**Uganda – IPT-G Tx Role-Play 3**

Middle group session: Decision analysis & IPT focus (assessing relationships)

# Instructions for Mental Health and Psychosocial Support (MHPSS) Provider

You have begun Session 3 of IPT-Group. In this role play, you have already greeted each other, reviewed the past week and rated depression. You should begin by introducing the session number and the remaining ones, then request for volunteers willing to share their experiences/problems in the group and explore current interpersonal relationships, decision making and how they play a role in their recovery.

You have given some assignments including involving the use of certain techniques in resolving respective problem areas in their lives. These include relating moods to events, communication, and decision analysis.

Instructions for Client Actor: Role-Play 3, Narrative 1

You and the MHPSS provider have begun Session 3 of IPT-Group. In this role play, you have already greeted each other, reviewed the past week and rated depression. The MHPSS provider should begin by introducing the session number and the remaining ones then requests for volunteers willing to share their experiences/problems in the group and explore current interpersonal relationships, decisión making and how they play a role in your recovery.

In this role play, you and your MHPSS provider want to focus on your decisions and choices.

Based on the MHPSS provider’s introduction and the questions he/she asks you, the following information can help to direct your responses:

* When the MHPSS provider asks you to describe a significant relationship in your life, explain to him/her about your poor relationship with your husband (as described below) and how it is affecting you.

*I had a normal marriage with my husband when I was working in Southern Sudan and I was privileged to build a house using my salary. Later my marriage turned sour and we separated. My husband withheld my documents on condition that I give him back the money he paid for my computer skills training. My appeals fell to the deaf ears until later when I was informed that some thieves came and stole the documents. I decided to get married to my current husband, a secondary school teacher, who also failed me because he could not avail me some money for transport to the clinical training institutions and the Ministry of Health to obtain testimonials. Because he had a loan running for 5 years, he was unable to raise for me the needed funds so I stayed home for 5 year unable to get any job because of lack of documents. Recently, my mother and other family members who contested and detested my marriage, called me back forcefully. Living conditions at my parents’ home left a lot to be desired. My relationship with my siblings was poor for example, without my consent, they would remove and use my money and property and this made it difficult for me to make any savings.*

*I started to feel sad, frustrated and lost all interest in working. When I wanted to go back to my husband, he had already begun to live together with his ex-girlfriend with whom I was not in good terms with. I was told the news of my return caused conflict and she threatened to leave him with the children and disappear. That meant I would get an extra burden of looking after her children.*

* + **If prompted further**, explain to the provider what you think are the best solutions: *say you do not know what to do*
  + **If prompted** **further, mention some possible solutions to your problem**

*For exmaple: I need to talk with my siblings or may be I go back to my husband home because it is much better to suffer there than in my parents home*

* **IF/WHEN the MHPSS provider asks** which of them Will you implement first, choose one which unachievable: I think I Will just go back

Instructions for Client Actor: Role-Play 3, Narrative 2

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* + When the MHPSS provider asks to describe a significant relationship in your life, explain to him/her about your poor relationship with your husband (as described below) and how it is affecting you.

*At 30 years i have lost my husband. He was my strength, the sole provider and everything at home. When he was admitted, i suffered a lot nursing him and taking care of the home. I cried for and mourned him before he died. I cried everyday and had problems taking care of his children with the hope that he would recover and life would get better. Since he died I have had difficulty eating, sleeping and thinking upright. Sometimes I feel so weak so much that I leave the children without anything and do not care if no one takes care of them. I feel the world fell on me and I have cried lately even more than i did when my husband had just died. Even when my friends come to visit me, i cannot even talk with them and so I stay home alone most of the time with my children whom I don’t notice that they are with me. I prefer to stay home because I am ashamed about what my friends might think of me.*

*Some of my in-laws are embarrassed by me because of what I’ve become. They do not like me and have begun to steal my property. Besides, nowadays I am easily angered by the quarreling of other people and have started responding aggressively and using abusive language. Because of this, my children have begun disrespecting me and now even want me to go back to my father’s home.*

* **If prompted further**, explain to the provider what you think are the best solutions:
* First I may need to apologise for my behavior and also explain that I was acting out of sickness
* If they do not forgive me, I will first accept to go back home and return later
* It is also possible that they got rude lately because one of the brothers wanted me and I refused
* **If prompted** **further, mention some possible solutions to your problem**
* **IF/WHEN the MHPSS provider asks** which of them will you implement first

*I will apologise. I will also accept my late husband’s brother (after all I did not get HIV from outside their lineage)*