

COMMUNITY HEALTH WORKERS IN INTEGRATED MENTAL HEALTH CARE FOR PERINATAL DEPRESSION IN SURABAYA, INDONESIA

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The prevalence of perinatal mental disorders in Indonesia is quite high (>20%)¹ yet mental health services for these disorders are not available. Unique practices and policies enable lay people (community health workers/CHWs) who currently provide antenatal and postnatal services in the community to play a role in the detection of mental health problems among pregnant women and post-partum mothers and referring them for mental health assessment and treatment^{2,3,4}. The aim of this study is to investigate the possible roles of lay people in the community (the CHWs) to detect and refer women experiencing mental health. This will be achieved by examining the CHWs' perception on the acceptability and the feasibility in implementing it. Twelve CHWs from six integrated service posts (ISP) in a PHC clinic in Surabaya participated in semi-structured interview. The team leader and one member CHWs were recruited from each ISP. Framework analysis was employed to manage and understand the data. Results indicated that most of participants agree to carry on the role, but some of them raised conditional circumstances. Supporting conditions and barriers are also discussed that contribute to a recommendation for the implementation. This study provides some preliminary evidence on the acceptability and feasibility of task shifting in integrated mental health in the particular culture and health system in Indonesia that is beneficial for the development of maternal mental health services in which community is involved.

Keywords: perinatal depression, community health workers, acceptability and feasibility

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