

Idea on the “Call for Contribution of Ideas of the Extraordinary Chambers in the Courts of Cambodia (ECCC) Residual Functions Related to Victims”

Research on the Mental Health Situation in Cambodia

A Cambodian mental health survey was conducted in 2012 by the Department of Psychology (DP) [Schunert, T., Khann, S., Kao, S., Pot, C., Saupe, L. B., Sek, S., & Nhong, H.] (2012). *Cambodian Mental Health Survey Report*, Department of Psychology, Royal University of Phnom Penh, Phnom Penh, Cambodia. The DP believes that a ten-year follow-up is essential for a variety of reasons:

- Observing changes in the field of mental health in Cambodia over the last ten years
- Conducting a nationwide survey to reach a large number of people (with the need to explain what mental health means)
- Having data for science (e.g. requests from international mental health scientists, other studies)
- It will serve as a foundation for future advocacy, such as when the Ministry of Education incorporated basic mental health concepts into school curricula for a variety of ages after 2012, and school counseling was implemented, as well as providing psychological first aid to school teachers, and the Ministry of Health established a Department of Mental Health and Drug Abuse.
- The findings will aid in our understanding of the present mental health concerns in Cambodia, as well as people's understanding of mental health and the need for effective intervention.
- Furthermore, institutions and non-governmental groups might use the study's findings to establish a strategic strategy for promoting mental health in Cambodia.

The mental health survey should focus again, as it did in 2012, on the psychological impacts of trauma, such as anxiety, depression, and PTSD, so that it can better address Cambodia's psychological needs with all Khmer Rouge victims.

I. Goal:

The general purpose of this survey is to provide information to institutions and non-governmental organizations for program planning in order to establish a strategic plan for promoting mental health in Cambodia.

The survey's specific goals are as follows:

1. To match the existing circumstances, provide credible population-based indicators of mental health treatment consumption for planning purposes.

2. Provide reliable population-based indicators of significant mental-health-related issues in order to better deal with Cambodia's right psychological demands using all Khmer Rouge victims as a data foundation.
3. Assess significant themes such as anxiety, depression, and post-traumatic stress disorder (PTSD) as well as mental health needs among Cambodians to help alter programs and services.
4. Establish a baseline against which the long-term effectiveness and impact of the program may be evaluated.
5. Educate and advocate for psychological and mental health issues.

II. Methodology

A. Location/Sample Size

A total of 3000 household will be surveyed, with each household having one adult interviewed. Cambodia is made up of 24 provinces divided into four geographical regions: plain, coastal, plateau/mountain, and Tonle Sap. Two provinces per area will be chosen, with the exception of three provinces in the Tonle Sap region, for a total of nine provinces plus the capital of Phnom Penh.

B. Interview Questionnaire

The questionnaires used in this survey are nearly same to those used in the previous mental health survey in 2012. Only some questionnaires will be changed or added to reflect the current state of mental health in Cambodia.

C. Informed Consent and Confidentiality

Before the interview, informed consent will be requested for the questionnaire. The interviews would be conducted in complete confidence, with the names of the respondents not appearing on the interview forms, assuring anonymity. Only verbal questions are asked in the survey. No blood tests or other intrusive procedures will be performed, and no medicines will be administered. As a result, there is no risk of adverse effects.

D. Ethical issues

Before the interviews, the survey will be evaluated and approved by the Cambodian National Ethics Committee for Health Research (NECHR).