the TB facilities of KP, under your supervision or in other TB program centers in KP? 10. In your opinion, how can psycho-social care for anxiety be integrated with the broader care package for TB patients in TB treatment facilities? • Can you describe any successful models or approaches you've read about or seen in practice that ensures psycho-social care is fully integrated into TB patient care?
Section 3: Education/Training of Staff	
	1. How well-equipped are staff in all the provincial TB facilities of KP to provide effective psycho-social care to TB patients? • Can you describe any training or education programs you have in place to support staff in providing psycho-social care? • What resources or support do you currently have available to assist with staff education and training related to psycho-social care for TB patients? • Can you describe any successful strategies or approaches you've used to educate and train staff in this area? • How do you ensure that staff are implementing what they've learned in their interactions with TB patients? 2. How easy or difficult is it for staff to provide psycho-social care to TB patients? – what helps/ hinders the staff • Have you ever faced any challenges from staff to provide psycho-social care to TB patients; if yes, then how did you address it? 3. In your opinion what else can be done to reduce the issue of anxiety among TB patients in the population at large? • Awareness sessions in the community, • Radio programs and social media campaigns, • Capacity building of health professionals. 4. How do you monitor the effectiveness of staff training and education programs in this area? How? • How do you carry out the evaluation of these training and education programs?

Section 4: Integrated Care Package

As I mentioned before the interview, we are planning to develop an integrated care package to support TB patients in managing anxiety. I would like to ask you a final few questions about this. The care package is likely to be psychosocial counseling.

1. In your opinion, what would be the effects of integrating psychosocial counseling for anxiety of TB patients in TB care facilities?
2. In your opinion who should deliver psychosocial counseling? Why them?
3. What should be the mode of delivery – remotely or face-to-face?

What would be the benefits of this mode of delivery?
Would it be convenient to deliver remotely (by phone/online)? Why/why not?
In your opinion, which mode is best?
4. What is your opinion about the number counseling sessions which should be arranged per month for the management of a TB patient's anxiety?
What should be the schedule for the psychosocial counseling sessions
Why this?
 - *On the same day of TB care*
 - *On a different day of TB care*
5. What should be the consultation duration of counseling sessions? Why that duration?
6. What opportunities are there in the existing TB program to support the integration of Psychosocial counseling within the TB Control Program?
 - Do the staff already have the necessary knowledge and skills? If no, then, what type of training will they require?
 - What resources do you already have in place? (e.g., staff, time, equipment, protocols). What additional resources will be required at the facility?
 - In case there is no support available at the TB Center, where should the patients be referred to, for further care? Why that place (hospital/clinic)
7. Do you foresee any obstacles/challenges to the integration of psychosocial counseling within the TB program services?
 - If yes – please discuss.
 - How can be the referral mechanism improved/changed to accommodate this counseling package?
8. What specific issues need to be addressed to support implementation of an integrated package of care
 - Human resources, Finances, Equipment/supplies, Governance mechanisms, service delivery

	9. Is there anything further you would like to share or add to your answers? Thank you for your time.

Appendix C

Title: Integrating Evidence-Based Care for Common Mental Disorders in TB Services in Pakistan-GNCA

Topic Guide for Interviews with TB patients

AIM of INTERVIEW - To elicit TB patients' views of

- a) Current practice relevant to the psycho-social management in TB patients,
- b) Ideas about psycho-social care pathway and care package for TB patients including barriers and drivers.

PROCESS

BEFORE THE INTERVIEW STARTS

- Thank the participant for their time and contribution. (The duration of interview will be approx. 45 mins.).
- Say that we are interested in learning their views and experiences of their TB care/treatment at the health facility and hearing their feedback on an idea we have for supporting patients with TB who may experience anxiety.
- Check that the participant has read the Participant's Information Sheet.
- Ask them if they have any questions about the interview and answer those questions.
- Complete and sign two copies of consent form (participant keeps one, researcher keeps one).
- Reassure them that there are no right or wrong answers, we are really interested in their experiences and views so please be honest. Participation is anonymous and they will not be identified.
- Tell them they can stop at any time.
- Explain why we are using the recorder – because we can talk to each other directly, without the researcher having to write it down and more accurately record what you say.
- Tell the participant that there are 4 sections to the interview –
 - (1) questions about their experience of having TB
 - (2) questions about how having TB might affect their mental health, especially anxiety
 - (3) questions about their TB care
 - (4) questions to get their views on an integrated care package to support patients with TB to manage any anxiety they may experience.
- Turn on recorder and start the interview.

AT THE END OF THE INTERVIEW

- Thank participant again.
- Inform them that if requested in consent form, we will send them a summary of the study findings.
- Fill the demographic form.

Section 1: Concerning patients' experience of TB	
1.	Can you tell me a little about yourself? Who lives with you at home? (Building Rapport)
2.	What first led you to believe that you had TB? • Did you experience any symptoms? • What did you think was causing these symptoms?
3.	What were your feelings when the first time you were diagnosed with TB? Can you please share your story with us?
4.	How has TB impacted your life? • <i>On your family and social life E.g., your work, your relationships</i> • <i>On your physical abilities E.g., your health – shortness of breath, your performing tasks</i> • <i>Psychologically E.g., your mood, your self-esteem, your stress, afraid, anxious, loneliness</i>
5.	Do you receive any support from people in your surrounding? • <i>From family</i> • <i>From friends</i> • <i>From community</i> What type of support do you receive?

Some people with TB experience challenges with their mental health, for example feel anxious or lonely. I'd like to ask now about the impact of TB on your mental health, and particularly about any anxiety you may experience.

Section 2: Understanding and experience of living with TB and how it can affect mental health	
1.	You mentioned earlier how TB affects your physical health (<i>refer to what they said in Q4 above</i>) I'd like to ask you more about this. Tell me more about (discuss each in turn) • What happens? How often? • What do you do to deal with this? • Who do you tell? Why them? How does your physical health these affect your mental health (sadness, worry, hopelessness etc.?)
2.	I'd like to focus now on any anxiety you might experience. In what situations do you start feeling worried or anxious? • <i>when feeling physically unwell,</i>

	• <i>conflict/challenges with family or at the workplace,</i> • <i>any statement (judgmental or otherwise) by a person regarding illness,</i> • <i>a negative thought etc</i>
3.	• In those situations (<i>described in Q2</i>): What thoughts crowd your mind at that time? • For how long does the anxiety usually last? • Have you found yourself worrying that the anxiety symptoms may occur again? How often do you worry? • Do you have problems concentrating? Can you give examples? • Do you ever feel the tension in your muscles or experience headaches? Probe-Tension in the head and shoulders • What has your sleep been like? (less or more than after the diagnosis)
4.	Have you found yourself worrying about simple things you should not be worrying about after your diagnosis? Can you give examples from your life?
5.	Has having TB affected your social interactions with people? Tell me about this. (<i>Remember they may have told you about this in Section 1, so build on what they already told you</i>) Have you avoided any situations? Which ones? Why? How do you feel in social situations? • <i>Uncomfortable</i> • <i>Anxious</i> What thoughts come to your mind when you interact with people? • <i>Fear of evaluation or being judged for TB</i> Have you noticed any change in people's attitude towards you after you have been diagnosed with TB? If yes, What kind of change is it? • Can you tell me about a specific time when this happened?
6.	What coping mechanisms have you been using to deal with anxiety?
7.	Were you ever told by some health professional that you had anxiety? • If yes, by whom? • At which facility?

	- Was he/she a mental health professional? What did he/she do to deal it? - treat you themselves or referred to a mental health facility - If referred how far was the facility? - What kind of care did they recommend - Were you able to follow this advice with it?
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Section 3:	Experience of TB care
1	I'd like to hear now about your experiences of receiving care from this facility for TB. At the TB Treatment facility, what kind of treatment are you receiving? Time duration since the treatment started How useful it has been for you?
2	How is your experience with the health workers working here? - Duration of consultations with the health worker - The staff competency - Listen to the description of your problems - caring - Able to discuss different treatment options you have - Able to discuss what the benefits of treatment would be - Able to discuss what challenges the treatment may bring you
3	What do you think about the environment of this facility? - the facilities like: the waiting area the consultation room - waiting time to see the health worker
4	At the TB treatment facility, are you receiving any support on how to manage your anxiety? - If so, what kind of support are you receiving? - How useful is it?

Section 4	Ideas about an integrated care package to support patients with TB and anxiety
	As I mentioned before the interview, we are planning to develop an integrated care package to support TB patients in managing anxiety. I'd like to ask you a few final questions about this. The care package is likely to be psychosocial counselling.
1.	What are your immediate thoughts on Psychosocial counseling as an intervention for anxiety?

	☐ Positive thoughts? -What would be the benefits to you? ☐ Negative thoughts? Any negative effects on you? ☐ Uncertainties?
2.	In your opinion who should provide the counselling? (Psychologist, Dot facilitator, or doctor) Why them? Does it need to be face-to face? What would be the benefits of this? Could it be done remotely (by phone/online)? Why/why not? Which is best?
3.	How many counselling sessions would you like to be arranged per month for the management of your anxiety? From your perspective, what is the most convenient scheduling for a psycho-social counseling session? ☐ <i>on the same day that of a TB care? Why?</i> <i>o How much extra time could you stay for this counselling?</i> ☐ <i>or should it be on a different day? Why?</i> <i>o If it's a different day, how long should the session be? Why that duration?</i>
4.	What factors will help you attend the psychosocial counselling sessions for the management of your anxiety? • What will motivate you? • What resources do you already have in place? (<i>e.g., money for travel, time, the assistance of family/friends, availability of medicine</i>)
5.	What obstacles are there that will make it difficult for you to attend the psycho social counselling sessions for the management of your anxiety? • What will demotivate you from doing this? • What additional resources would you need? <i>have (e.g., money for travel, time, the assistance of family/friends,</i>

	Conclusion
1.	Is there anything further you would like to share or add to your answers?

**Title: Integrating Evidence-Based Care for Common Mental Disorders in TB Services
in Pakistan-GNCA**

Topic Guide for Interviews with Care provider/Family member of TB Patients

AIM of INTERVIEW - To elicit care providers' views of:

- a) Current practice relevant to the psycho-social management in TB patients,
- b) Ideas about psycho-social care pathway and care package for TB patients including barriers and drivers.

PROCESS

BEFORE THE INTERVIEW STARTS

- Thank the participant for their time and contribution. (The duration of interview will be approx. 45 mins,).
- Say that we are interested in learning their views and experiences of the TB care/treatment provided to their relative at the health facility and hearing their feedback on an idea we have for supporting patients with TB who may experience anxiety.
- Check that the participant has read the Participant's Information Sheet.
- Ask them if they have any questions about the interview and answer those questions.
- Complete and sign two copies of consent form (participant keeps one, researcher keeps one).
- Reassure them that there are no right or wrong answers, we are really interested in their experiences and views so please be honest. Participation is anonymous and they will not be identified.
- Tell them they can stop at any time.
- Explain why we are using the recorder – because we can talk to each other directly, without the researcher having to write it down and more accurately record what you say.
- Tell the participant that there are 4 sections to the interview –
 - (1) questions concerning your experience with the relative having TB
 - (2) questions about how TB might have an effect on their relative's mental health, especially anxiety
 - (3) questions about their relative's TB care
 - (4) questions to get their views on an integrated care package to support patients with TB and their families in managing anxiety.
- Turn on recorder and start the interview.

AT THE END OF THE INTERVIEW

- Thank participant again.
- Inform them that if requested in consent form, we will send them a summary of the study findings.
- Fill the demographic form.

Section 1: Caregiver's experience concerning relative having TB	
1.	Can you tell me a little about yourself? Who lives with you at home? (Use the name of the person with TB onwards)
2.	So, can you please tell me at your home who has the TB? What first led you to believe that your relative had TB? • Did they experience any symptoms? • What did you think was causing your relative these symptoms?
3.	What were your thoughts the first time when he/she was diagnosed with TB? Can you please share your story with us? • Feelings
4.	How has TB impacted your life as an attendant? • <i>On their family and social life E.g., their work, their relationships</i> • <i>How it affected your mental health (stress, depression or anxiety)</i> What safety steps did you (your family) take for the protection of your-self?
5.	How do you support your relative in his/her surrounding? What other support do they need?
6.	Do you get any support from the community as an attendant of TB patient? • What kind of support

Some people with TB experience challenges with their mental health, for example feel anxious or lonely. I'd like to ask now about the impact of TB on your relative's mental health, and particularly about any anxiety he/she may experience.

Section 2: Understanding and experience of living with TB and how it can affect mental health	
1.	You mentioned earlier how TB affects your relative's physical health (refer to what they said in Q4 above) I'd like to ask you more about this. Tell me more about (discuss each in turn) • What happens to them? How often? • What does he/she do to deal with this? • Who do they tell? Why them? How does your relative's physical health affect their mental health (sadness, worry, hopelessness etc.)?

2.	I'd like to focus now on any anxiety your relative might experience. In what situations does your relative start feeling worried or anxious? • <i>when feeling physically unwell,</i> • <i>conflict/challenges with family or at the workplace,</i> • <i>any statement (judgmental or otherwise) by a person regarding illness,</i> • <i>a negative thought etc</i>
3.	• In those situations (<i>described in Q2</i>): In your opinion what they might be thinking at that time? • For how long does his/her anxiety usually last? • Have you found him/her worrying that the anxiety symptoms may occur again? How often does he/she worry? • Does your relative have problems concentrating? Can you give examples? • Does he/she ever report tension in his/her muscles or experience headaches? Probe-Tension in the head and shoulders • What has his/her sleep been like? (Less or more than after the diagnosis)
4.	Have you found your relative worrying about simple things that they should not be worrying about after his/her diagnosis? Can you give examples from his/her life?
5.	Has having TB affected your relative's social interactions with people? Tell me about this. (<i>Remember they may have told you about this in Section 1, so build on what they already told you</i>) Has he/she avoided any situations? Which ones? Why? How does he/she feel in social situations? • <i>Uncomfortable</i> • <i>Anxious</i> What thoughts might come to his/her mind when he/she interacts with people? • <i>Fear of evaluation or being judged for TB</i> Have you noticed any change in people's attitudes towards your relative after he/she has been diagnosed with TB? If yes, what kind of change is it? • Can you tell me about a specific time when this happened?

6.	What coping mechanisms have your relative been using to deal with anxiety? Where did they learn this from? How you have supported your relative with this?
7.	Has your relative ever been told by some health professional that he/she had anxiety? • If yes, by whom? • At which facility? • Was he/she a mental health professional? What did he/she do to deal with it? • treat your relatives themselves or referred to a mental health facility. • If referred how far was the facility? • What kind of care did they recommend? • Was your relative able to follow the advice?

Section 3:	Experience in TB care
1	What is the role of the caregiver in attending the health facility? Probe: about medication I'd like to hear now about your experience receiving care from this facility for TB. At the TB Treatment facility, what kind of treatment is your relative receiving? • Time duration since the treatment started. How useful it has been for your relative?
2	How is your experience with the health workers working here? • Duration of consultations with the health worker • The staff competency • Listen to the description of your relative's problems. • caring • Able to discuss different treatment options your relative has. • Able to discuss what the benefits of treatment would be. • Able to discuss what challenges the treatment may bring him/her
3	How do you find the environment of this facility? • the facilities like the waiting area and the consultation room • waiting time to see the health worker.
4	At the TB treatment facility, is your relative receiving any support on how to manage his/her anxiety?

	• If so, what kind of support is he/she receiving? • How useful is it?
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Section 4	Ideas about an integrated care package to support patients with TB and their families in managing anxiety
	As I mentioned before the interview, we are planning to develop an integrated care package to support TB patients and their families in managing anxiety. I'd like to ask you a few final questions about this. The care package is likely to be psychosocial counseling.
1.	What are your immediate thoughts on Psychosocial counseling as an intervention for anxiety? ☐ Positive thoughts? -What would be the benefits to you? And your relative ☐ Negative thoughts? Any negative effects on you? And your relative? ☐ Uncertainties?
2.	In your opinion who should provide the counseling? (Psychologist, Dot facilitator, or doctor) Why them? Does it need to be face-to face? What would be the benefits of this? Could it be done remotely (by phone/online)? Why/why not? Which is best?
3.	How many counselling sessions would you like to be arranged per month for the management of your relative's anxiety? Why that number? From your perspective, what is the most convenient scheduling for a psycho-social counseling session? • <i>on the same day that of a TB care? Why? How much extra time could you stay for this counselling?</i> • <i>or should it be on a different day? Why?</i> <i>If it's a different day, how long should the session be? Why that duration?</i>
4.	What factors will help you attend the psychosocial counselling sessions for the management of your relative's anxiety? • What will motivate you? • What resources do you already have in place? (<i>e.g., money for travel, time, the assistance of family/friends, availability of medicine</i>)
5.	What obstacles are there that will make it difficult for you to attend the psycho-social counselling sessions for the management of your relative's anxiety?

	• What will demotivate you from doing this? • What additional resources would you need? <i>have (e.g., money for travel, time, the assistance of family/friends).</i>
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	Conclusion
1.	Is there anything further you would like to share or add to your answers?