

APPENDIX 1

A letter of approval from the Gauteng Department of Education.



P.O. BOX 7710
JOHANNESBURG
2000

111 COMMISSIONER STREET.
JOHANNESBURG
2000

Tel: (011) 355 - 0555

Fax: (011) 355 - 0670

Researchers Particulars:

Masitha HDE

Institution: Wits

Student No: 9402620F

Date: 17 March 2000

Dear Masitha HDE

Request to conduct a study

**Topic: THE PREVALENCE OF POST TRAUMATIC STRESS
DISORDER IN SCHOOL CHILDREN IN A BLACK TOWNSHIP**

Approval is hereby granted that you may conduct a study / administer a questionnaire to Gauteng schools. Approval is with effect from 7 February 2000

District(s) where the study shall be conducted: throughout the province.

Permission is subject to the following conditions:

1. The District Director concerned is to be informed that you have received permission from the Gauteng Department of Education to conduct your research in the specified GDE school/ district / region.
2. Please show this letter to the school principal and the chairperson of the School Governing Body (SGB) as proof that you have received the Department's consent to carry out the research.
3. A letter / document which sets out a brief summary of your intended research should please be made available to the principal of the school concerned.
4. Please obtain the goodwill and co-operation of the principal, chairperson of the SGB, learners and educators involved. Persons who offer their co-operation will receive no special benefit from the Department, while those who prefer not to participate will not be penalised in any way.
5. You must conduct your research after school, and the normal school programme should be interrupted as little as possible. The principal must be consulted as to the times when you may carry out your research.

6. The names of the school, learners and educators may not appear in your dissertation without their consent.
7. Please supply the Department via the Research Unit with a bound copy of the report. You may also be requested to give a short presentation on your findings
8. Please supply the Director in whose district the school (s) is/are located with a brief summary of your findings.
9. You must obtain the consent of parents to involve their children in your research. This is the researchers responsibility.

The Department wishes you well with this project and looks forward to hearing from you in due course.

Regards



Lekhotla Mafisa
Research Unit.



APPENDIX 2

A letter of approval from School principal (Sample).



ITSEBENG PRIMARY SCHOOL

REF : REQUEST TO CONDUCT A STUDY
ENQ : MR L.E. MATLHARE
DATE: 08 MAY 2000

P.O. Box 15
Residencia, 198
Tel: (016) 593-151

Dear Mr Masitha H.D.E

TOPIC : THE PREVALENCE OF POST TRAUMATIC STRESS DISORDER IN SCHOOL
CHILDREN IN A BLACK TOWNSHIP

Approval is hereby granted for you to conduct a study/research questionnaire in our school as of 9 May 2000.

Permission is subject to the following conditions:

- (1) The research shall be conducted after school, and the normal school programme should not be interrupted.
- (2) The names of the school, learners and educators may not appear in your dissertation without their consent.

The school wishes you well with this project and looks forward to hearing from you in due course.

Kind Regards,
MR D. MSIPHA


CHAIRPERSON S.G.B.



APPENDIX 3

A signed consent form from a parent (Sample).

**P. O. Box 143
Wits
2050
Tel: (011) 716-3687
Or (011) 356-0656**

Dear Parent(s)

I would like to ask your help in allowing me to ask your child or children to answer some questions. I am doing research on the prevalence of Posttraumatic Stress Disorder, as a requirement for my work towards a Masters Degree in Clinical Psychology.

It is often thought that children very easily forget things that have happened to them. Things like seeing a person die or being killed, losing a loved one, seeing violent acts in the streets, seeing or being in an accident. This research aims to see how many children in Sebokeng are having problems at school because some of the things mentioned above have happened to them. People tend to have problems later in life after they have seen or experienced painful events such as those mentioned above. This is called Post-Traumatic Stress Disorder.

I would like to ask children at school, to fill in a questionnaire concerning this. This does not mean that all children to be asked have been involved or seen these bad things. It would be useful if children could be asked about their experiences, so that we can provide them with help, if necessary.

You may refuse permission for me to give the questionnaire to your child or children if you wish. Your child or children can also refuse to participate if they do not want to take part. This will not disadvantage you or your child/children in any way. Should you agree and should your child or children be in need of help, efforts will be made to give your child or children the necessary help. Your names or identities will not be made known to anyone. Should you have any questions regarding this, you are welcome to ask me at the numbers provided above. This will not only benefit you but will also be of great importance to the people of Sebokeng generally. Please read the accompanying page and carefully sign where it's relevant and send back to your child's or children's school.

Thanking you in advance



Hlaha D. E. Masitha
Clinical Psychology Student

THE PREVALENCE OF POST TRAUMATIC STRESS DISORDER


I have fully explained the purpose of the study and have provided opportunities for the parents to enquire if they do not understand. I have raised the issues regarding the confidentiality and willingness to participate in the study and have explained everything to the best of my knowledge and ability.



Hlaha D. E. Masitha
Clinical Psychology Student

08 / 04 / 2000
Date

I have been fully informed about the purpose of the study and that I am in no way forced to allow my child/children to participate. I have also been given the information where I can request clarity and have been assured that should my child/children be found to have problems, resources will be made available to them. I therefore agree to this survey and I understand that I am free to refuse to allow my child/children to participate or to withdraw my consent and discontinue my child/children's participation in this study at any time.



Parent/Guardian

19 / 09 / 2000
Date

APPENDIX 4

The original version of the When Bad Things Happen (WBTH) scale.

WHEN BAD THINGS HAPPEN

DIRECTIONS

The questions on the next pages ask you about something bad that happened to you. Your answers will help us see how you feel about what happened. There are no right or wrong answers.

Try to tell us what happened in the space below. If you need more room you can use the back of this page. Then answer the questions on the next pages. Answer by putting an X under NEVER, or under SOME, or under LOTS. Be sure to answer each question just once.

Thank you.

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Your Name: _____ Age: _____

Use the rest of the page to describe this bad thing: _____

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

	N E V E R	S O M E	L O T S
1. Was the bad thing scary?			
2. Did you think you might get hurt?			
3. Were you afraid you might die?			
4. Did you think someone else might get hurt?			
5. Do you think about the bad thing now even when you do not want to?			
6. Do thoughts of the bad thing just pop into your head? Things like pictures or sounds or smells from the bad thing?			
7. Is there anything about the bad thing you keep thinking about? Even when you do not want to?			
8. Do you have bad dreams or nightmares about the bad thing?			
9. Do you dream about monsters or other scary things at night? Like you are trapped? Or you are somewhere strange? Or you are scared but can not run?			
10. Since the bad thing happened, do you dream at night that you die?			
11. Since the bad thing, do you have bad dreams, that later you can not remember what they were about?			
12. Do you daydream about the bad thing?			
13. Do pictures of what happened run over and over again in your head like a movie?			
14. Do you ever feel like the bad thing is still happening?			
15. To you ever act like the bad thing is happening again?			
16. Does it bother you when things make you think of the bad thing?			
17. Does it bother you when you see someone who reminds you of the bad thing? Or when you go somewhere that reminds you?			
18. Does it bother you when it gets to be the same time as when the bad thing happened?			
19. Do you try to forget all about the bad thing?			
20. Do you try not to feel anything about the bad thing? Like you are a robot or machine, without any feelings?			
21. Do you ever feel like what happened was a bad dream and not real? Like it never happened?			
22. Do you wish you could turn off feelings that remind you of what happened?			
23. Do you try to push away thoughts about the bad thing and think about other things?			

	N E V E R	S O M E	L O T S
24. Is it easy to be around people who make you think about the bad thing?			
25. Is it hard to do things that make you think of the bad thing?			
26. Do you stay away from places or things that make you think of the bad thing?			
27. Do you forget parts of what happened?			
28. Do you remember everything that happened?			
29. Since the bad thing happened, do you do things that you used to think you were too old for?			
✓ 30. Are there games you used to play before the bad thing that you do not like to play now?			
31. Do you feel like you do not want to play with other kids since the bad thing happened?			
32. Do you feel different from other kids since the bad thing?			
33. Do you feel more alone since the bad thing?			
34. Do you sometimes feel like you can not feel anything? Like you are a robot? Or like you are made out of stone?			
35. Are you good at hiding your feelings since the bad thing happened?			
36. Do you think you will live to be as old as most people get to be?			
✓ 37. Do you think you will get married when you grow up?			
✓ 38. Do you think you will have kids of your own when you grow up?			
✓ 39. Do you think you will grow up and have a job of your own?			
40. Is it hard for you to plan ahead for anything? Even for holidays or parties or special events?			
41. Do you try to live just one day at a time?			
42. Is it easy for you to go to sleep at night?			
43. Is it easy for you to go back to sleep if you wake up in the middle of the night?			
44. Do you get really mad about things since the bad thing happened?			
45. Do you get so mad that you really blow your top? Or you feel like hitting or kicking something?			
46. Do you lose your temper more now than you did before the bad thing happened?			
47. Is it easy for you to pay attention to things that you have to do at home or school?			
48. Is it easy for you to finish things you start? Like games or homework or TV			

	N E V E R	S O M E	L O T S
49. Is it easy for you to keep your mind on school work these days?			
50. Is it easy for you to remember things since the bad thing happened?			
51. Do you ever feel jumpy or nervous for no reason you can think of?			
✓ 52. Is it easy for you to sit still when you have to at school or home?			
53. Do you keep your eyes open for trouble these days?			
54. Are you on the look out for something bad to happen?			
55. Do things ever catch you by surprise and make you jump these days?			
56. Do you jump when you hear a sudden noise?			
57. Does it make you feel sick in some way when you are reminded of the bad thing?			
58. Do you feel sicker these days than you did before the bad thing?			
59. Do you feel scared or afraid since the bad thing happened?			
60. Do you worry much since the bad thing happened?			
61. Do you worry that the bad thing will happen again?			
62. Do you ever have a hard time catching your breath? Even when you are sitting and not running or playing hard?			
63. Do you ever feel like your heart is beating a mile a minute? Or like it might even explode? Even when you are sitting and not running or playing hard?			
64. Do you feel sadder now than you did before the bad thing happened?			
65. Do you feel so sad these days that you feel like crying?			
66. Do you think you were happier before the bad thing than now?			
67. Do you think that something that happened before the bad thing was a warning to you about the bad thing?			
68. Since the bad thing happened, do you think you can tell the future?			
69. Do you feel like you could have tried harder to keep the bad thing from happening? Or to keep it from turning out like it did?			
70. Do you feel bad that others were hurt more than you because of the bad thing?			
71. Do you feel like the bad thing would not have happened if not for you?			
72. Do you feel like what happened is your fault?			
73. Do you pretend that something different happened from what really did?			
74. Do you pretend that the bad thing turned out in a different way than it really did?			

	N E V E R	S O M E	L O T S
75. Do you feel like hurting yourself since the bad thing happened?			
76. Have you tried to hurt yourself since the bad thing?			
77. Have you tried to kill yourself since the bad thing?			
78. Do you ever space out and lose track of what is going on around you?			
79. Does it ever happen that time goes by, and then you can not really remember what you did during that time?			
80. Does it ever seem to you like things are not real? Like everything is just a dream?			
81. Do you ever do things that surprise you, and later you think, "Why did I do that?"			
82. Do you get into more fights now than you did before the bad thing happened?			
83. Do you make up stories or not tell the truth more now than before the bad thing?			
84. Have you taken something that did not belong to you since the bad thing happened?			
85. Do you like doing unsafe things since the bad thing? Like doing crazy things that might get you or someone else hurt?			
86. Do you like to take more chances than you used to before the bad thing? Like riding your bike or driving wildly? Or like not being careful when you cross the street?			
87. Do you eat a <i>lot more</i> since the bad thing happened?			
88. Do you eat a <i>lot less</i> since the bad thing happened?			
89. Have you <i>lost a lot</i> of weight since the bad thing happened?			
90. Have you <i>gained a lot</i> of weight since the bad thing happened?			

Thank you.

APPENDIX 5

A letter of approval from the author of the WBTH scale.



Department of Psychiatry
University of Massachusetts Medical School
55 Lake Avenue North
Worcester, MA 01655
508.856.6580 (office)

(508) 856-3329
email: Kenneth.Fletcher@umassmed.edu

November 2, 1999

Serame Masitha
P.O. Box 143
Wits
2050
Johannesburg
South Africa

Dear Serame,

Thank you for your interest in my Childhood PTSD scales. I have enclosed copies of the scales, a set of general instruction for using and scoring each of the measures, and a paper on the psychometrics of the scales. Note that the interviews are "self-scoring" and that the paper-and-pencil self-reports each have their own rating scales. Please also note that **these scales are copyrighted** but I give you permission to use them as long as you agree to share your data with me in my continuing quest to come up with norms for the scales and to refine them.

Please do not hesitate to let me know if you need anything else.

Very Truly Yours,

Kenneth E. Fletcher, Ph.D.
Assistant Professor of Psychiatry
and the Graduate School of Nursing

KEF/jl
