
Problem Management Plus

Sample Package of the World Health Organization's adapted
Problem Management (PM+) Materials



Partners
In Health

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What is Problem Management Plus?

- Problem Management Plus (PM+) is an evidence-based low-intensity psychological intervention developed by the World Health Organization (WHO) for adults impaired by distress in communities exposed to adversity. Aspects of CBT have been changed to make them feasible in communities that do not have many specialists. To ensure maximum use, the intervention is developed in such a way that it can help people with depression, anxiety and stress, whether or not exposure to adversity has caused these problems. It can be applied to improve aspects of mental health and psychosocial well-being no matter how severe people's problems are.
- PM+ is being implemented across four Partners In Health (PIH) sites: Rwanda, Peru, Mexico, and Malawi. Trainings can be adapted for in person, e-learning systems, or asynchronous formats.

INCLUDED
SAMPLE
RESOURCES:

Overview of PM+ Materials & Training

Session Examples

Pre/Post Test Sample

Overview of Materials



Adapted PM+ Training Slides

GENERAL HEALTH QUESTIONNAIRE

GHQ 12

Please read this carefully:

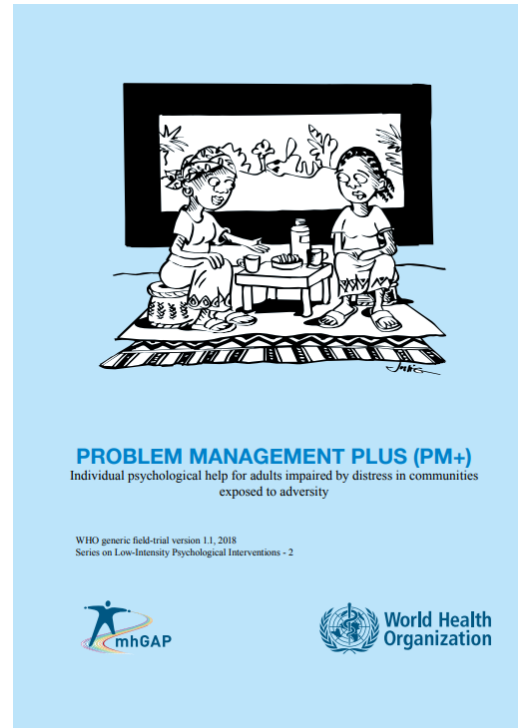
We should like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. These seven Q12 questions apply by understanding the answer which you think is most nearly applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you answer ALL the questions.

Thank you very much for your co-operation.

HAVE YOU RECENTLY:

1 - been able to concentrate on whatever you're doing?	Better than usual	Same as usual	Less than usual	Much less than usual
2 - lost much sleep over the past few weeks?	Not at all	No more than usual	Rather more than usual	Much more than usual
3 - felt that you are playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful
4 - felt capable of making decisions about things?	More so than usual	Same as usual	Less so than usual	Much less capable
5 - felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual
6 - felt you couldn't overcome your difficulties?	Not at all	No more than usual	Rather more than usual	Much more than usual
7 - been able to enjoy your normal day-to-day activities?	More so than usual	Same as usual	Less so than usual	Much less able
8 - been able to face up to your problems?	More so than usual	Same as usual	Less able than usual	Much less able
9 - been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual
10 - been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual
11 - been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
12 - been feeling reasonably happy, all things considered?	More so than usual	About same as usual	Less so than usual	Much less than usual

Tools & Forms

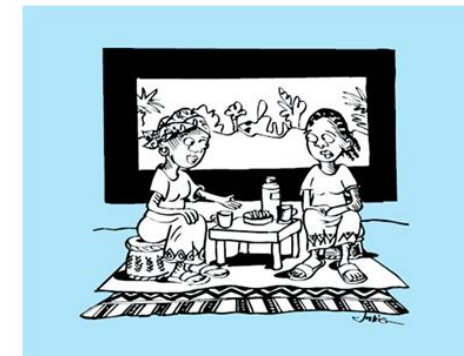


WHO PM+ Manual

PM+: Individual psychological help for adults impaired by distress in communities exposed to adversity - IMB Version

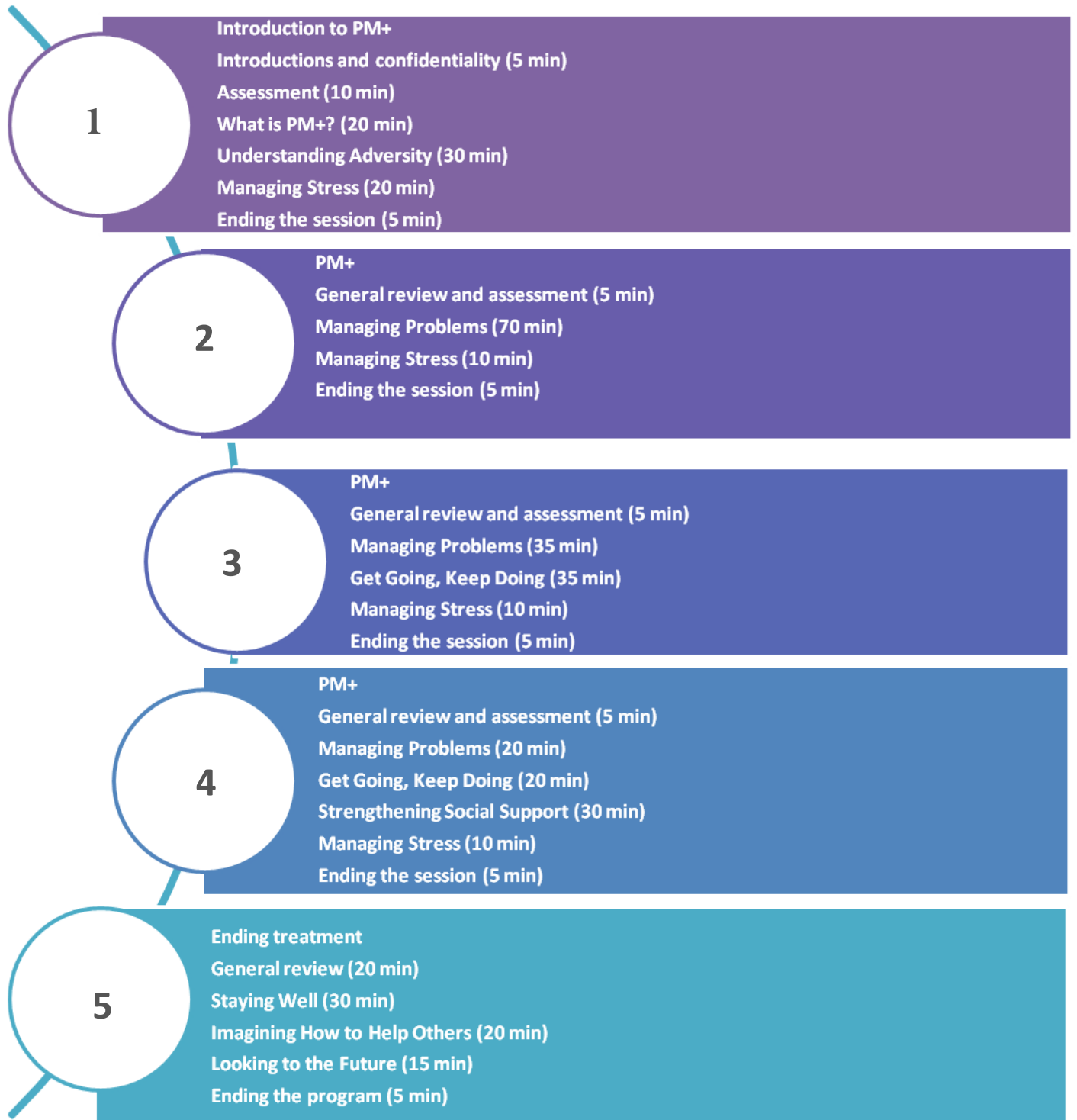
PROBLEM MANAGEMENT PLUS (PM+):

Individual psychological help for adults impaired by distress in communities exposed to adversity



Adapted PM+ Training Participant Manual

PM+ Structure



Example Overview of Problem Management Plus (PM+) Training

- Objective: To provide the implementing team with the knowledge and skills necessary to implement its mental health initiative, which is based on the World Health Organization (WHO)'s PM+ curriculum
- Asynchronous training structure
 - 5 virtual, recorded sessions e-learning platform (1-1.5 hours each)
 - 5 live sessions on Zoom (2 hours each) to recap content from previous recorded session, revision of the quiz, discuss the essential elements of the PM+ curriculum and perform role-play practices
 - 5 group practice sessions on Zoom (1 hour each) for role play practices
 - Supportive supervision will be required following the training

Session 1 Example Agenda

Time	Topic
12:00 – 12:15	Welcome, Session 2 Recap & Questions
12:15 – 12:30	Managing difficulties in assessment
12:30 – 1:00	Assessment Role Play (breakout rooms)
1:00 – 1:05	Break
1:05 – 1:15	Managing Stress
1:15 – 1:45	Managing Stress Role Play Practice (breakout rooms)
1:45 – 2:00	Q&A and Discussion Plus/Delta

Snapshot of PM+ E-learning Training

Why do an Assessment?

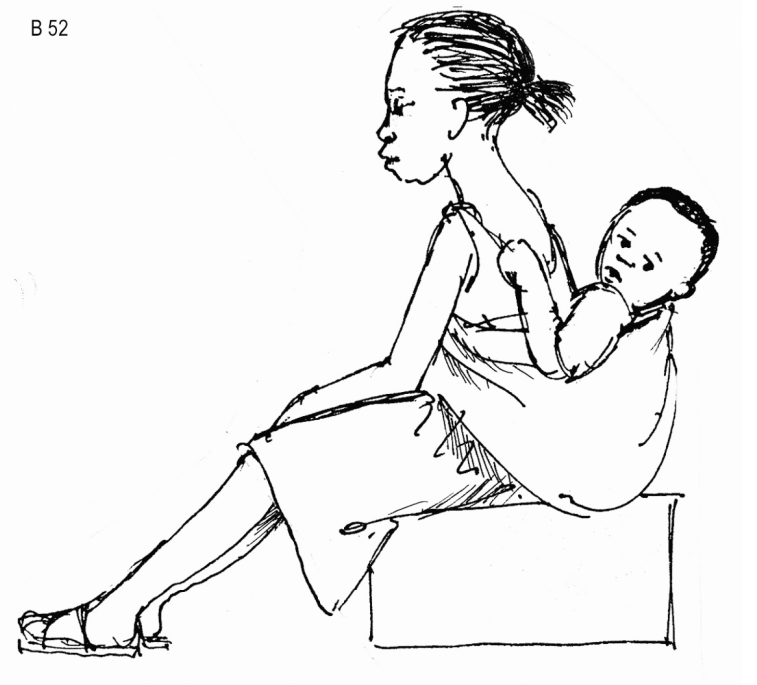
- Doing an assessment before beginning Healthy Roads is very important. It gives helpers the opportunity to:
 - Meet the client
 - Hear the client's story
 - Gather specific information about client's practical and emotional problems to help prepare for the sessions or to provide referrals, if needed
 - Decide if a client is suitable and ready for Healthy Roads
- Completing assessments during and after Healthy Roads sessions is helpful to monitor clients' progress and better support their emotional recovery. Clients may not improve immediately.
- This will help the helper and supervisor decide how to improve the care offered.



Training Activity: Role Play

Role Play: Applying PM+ Action Principles

Scenario: Musabyimana Claudine is 21 y/o and had her first baby a few months ago. Since the birth of the child, she has felt very tired and tearful. Her mother told her that the feeling will pass. However, when Claudine brings her baby to the clinic, Claudine tells you that she has had even more trouble sleeping despite being tired, and she thinks constantly that something might happen to the baby. She has stopped caring about household chores and is sad to realize that she doesn't feel like caring for the baby most of the time. Claudine and her husband have begun fighting more because he thinks she is being lazy, and Claudine's mother also thinks that Claudine should have improved by now.



Session 1 Pre/Post Test

1. Depression and anxiety often occur together:
 - a. True
 - b. False
2. According to the biopsychosocial model, coping skills are a:
 - a. A biological factor
 - b. A psychological factor
 - c. A social factor
 - d. None of the above
3. Some symptoms of depression are:
 - a. Low energy or feeling tired a lot
 - b. Sleep or appetite problems
 - c. Multiple symptoms with no clear physical cause (e.g. aches and pains, palpitations, numbness)
 - d. All of the above
4. What are the 4 strategies used in PM+? (fill in the blank)
 - a. Managing Stress
 - b. Managing Problems
 - c. Get Going, Keep Doing
 - d. Strengthening Social Support
5. Generally, how many sessions of PM+ are provided?
 - a. 1
 - b. 3
 - c. 5
 - d. 7
6. If a client with depression is thinking about killing themselves, they are eligible for PM+:
 - a. True
 - b. False
7. Which PM+ session focuses on improving client's levels of activity?
 - a. Managing Stress
 - b. Managing Problems
 - c. Get Going, Keep Doing
 - d. Strengthening Social Support
8. Which PM+ session includes breathing exercises?
 - a. Managing Stress
 - b. Managing Problems
 - c. Get Going, Keep Doing
 - d. Strengthening Social Support
9. During an interaction with a client, you should do all of the following EXCEPT:
 - a. Be calm and gentle with the client
 - b. Dismiss the client's problems
 - c. Write down the information you collect about the client
 - d. Show empathy
10. Which of these are not basic helping skills for those providing PM+?
 - a. Confidentiality
 - b. Validating
 - c. Non-verbal skills
 - d. Giving advice

Questions? We'd love to hear from you!

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Partners In Health, Mental Health Program

