

1. Explanatory Model

Related Core CFI Questions: 1, 2, 3, 4, 5 Some of the core CFI question are repeated below and are marked with an asterisk (*). The CFI question that is repeated is indicated in brackets.

GUIDE TO INTERVIEWER: *This module aims to clarify the individual's understanding of the problem based on his or her ideas about cause and mechanism (explanatory models) and past experiences of, or knowing someone with, a similar problem (illness prototypes). The individual may identify the problem as a symptom, a specific term or expression (e.g., "nerves," "being on edge"), a situation (e.g., loss of a job), or a relationship (e.g., conflict with others). In the examples below, the individual's own words should be used to replace "[PROBLEM]". If there are multiple problems, each relevant problem can be explored. The following questions may be used to elicit the individual's understanding and experience of that problem or predicament.*

INTRODUCTION FOR THE INDIVIDUAL BEING INTERVIEWED: I would like to understand the problems that bring you here so that I can help you more effectively. I will be asking you some questions to learn more about your own ideas about the causes of your problems and the way they affect your daily life.

General understanding of the problem

1. *Can you tell me more about how you understand your [PROBLEM]? [RELATED TO CFI Q#1-2.]
2. What did you know about your [PROBLEM] before it affected you?

Illness prototypes

3. Had you ever had anything like your [PROBLEM] before? Please tell me about that.
4. Do you know anyone else, or heard of anyone else, with this [PROBLEM]? If so, please describe that person's [PROBLEM] and how it affected that person. Do you think this will happen to you too?
5. Have you seen on television, heard on the radio, read in a magazine, or found on the internet anything about your [PROBLEM]? Please tell me about it.

Causal explanations

6. *Can you tell me what you think caused your [PROBLEM]? (*PROBE AS NEEDED:* Is there more than one cause that may explain it?) [RELATED TO CFI Q#4.]
7. Have your ideas about the cause of the [PROBLEM] changed? How? What changed your ideas about the cause?
8. *What do people in your family, friends, or others in your community think caused the [PROBLEM]? (*PROBE AS NEEDED:* Are their ideas about it different from yours? How so?) [RELATED TO CFI Q#5.]
9. How do you think your [PROBLEM] affects your body? Your mind? Your spiritual wellbeing?

Course of illness

10. What usually happens to people who have this [PROBLEM]? In your own case, what do you think is likely to happen?
11. Do you consider your [PROBLEM] to be serious? Why? What is the worst that could happen?
12. How concerned are other people in your family, friends or community about your having this [PROBLEM]? Please tell me about that.

Help seeking and treatment expectations

13. What do you think is the best way to deal with this kind of problem?
14. What do your family, friends, or others in your community think is the best way of dealing with this kind of problem?