

# FACTSHEET #3 COLLECTING DATA ON PERSONS WITH MENTAL HEALTH AND PSYCHOSOCIAL DISABILITIES IN HUMANITARIAN ACTION USING THE WASHINGTON GROUP QUESTIONS.



People caught in the wake of a humanitarian crisis can experience depression and anxiety, including conditions such as post-traumatic stress disorder (PTSD). Many people will have been separated from their families or witnessed the deaths of loved ones. Others may have been forced to flee, searching for shelter, supplies and safety. These events can lead to depression and anxiety.



The Washington Group Short Set (WG-SS) of questions is often criticised for not identifying all persons with mental health difficulties. In situations where the project is focusing on Mental Health and Psychosocial Support

(MHPSS) or it is expected that - because of the context - the affected population is likely to experience trauma, **consider using the enhanced short set of questions to identify people with anxiety and depression.**

### Reminder:

The WG-SS is not a diagnostic tool to identify mental health and psychosocial conditions nor for referral of people to relevant services.

## What is the enhanced short set of questions?

The enhanced short set is the same as the short set with the addition of 6 questions, which have been added to capture upper body, depression and anxiety.



## When to use the enhanced short set?

### In Mental Health and Psychosocial Support Projects:

Use the enhanced short Set to measure whether persons with mental health and psychosocial disabilities are accessing your services.



This pie chart shows the proportion of persons with disabilities identified by the WG-SS (51%) and by the questions on anxiety and depression from the enhanced short set (49%) in a Mental Health and Psychosocial facility in Jordan.

### In contexts where anxiety or mental health are of concern:

Use the enhanced short set to understand the proportion of persons with disabilities who have anxiety and depression in the affected population.



In a 2018 survey carried out by HI and iMMAP in Lebanon with Syrian refugees, anxiety was the domain which identified most persons with disabilities.\*\*



#### Children aged 5-17 years

Anxiety 10.3% Depression 6.8%

#### Adults Aged 18+

Anxiety 13.0% Fatigue 12.5% Upper Body\* 10.4%

\* Upper Body 1: Difficulty raising 2 litres of water from waist to eye level

\*\*Removing barriers to access: a path towards inclusive access.