

APPENDIX

QUESTIONNAIRE

This is the questionnaire for a research being carried out by final year medical students of the University of Port Harcourt. This study is basically a Knowledge, Attitude and Practice study aimed at establishing the **Health seeking behaviours** of Port Harcourt residents. All information collected from you is regarded as confidential and as such are not to be for any other purpose other than for this study. Thanks for your support.

A: BIO-DATA

1. Form Number:.....
2. Age: (years)

a	10-19	<input type="checkbox"/>
b	20-29	<input type="checkbox"/>
c	30-39	<input type="checkbox"/>
d	40-49	<input type="checkbox"/>
e	50-59	<input type="checkbox"/>
f	60-69	<input type="checkbox"/>
g	70 and above	<input type="checkbox"/>
3. Sex: a, Male ☐ b, Female ☐
4. Marital Status: a, Single ☐ b, Married ☐ c, Divorced ☐ d, Spouse Deceased ☐
5. Religion:.....
6. Tribe:.....
7. Nationality:.....
8. State of Origin (If Nigerian):.....
9. Local Government Area (If from Rivers State):.....
10. Occupation:

a; Professionals(Doctor, Lawyer, Engineer), Politicians, Nurses	<input type="checkbox"/>
b; Bankers, Teachers, Journalists, Entrepreneurs	<input type="checkbox"/>
c; Skilled(Technicians, Mechanics, Carpenters), Semi-skilled and Unskilled workers, Petty traders	<input type="checkbox"/>
d; Others (please specify).....	
11. Income (Monthly average in Naira):

a; Less than 10,000	<input type="checkbox"/>
b; 10,000 - 20,000	<input type="checkbox"/>
c; 20,000 – 50,000	<input type="checkbox"/>
d; 50,000 – 100,000	<input type="checkbox"/>
e; 100,000 and above	<input type="checkbox"/>
12. Educational Level: a; Primary ☐ b; Secondary ☐ c; Tertiary ☐ d; Post-graduate ☐
13. Where do you reside? please specify street, area.....
14. Duration of Residency: a; Below Six months ☐ b; Six months and above ☐

B: CONCEPT OF HEALTH

1. What do you think refers to a person being healthy?
a; A person that has never been sick all his life ☐
b; A person who falls sick once in a long while(more than a year) ☐
c; A person who has not been ill in the past three months. ☐
d; Others; please specify..... ☐
2. Do you think some people are healthier than others?
a;Yes ☐ b;No ☐ c; Don't Know ☐
3. Which people are healthier?
a; People with Secondary level of Education and below ☐
b; People with Tertiary level of Education and above ☐
c; Low income earners ☐
d; High income earners ☐
e; Others; please specify..... ☐
4. What do you think makes them healthier?
a; They have Adequate knowledge of Health Issues ☐
b; They have resources to take care of themselves ☐
c; They do regular medical check-ups ☐
d; They exercise regularly ☐
e; They eat good and balanced diet ☐
f; They take herbs and non-medical supplements ☐
g; Others; please specify..... ☐
5. Should a healthy person go for regular medical check-ups?
a;Yes ☐ b;No ☐ c; Don't Know ☐
6. Why should a healthy person have medical check-ups? (if yes to '5' above)
a; To Know your Health Status ☐
b; To detect illnesses early ☐
c; To avoid falling sick in the future ☐
d; To for-see any disease condition that is not visible ☐
e; To go routinely for a specific condition ☐
f; Others; please specify..... ☐
7. What measures would you take to ensure that your state of wellness is maintained?
a; Learn about existing common health issues ☐
b; Stay updated on recent and emerging health issues ☐
c; Do a regular self-assessment for some diseases ☐
d; Ensure regular competent medical check-ups to detect diseases early ☐
e; Get treatment for illnesses immediately it is suspected ☐
f; Others; please specify..... ☐

8. How do you maintain an apparently good Health status?

a; Good personal Hygiene and environmental Sanitation

b; Regular exercising

c; Drink Clean water

d; Washing of Foods stuff before eating

e; Avoid risky behaviours

f; Taking of Herbs and non-medical supplements

g; Others; please specify.....

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C: CONCEPT OF ILLNESS

1. What do you do when you feel ill/sick?

a; Do nothing

b; Take a rest

c; Seek advice from friends and family

d; Seek for help from available sources

e; Others; please specify.....

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2. When last were you ill/Sick?

a; A week ago

b; A month ago

c; Three months ago

d; Six Months ago

e; More than a year now

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3. What do you think is (are) the cause(s) of illness/sickness?

a; Infection

b; Juju/ 'Sent disease'

c; Spiritual attack

d; Poisons

e; Trauma

f; Others; please specify.....

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4. What illness most commonly affects you?

5. What are the most common illnesses of Children?

a; Malaria and Other Feverish Conditions

b; Cold, Cough, Catarrh and Breathing problems

c; Diarrhoeal conditions and Vomiting

d; Convulsions

e; Others; please specify.....

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6. What are the most common illnesses of Male adults?

a; Malaria and Typhoid

b; Sexually transmitted diseases

c; Impotence

d; Hypertension and Diabetes

e; Others; please specify.....

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7. What are the most common illnesses of Female adults?
- a; Menstrual problems ☐
- b; Sexually transmitted diseases ☐
- c; Malaria ☐
- d; Others; please specify.....
8. What are the most common illnesses of the Aged?
- a; Diabetes ☐
- b; Hypertension ☐
- c; Arthritis (Rheumatism) ☐
- d; Eye Problems ☐
- e; Memory loss ☐
- f; Others; please specify.....
9. Which of these Health conditions do you know of? Please tick as many as possible.
- | | | | |
|---------------------------------|--------------------------|------------------------------------|--------------------------|
| a; Malaria | <input type="checkbox"/> | i; Heart attack | <input type="checkbox"/> |
| b; Sick Cell Disease | <input type="checkbox"/> | j; Stomach Ulcer | <input type="checkbox"/> |
| c; Diabetes | <input type="checkbox"/> | k; Sexually Transmitted infections | <input type="checkbox"/> |
| d; Hypertension | <input type="checkbox"/> | l; HIV/AIDS | <input type="checkbox"/> |
| e; Childhood Diarrhoeal disease | <input type="checkbox"/> | m; Cancer of the Lungs | <input type="checkbox"/> |
| f; Pneumonia | <input type="checkbox"/> | n; Cancer of the Breast | <input type="checkbox"/> |
| g; Asthma | <input type="checkbox"/> | o; Cervical Cancer | <input type="checkbox"/> |
| h; Epilepsy | <input type="checkbox"/> | p; Prostate Cancer | <input type="checkbox"/> |

D: CONCEPT OF HEALTH FACILITY AND DETERMINANTS FOR PREFERENCE OF ANY.

1. What is a Health Facility?
- a; A place to get medical enlightenment ☐
- b; A place for medical check-up ☐
- c; A place to find out what is making you ill ☐
- d; A place where you get treatment ☐
- e; Others; please specify.....
2. What are the Health Facilities Known to you ?
- a; Government Hospitals (General and Teaching) ☐
- b; Health centres (out-patient) ☐
- c; Private Hospitals and Clinics ☐
- d; Pharmacies (patent medicine stores or 'Chemists') ☐
- f; Un-orthodox health care centres ☐
- e; Others; please specify.....
3. Would you go a Health Facility when Ill?
- a; Yes ☐
- b; No ☐
- c; Don't know ☐

4. Why do you go to a Health Facility?
- a; To learn about medical issues ☐
 - b; For regular check-ups ☐
 - c; Because I think I am ill ☐
 - d; To find out what illness I have ☐
 - e; To be treated of my illness ☐
 - f; Others; please specify.....
5. When do you go to a Health Facility when ill?
- a; Immediately I think I am ill ☐
 - b; When it is convenient for me ☐
 - c; As soon I cannot function with an illness ☐
 - d; When I think I will **die** without medical Help ☐
 - e; Others; please specify.....

Please for questions 6 and 7 below, use the options from question 2 above. Indicate by either the option's alphabet or the full option.

6. Which Health Facility(s) do you prefer?
7. Which Health Facility do you use when ill?
8. Would you go back to the Health Facility next time if necessary?
- a; Yes ☐
 - b; No ☐
 - c; Don't know ☐
9. Why would you go back there(if yes to '8' above)?
- a; It was Affordable ☐
 - b; It was close to where I was ☐
 - c; I was nicely/properly attended to ☐
 - d; The outcome of the treatment was good ☐
 - e; Others; please specify.....
10. Why wouldn't you go back there (if no to '8' above)?
- a; It was expensive ☐
 - b; It is too far ☐
 - c; The staff are not nice ☐
 - d; The treatment was not effective ☐
 - e; Others; please specify.....
11. What are the reasons favouring your use of the selected Health Facilities above?
- a; it is affordable ☐
 - b; It is close to my location ☐
 - c; It services are always available and assessible ☐
 - d; The outcome of the treatment is usually good ☐
 - e; The staff nicely and kindly attend to people ☐
 - f; Others; please specify.....