

**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING**

**OBAFEMI AWOLOWO UNIVERSITY**

**ILE- IFE, OSUN STATE**

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Counseling is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential and dependable environment. This is often so that negative thoughts and feelings could be dealt with. Often individuals having to live with one long-term illness or the other need to go into counseling to sustain them due to possible cause effect relationship that these illnesses are characterized by.

The purpose of this survey is to ascertain the potency of counseling individuals living with one health challenge, condition or the other via the use of mobile technology.

All information supplied via in this questionnaire will be held in strict confidence. Your response will be duly appreciated.

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**Personal Information**

1. Age:    10 – 12 years ( )            13- 18 years ( )            19 – 40 years ( )  
                 41 – above years
2. Sex:    Male ( )            Female ( )
3. Level of Education: Primary ( )    Secondary ( )    ND/HND ( )    Bachelor's Degree ( )  
   Masters Degree ( )    Others specify: .....

4. Occupation (if any): .....
5. Do you have or have you had experience of dealing with a health condition that requires counseling or do you have a friend or relative that has had such an experience? Yes ( ) No ( )
- a. If yes, which health condition(s)
- Diabetes ( ) Heart Disease ( ) Kidney Disease ( ) arthritis ( ) i.e. inflammation of joint(s) causing pain HIV/AIDS ( )
- Others specify \_\_\_\_\_
6. Do you/they receive counseling from your health centre? Yes ( ) No ( )
- a. If yes, how is the counseling done?
- Individual counseling (face-to-face setting) ( )
- Telephone counseling ( )
- Group counseling ( )
- Family or System Therapy ( )
- Online counseling ( )
- Others specify: .....
7. How effective do you think the manner of counseling is? (Choose one)
- Very Effective ( ) Effective ( ) Hardly effective ( ) Not effective ( )
8. What are the challenges of the manner of counseling
- Shame ( ) Labelling ( ) Stigma ( ) Time ( ) Confidentiality ( )

### **Assessment of the use of Mobile Phones in Counseling**

9. Do you have a mobile phone? Yes ( ) No ( )

a. If yes, what do you use it for (tick all that apply)?

Calling my relatives and friends ( )

Calling my Counsellor or other health service officials ( )

Calling my business contacts ( )

Sending/receiving SMS to my family and friends ( )

Sending/receiving SMS to my Counsellor or other health service officials ( )

Sending/receiving SMS to my business contacts ( )

Others specify: ..... ( )

10. How long can you keep a conversation going on a mobile phone?

Very long ( ) Long ( ) Barely long ( ) Not long ( )

11. How comfortable are you discussing personal issues on a mobile phone?

Very comfortable ( ) Comfortable ( ) Hardly Comfortable ( ) Not Comfortable ( )

12. Can you read short messages (SMS) Yes ( ) No ( )

a. If yes, in which language would you prefer them

i. English ( )

ii. Yoruba ( )

iii. Hausa ( )

iv. Igbo ( )

13. Would you like to receive information from your health centre advising you on your health?

Yes ( ) No ( )

a. If yes, how would you like this information to be sent?

Radio ( ) Phone ( ) Call ( ) SMS ( ) Newspaper ( ) Local leaders ( )

14. If a mobile technology based system was to be developed for managing and counselling patients from your health centre, do you think it would be beneficial to you? Yes ( ) No ( )

15. Can you build confidence in someone in whom you have confided over a period of time? Yes ( ) No ( )

16. Would you be willing to meet the person face-to-face thereafter? Yes ( ) No ( )

17. Would you be willing to discuss confidential health matters (including HIV status) via mobile device before meeting in person, if you are sure your identity will be concealed and discussions will be kept confidential? Yes ( ) No ( )

18. Suggest areas that you feel require improvement to fully support effective counseling of HIV/AIDS patients:

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19. What other feature(s) do you want such a system (mobile counselling system) to have?

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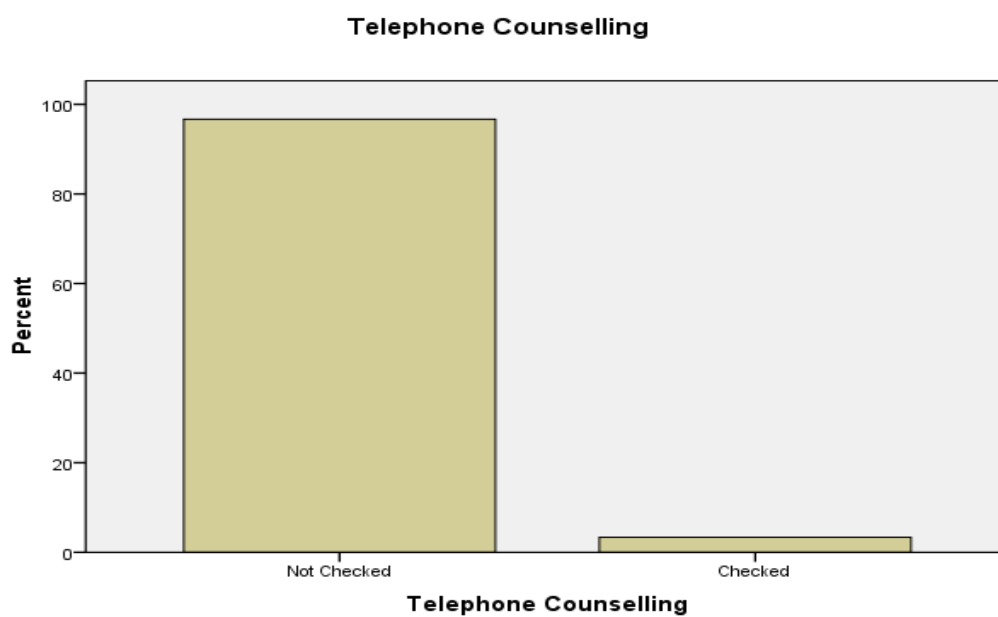
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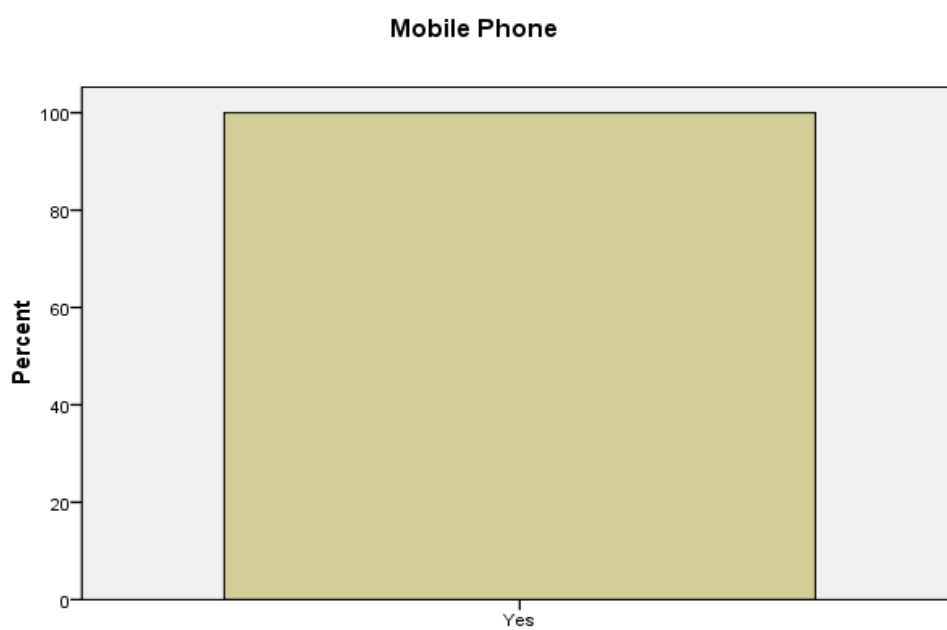
## Appendix B

### Bar charts corresponding to the data analyzed

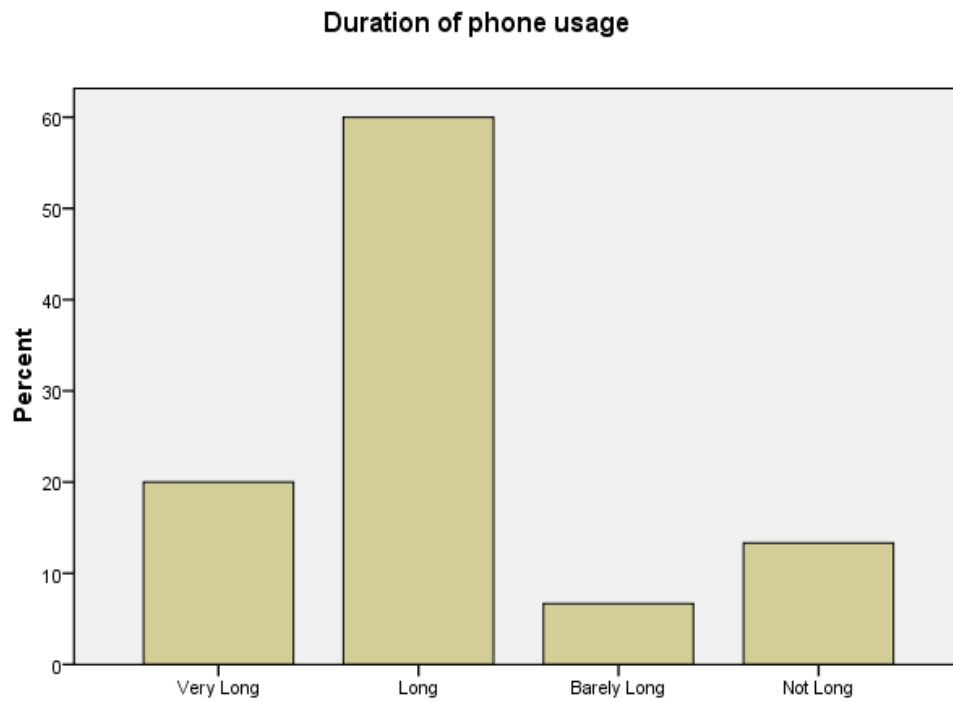
- Knowledge about telephone counseling



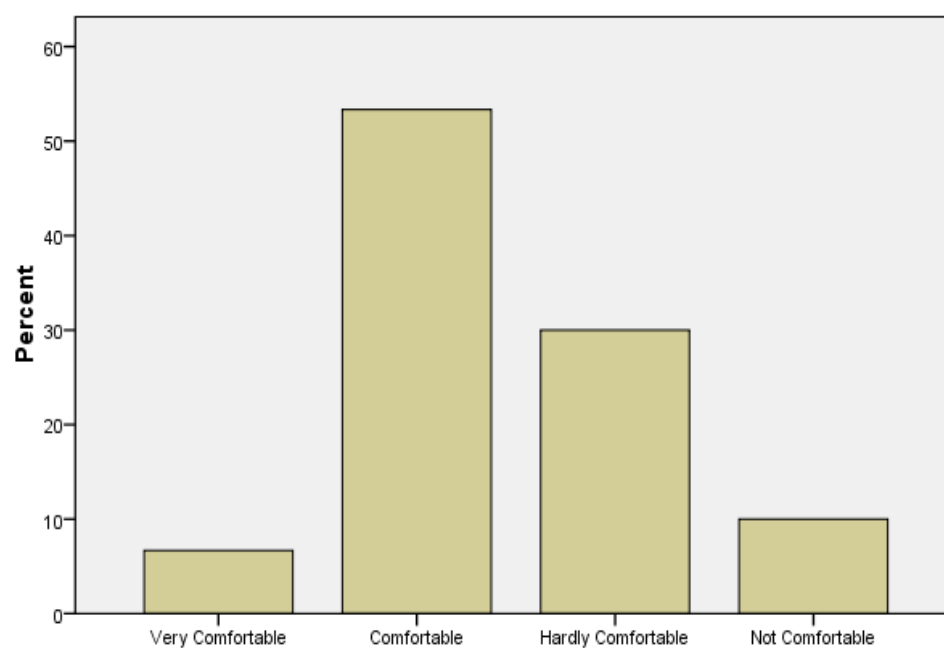
- Use of mobile phones



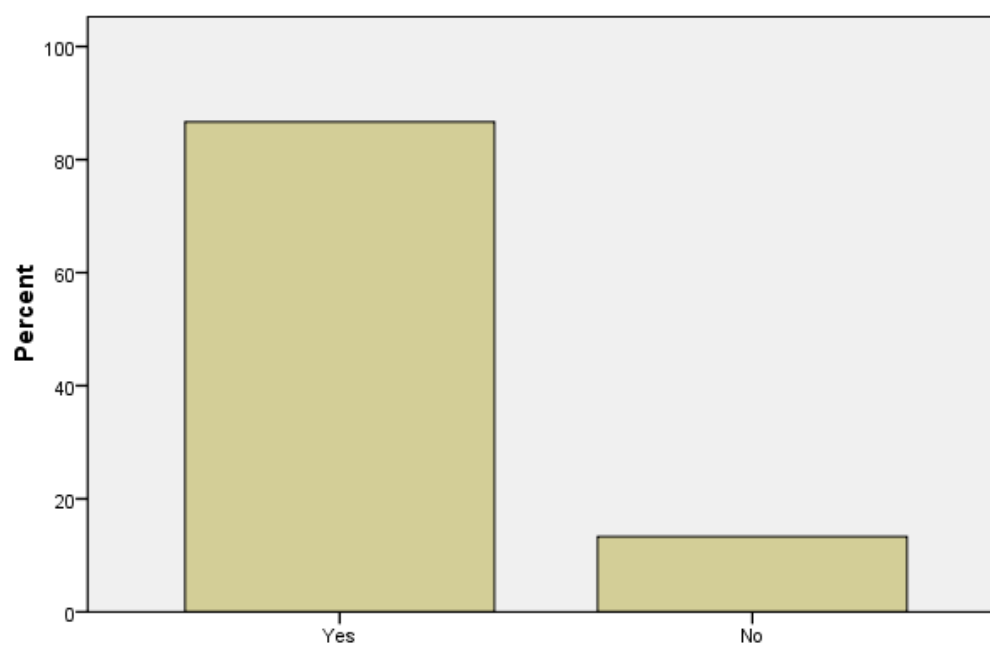
- Duration of phone usage



- Convenience in discussing personal issues on phone

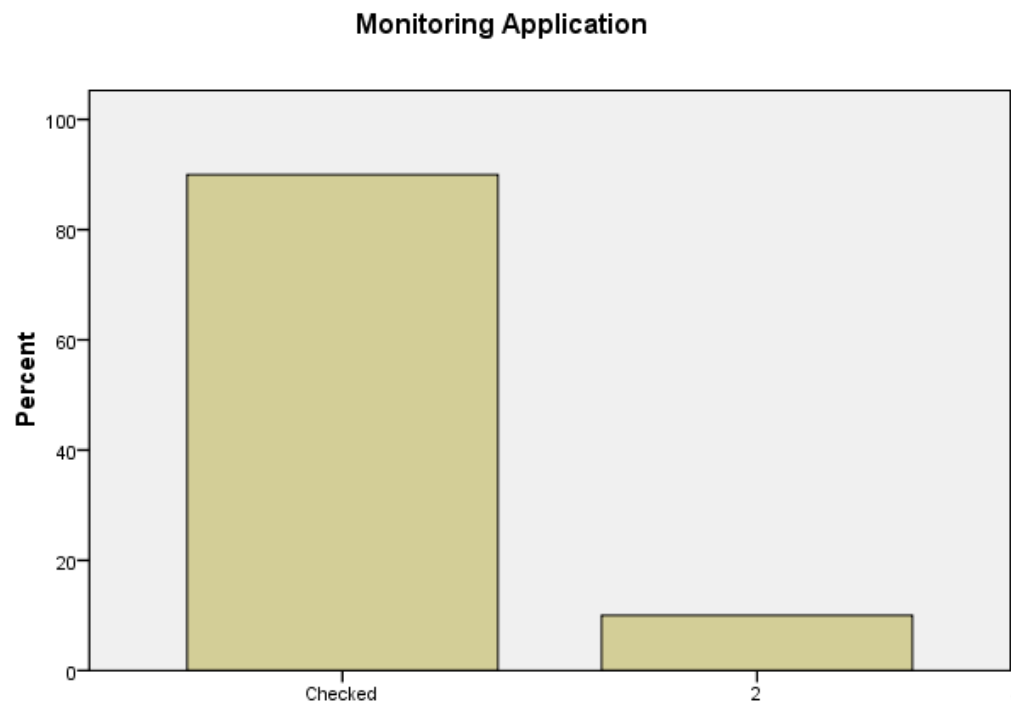
**Discussing Personal Issues**

- Interest in health information update

**Health Information Update**



- Interest in monitoring application for patients



## Analysis of Data collected

	Name	Type	Width	Decimals	Label	Values	Missing	Columns	Align	Measure
1	VAR1	Numeric	2	0	Respondent ID	None	9	8	≡ Right	Scale
2	VAR2	Numeric	3	0	Age	{1, 10 - 12}...	9	8	≡ Right	Scale
3	VAR3	Numeric	8	0	Sex	{1, Male}...	9	8	≡ Right	Nominal
4	VAR4	Numeric	8	0	Education	{1, Primary}...	9	8	≡ Right	Nominal
5	VAR5	Numeric	8	0	Health Conditio...	{1, Yes}...	9	8	≡ Right	Nominal
6	VAR6	Numeric	8	0	Health Condition	{1, Diabetes}...	9	8	≡ Right	Nominal
7	VAR7	Numeric	8	0	Counselling	{1, Yes}...	9	8	≡ Right	Nominal
8	VAR8.1	Numeric	8	0	Individual Couns...	{0, Not Che...	9	8	≡ Right	Nominal
9	VAR8.2	Numeric	8	0	Telephone Cou...	{0, Not Che...	9	8	≡ Right	Nominal
10	VAR8.3	Numeric	8	0	Group Counsell...	{0, Not Che...	9	8	≡ Right	Nominal
11	VAR8.4	Numeric	8	0	Family or Syst...	{0, Not Che...	9	8	≡ Right	Nominal
12	VAR8.5	Numeric	8	0	Online Counsell...	{0, Not Che...	9	8	≡ Right	Nominal
13	VAR9	Numeric	8	0	Effectiveness of...	{1, Very Eff...	9	8	≡ Right	Nominal
14	VAR10.1	Numeric	8	0	Shame	{0, Not Che...	9	8	≡ Right	Nominal
15	VAR10.2	Numeric	8	0	Stigma	{0, Not Che...	9	8	≡ Right	Nominal
16	VAR10.3	Numeric	8	0	Labelling	{0, Not Che...	9	8	≡ Right	Nominal
17	VAR10.4	Numeric	8	0	Time	{0, Not Che...	9	8	≡ Right	Nominal
18	VAR10.5	Numeric	8	0	Confidentiality	{0, Not Che...	9	8	≡ Right	Nominal
19	VAR11	Numeric	8	0	Mobile Phone	{1, Yes}...	9	8	≡ Right	Nominal
20	VAR12.1	Numeric	8	0	Calling my relat...	{0, Not Che...	9	8	≡ Right	Nominal
21	VAR12.2	Numeric	8	0	Calling my cou...	{0, Not Che...	9	8	≡ Right	Nominal
22	VAR12.3	Numeric	8	0	Calling my busi...	{0, Not Che...	9	8	≡ Right	Nominal
23	VAR12.4	Numeric	8	0	Sending or rece...	{0, Not Che...	9	8	≡ Right	Nominal
24	VAR12.5	Numeric	8	0	Sending or recei...	{0, Not Che...	9	8	≡ Right	Nominal
25	VAR12.6	Numeric	8	0	Sending or rece...	{0, Not Che...	9	8	≡ Right	Nominal
26	VAR12.7	Numeric	8	0	Others	{0, Not Che...	9	8	≡ Right	Nominal

	Name	Type	Width	Decimals	Label	Values	Missing	Columns	Align	Measure
22	VAR12.3	Numeric	8	0	Calling my busi...	{0, Not Che...	9	8	≡ Right	Nominal
23	VAR12.4	Numeric	8	0	Sending or rece...	{0, Not Che...	9	8	≡ Right	Nominal
24	VAR12.5	Numeric	8	0	Sending or recei...	{0, Not Che...	9	8	≡ Right	Nominal
25	VAR12.6	Numeric	8	0	Sending or rece...	{0, Not Che...	9	8	≡ Right	Nominal
26	VAR12.7	Numeric	8	0	Others	{0, Not Che...	9	8	≡ Right	Nominal
27	VAR13	Numeric	8	0	Duration of pho...	{1, Very Lon...	9	8	≡ Right	Nominal
28	VAR14	Numeric	8	0	Discussing Per...	{1, Very Co...	9	8	≡ Right	Nominal
29	VAR15	Numeric	8	0	SMS	{1, Yes}...	9	8	≡ Right	Nominal
30	VAR16.1	Numeric	8	0	English	{0, Not Che...	9	8	≡ Right	Nominal
31	VAR16.2	Numeric	8	0	Yoruba	{0, Not Che...	9	8	≡ Right	Nominal
32	VAR16.3	Numeric	8	0	Hausa	{0, Not Che...	9	8	≡ Right	Nominal
33	VAR16.4	Numeric	8	0	Igbo	{0, Not Che...	9	8	≡ Right	Nominal
34	VAR17	Numeric	8	0	Health Informati...	{1, Yes}...	9	8	≡ Right	Nominal
35	VAR18.1	Numeric	8	0	Radio	{0, Not Che...	9	8	≡ Right	Nominal
36	VAR18.2	Numeric	8	0	Phone Call	{0, Not Che...	9	8	≡ Right	Nominal
37	VAR18.3	Numeric	8	0	Receiving SMS	{0, Not Che...	9	8	≡ Right	Nominal
38	VAR18.4	Numeric	8	0	Newspaper	{0, Not Che...	9	8	≡ Right	Nominal
39	VAR18.5	Numeric	8	0	Local Leaders	{0, Not Che...	9	8	≡ Right	Nominal
40	VAR19	Numeric	8	0	Monitoring Appl...	{0, Not Che...	9	8	≡ Right	Nominal
41	VAR20	Numeric	8	0	Occupation	{0, Not Che...	9	8	≡ Right	Nominal