



NCD and Mental Health  
Screening Application

**(SUNISEA NCD Self-care Application)**

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User Guidebook



# User Guidebook for NCD and Mental Health Screening Application (SUNISEA NCD self-care application)

<b>Contents</b>	<b>1</b>
Introduction	2
Abbreviations	3
Steps of How to Log In	4
Step 1: Logging In	4
Step 2: URL, username, and password	5
Step 3: Configuration Set-Up, Existing Data Download	6
Step 4: Self screening assessment for hypertension, diabetes, and mental health (NCDs program-Myanmar)	7
Step 5: Mental Health Screening	22
Step 6: Data Synchronisation	30
Step 7: Access Counselling Sections	32
Step 8: Maintaining Vital Measurements	34
Step 9: Risk Signs and Review for ISHG	38
Note	40

## Introduction

This guide explains how to use the self-care screening application to assess your risk for hypertension, diabetes and mental health issues. But to get the proper diagnosis, you should consult with medical health care professional. The app also provides health information about practical actions you can take to stay healthy.



## Abbreviations

NCD- Non-communicable disease

BMI – Body Mass Index

PTSD- Post Traumatic Stress Disorder

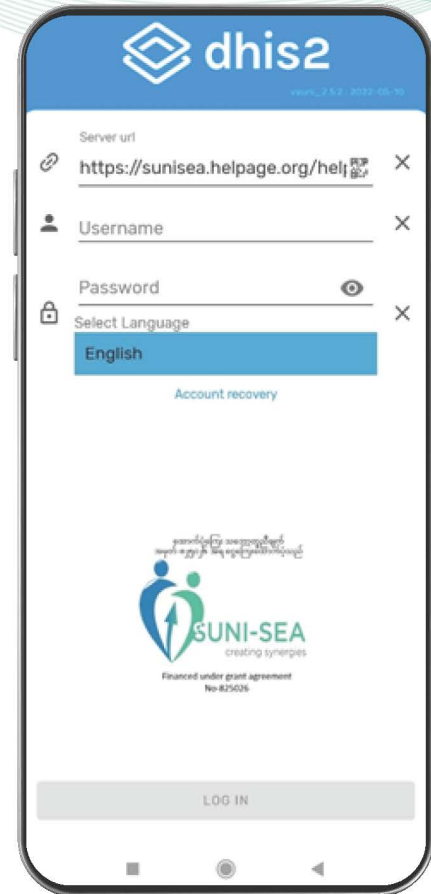
ISHG- Inclusive Self-Help Group

FINDRISC- Finnish Diabetes Risk Score

## Steps of How to Log In

### Step 1: Logging In

Open the self assessment screening app that you downloaded to your phone. The login page will appear as shown in the picture.



## Step 2: username, and password

If you have previously registered add your username and password.

If you are entering your information for the first time create your username and password.

You can create username and password without any limitation.

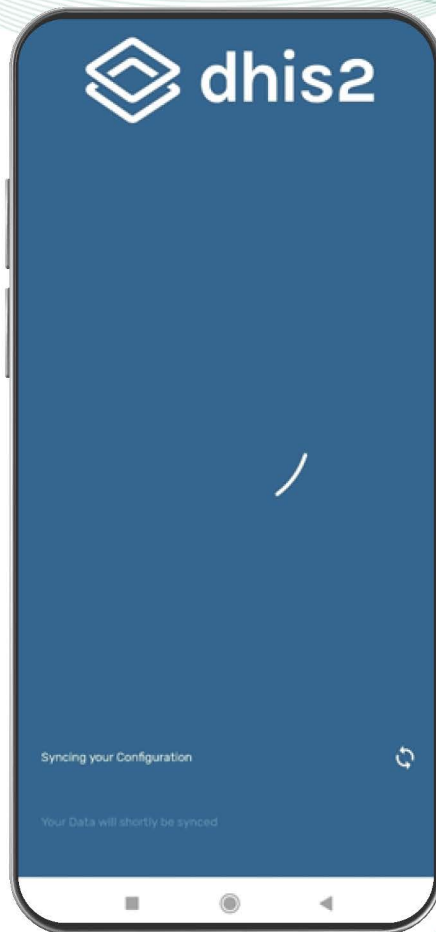
There are two languages (Myanmar and English) in the application. You can use with the preferred language.



### Step 3: Configuration Set-Up, Existing Data Download

The device will first update your information on the screening forms.

Example if you have entered information in the past using a different mobile phone or other device, it will be downloaded on to the screening forms.

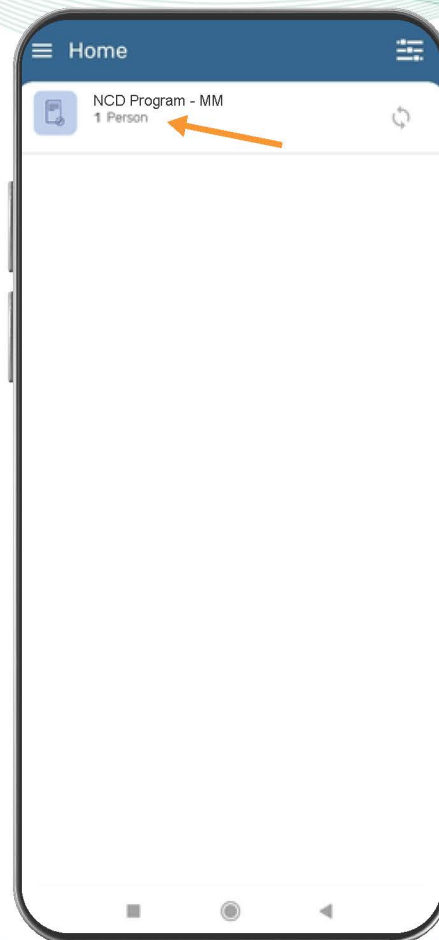


## Step 4: Self screening assessment for hypertension, diabetes, and mental health (NCDs program-Myanmar)

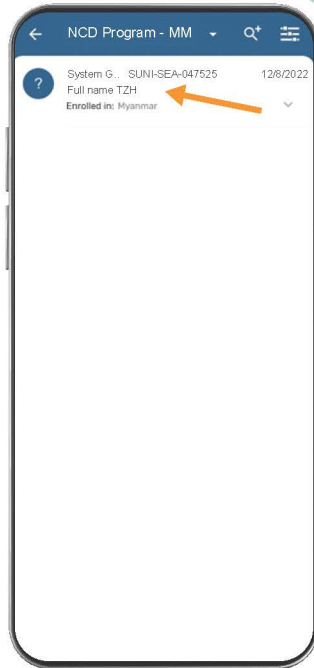
Once the screening app has been updated with your information, the app will take you the activity dashboard

### NCD Program

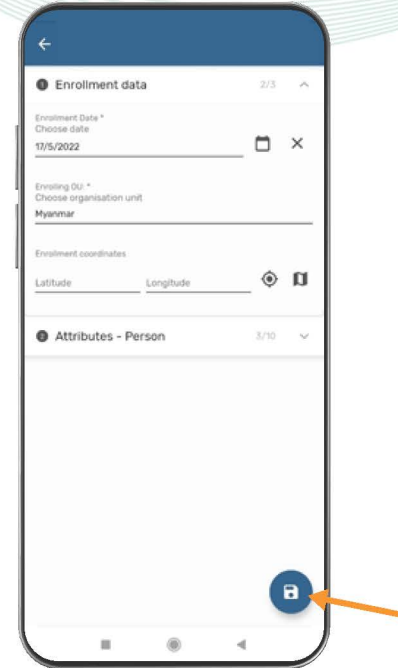
Click on NCD Program, and the app will take you to your record.





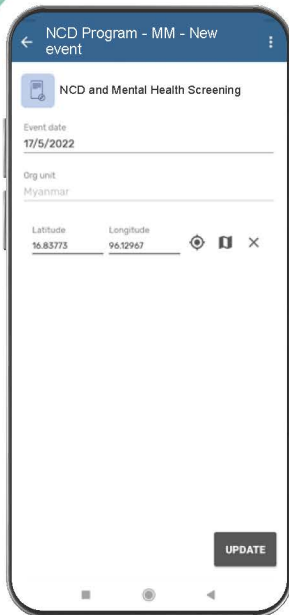


The information will be collected at application server and save your data as anonymous and will remain private, not be shared.



Fill the details in the form and **click on the Save button** in the bottom right of the screen.

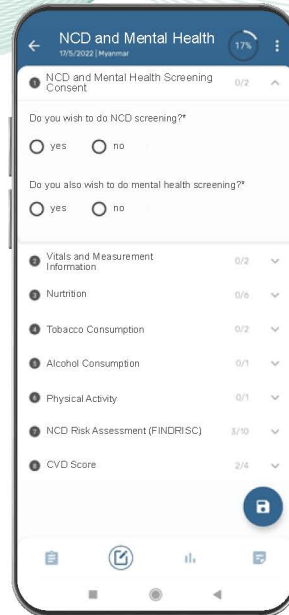




On the next page, the app will ask the questions. Firstly, you need to confirm date and location for NCD and mental health assessment.

Then, the app will ask if you want to do the NCD screening.

On the next page, the app will ask the

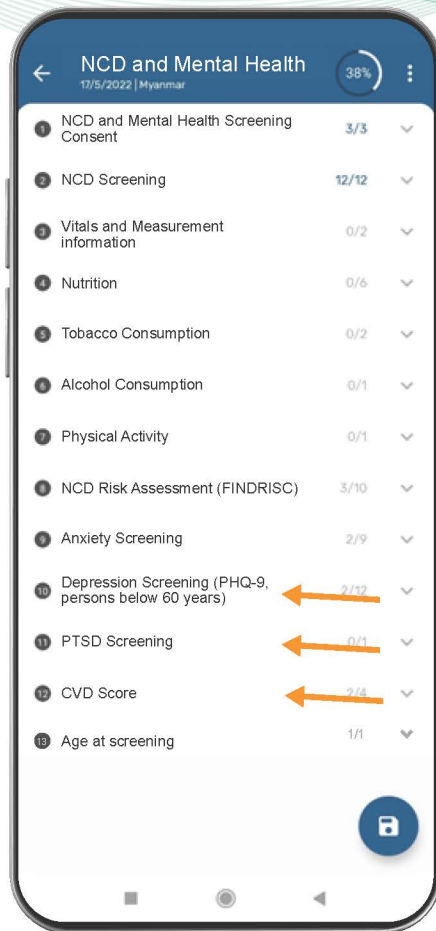


- weight
- height
- waist measurement
- recent blood pressure measurement

And also, whether you would like to complete mental health screening.

If yes, you will then be asked to enter information about your

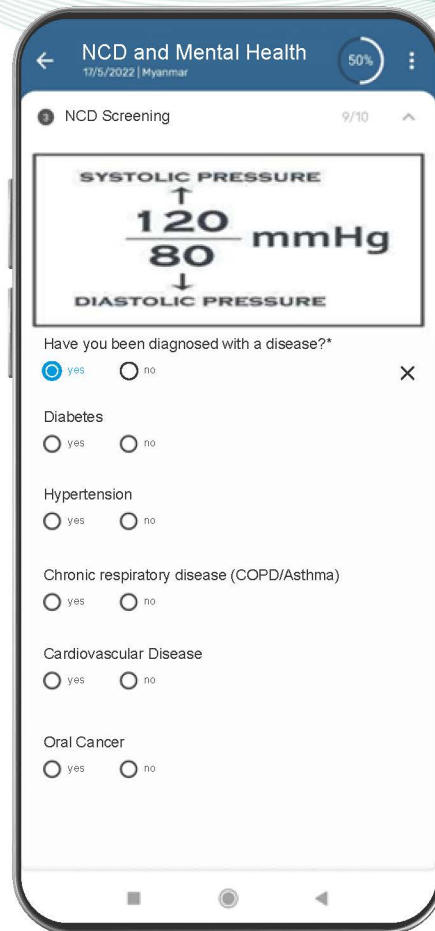
If you select to do mental health screening as well, the app will automatically include the sections for mental health screening which you can select from.



If you choose to do NCD screening, click on the NCD screening section, answer the questions for any known diseases, and their treatment status.

**Click yes on any of the diseases that you have been diagnosed with**

**Click no if you have not been diagnosed with any of these diseases.**



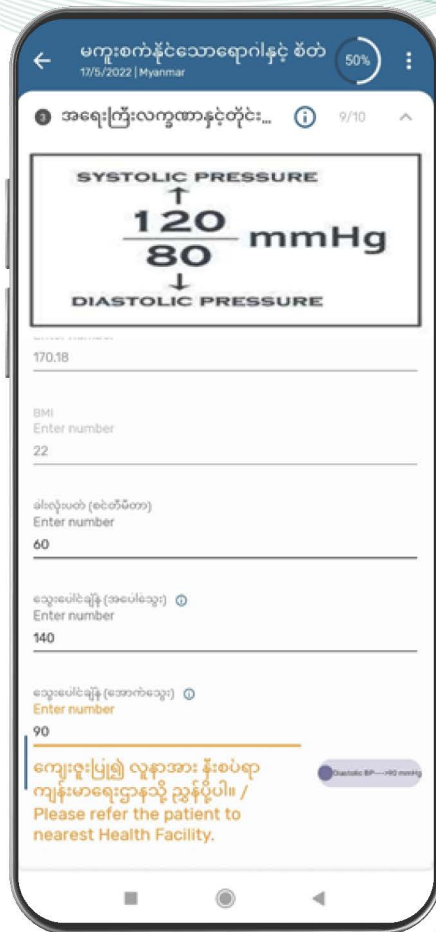
Add your physical measurements (weight in (lbs), height in (inches) and waist circumference in (centimeters)) and your blood pressure measurement in this section.

**NOTE:** If your measurements are older than one year, or you do not have your measurements available,

Visit the nearest health care provider or Inclusive Self Help Group (ISHG) and request to have your measurements taken.

You can return to this section at a later time, when you have your measurements with you. The app will save all the other information that you enter and you can access it again next time.

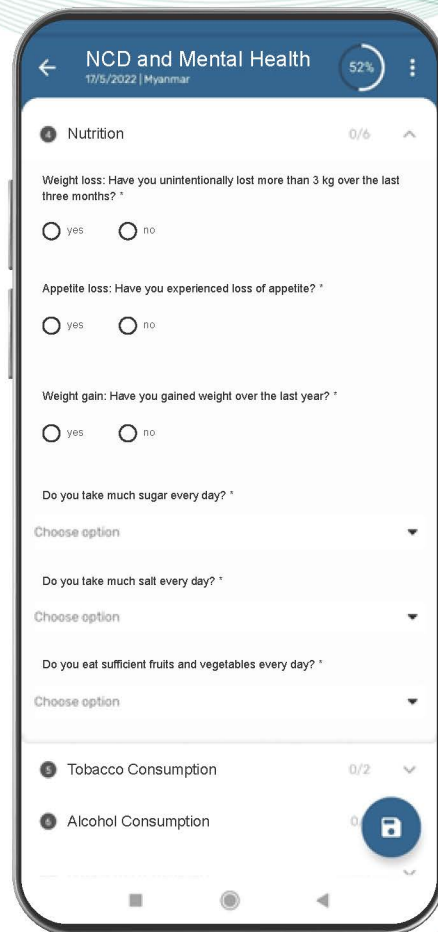
Your BMI will automatically be calculated and entered by the app, when you add your measurements.



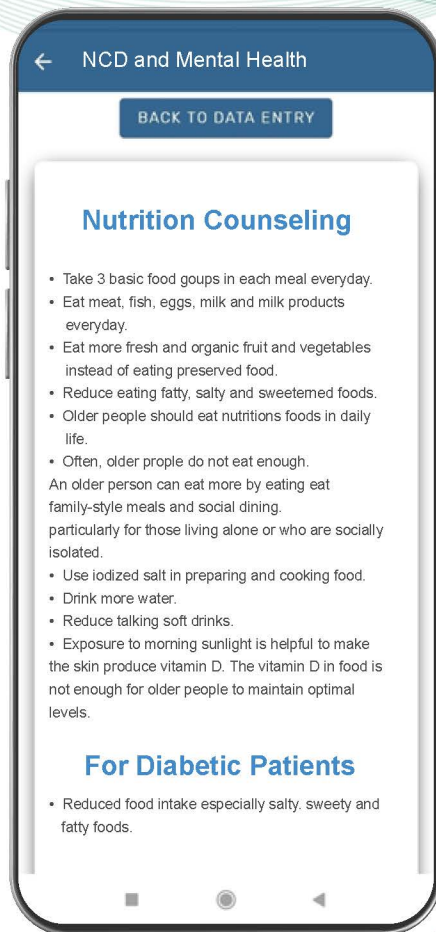


The application will now ask you a few questions about your lifestyle and behavioral start with nutrition section.

At the end of the questionnaire, you will access to the nutrition counselling information, which will provide you basic tips on good nutrition practices.

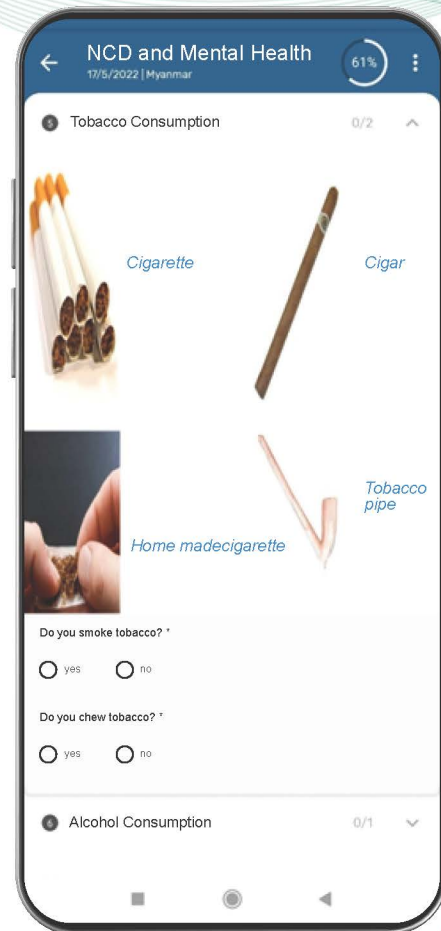


To access back to the nutrition questions section, **click on the top back arrow next to Nutrition Counselling**, or click on the back key on your phone to move back to the screening questions.





Next, assess for tobacco use. If you click **'yes'** for smoking or chewing tobacco you will get access to counselling about tobacco.

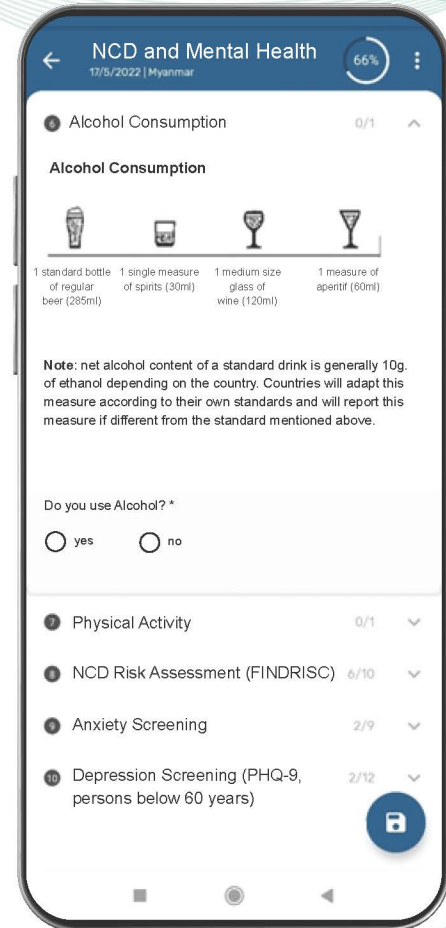


To access back to the tobacco questions section, **click on the top back arrow next to tobacco counselling**, or click the back key on your phone to move back to the screening questions.

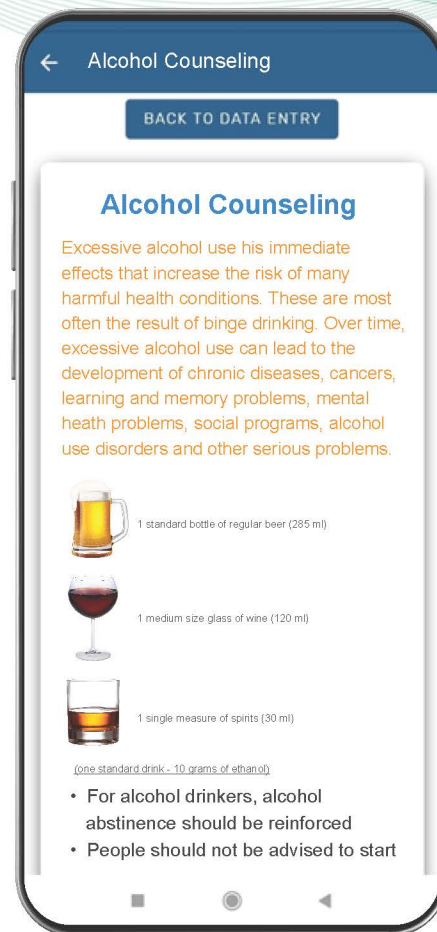


Next, assess for alcohol consumption.

If you consume alcohol you will get access to counselling information for alcohol use.



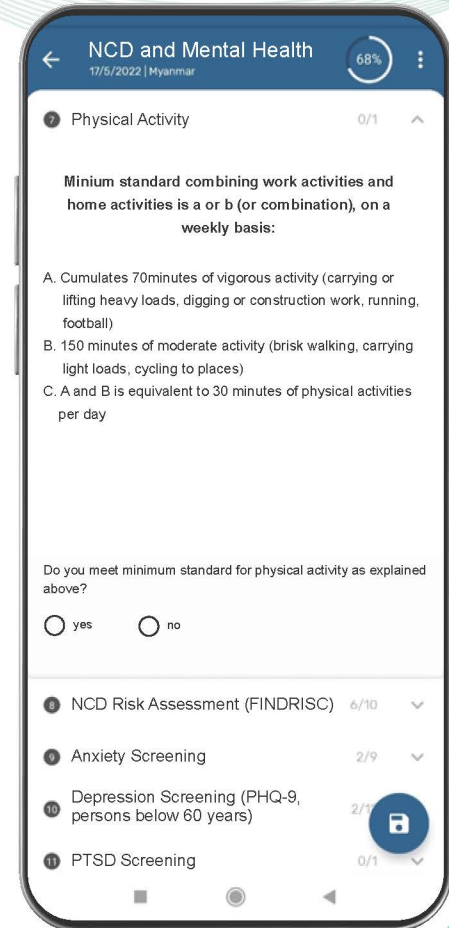
To access back to the alcohol consumption questions section, **click on the top back arrow next to Alcohol Counselling,** or the back key on your phone to move back to the screening questions.



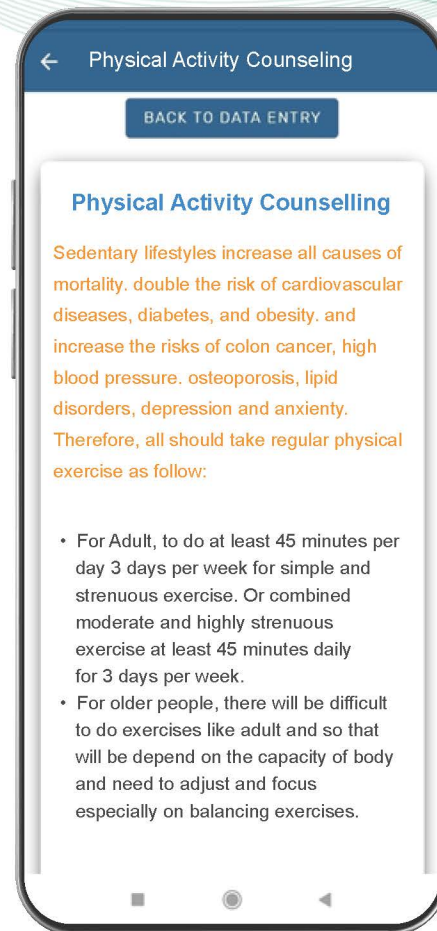


Next, assess for physical activity, and add your responses. The following are minimum standard of physical activities on a weekly basis.

If you do any of the below activities choose your response accordingly as Yes or No.



To access back to the physical activity questions section, **click on the top back arrow next to alcohol counselling**, or the back key on your phone to move back to the screening questions.



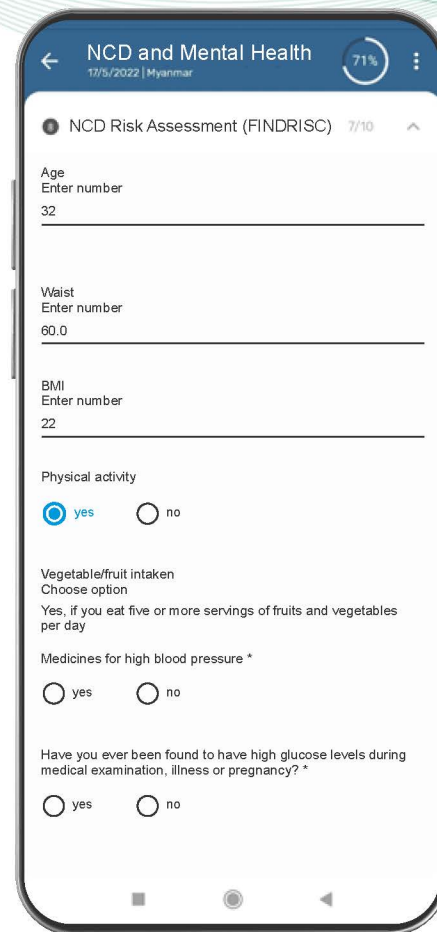


Next, if you have already completed the your NCD screening as above sections, and have filled in your vital measurements, the next section will help you get your NCD risk assessment results

The app will analyse the information you have provided in the above forms.

Now please respond to these remaining questions with a YES or NO, to enable the app to a calculate your FINDRISC score (to access your level of risk for type 2 diabetes)

To get the FINDRISC score, you need to response the questions regarding with Age, BMI, Physical activity, Vegetable/fruit intake,History of diabetes and medication, Family history of diabetes.



The screenshot shows a mobile application interface for "NCD and Mental Health" with a date of "11/5/2022 | Myanmar" and a battery level of "71%". The main heading is "NCD Risk Assessment (FINDRISC) 7/10". The form contains the following fields and options:

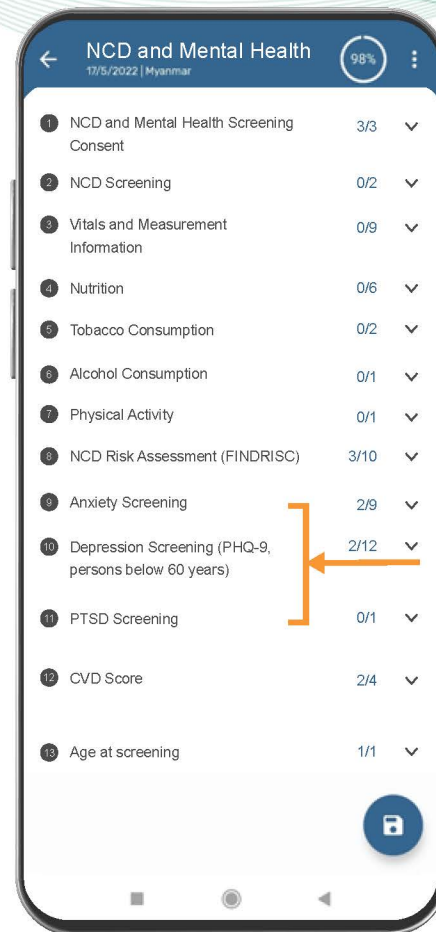
- Age:** Enter number, 32
- Waist:** Enter number, 60.0
- BMI:** Enter number, 22
- Physical activity:** Radio buttons for "yes" (selected) and "no".
- Vegetable/fruit intake:** Choose option, "Yes, if you eat five or more servings of fruits and vegetables per day".
- Medicines for high blood pressure \*:** Radio buttons for "yes" and "no".
- Have you ever been found to have high glucose levels during medical examination, illness or pregnancy? \*:** Radio buttons for "yes" and "no".

## Step 5. Mental Health Screening

Next, if you have opted for Mental Health Screening, then you have assessments.

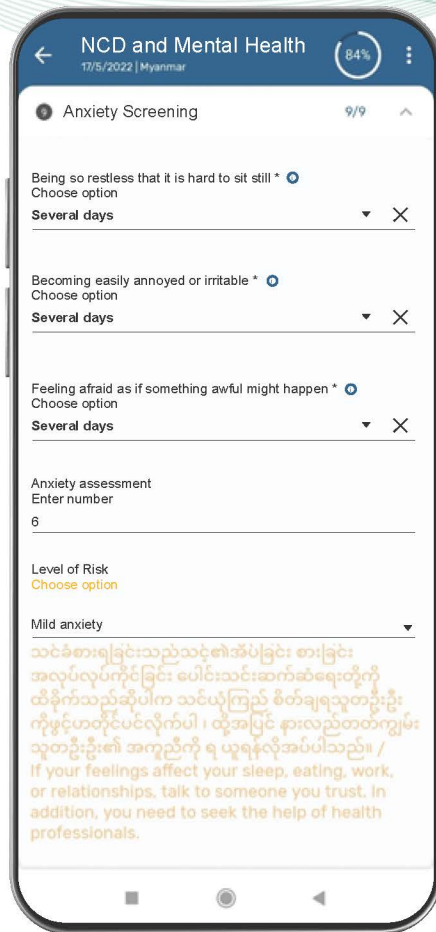
available for the following:

- (a) Anxiety
- (b) Depression
- (c) PTSD



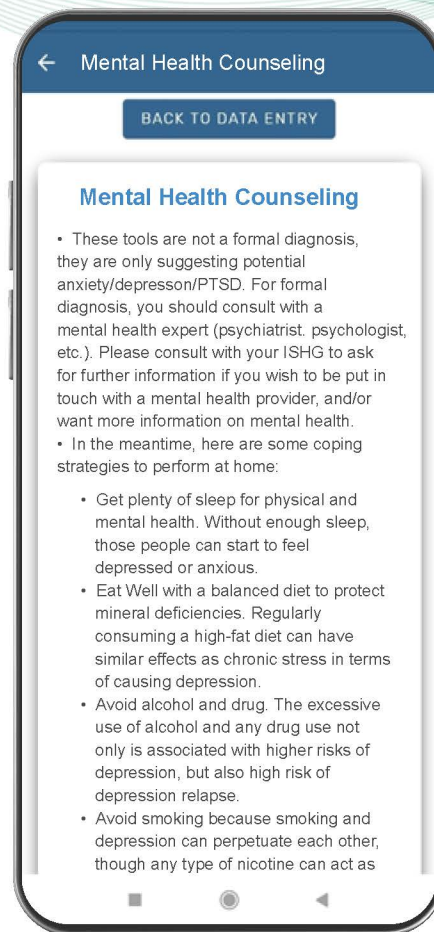
You can select the screening or screenings you would like to do.

The responses will give you a score and then provide advice for future action, if needed.



If your screening results indicate that you have risks of anxiety and depression, you will access information and tips about what you can do to help you feel better.

Please note these screening tools cannot make a diagnosis about your health. However, if your score shows you may have a mental health issue, you should consult with a mental health specialist.



### Mental Health Counseling

- These tools are not a formal diagnosis, they are only suggesting potential anxiety/depression/PTSD. For formal diagnosis, you should consult with a mental health expert (psychiatrist, psychologist, etc.). Please consult with your ISHG to ask for further information if you wish to be put in touch with a mental health provider, and/or want more information on mental health.
- In the meantime, here are some coping strategies to perform at home:
  - Get plenty of sleep for physical and mental health. Without enough sleep, those people can start to feel depressed or anxious.
  - Eat Well with a balanced diet to protect mineral deficiencies. Regularly consuming a high-fat diet can have similar effects as chronic stress in terms of causing depression.
  - Avoid alcohol and drug. The excessive use of alcohol and any drug use not only is associated with higher risks of depression, but also high risk of depression relapse.
  - Avoid smoking because smoking and depression can perpetuate each other, though any type of nicotine can act as



## Cardiovascular Disease risk score (CVD Score)

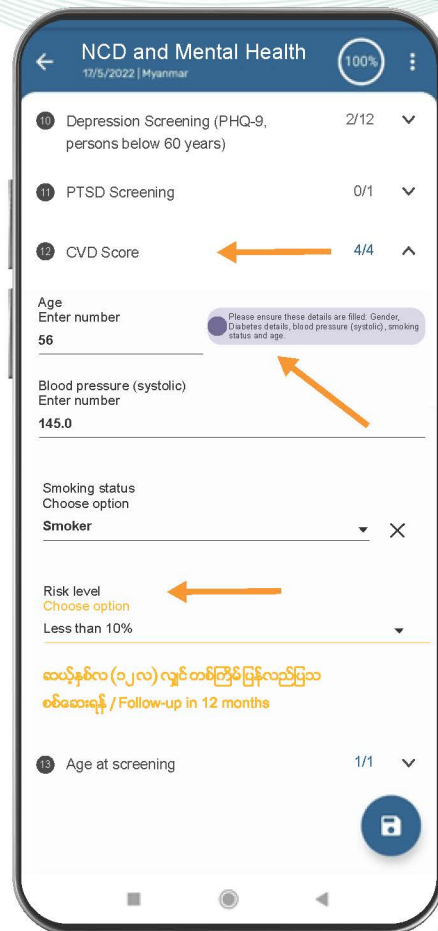
If you complete this screening, your responses will give you a score and provide advice for future action if needed.

### NOTE:

Make sure you provide the information requested: Gender, Age, Diabetic details, Tobacco consumption and blood pressure measurement, both systolic and diastolic measurement

All these measurements are needed to calculate your CVD score.

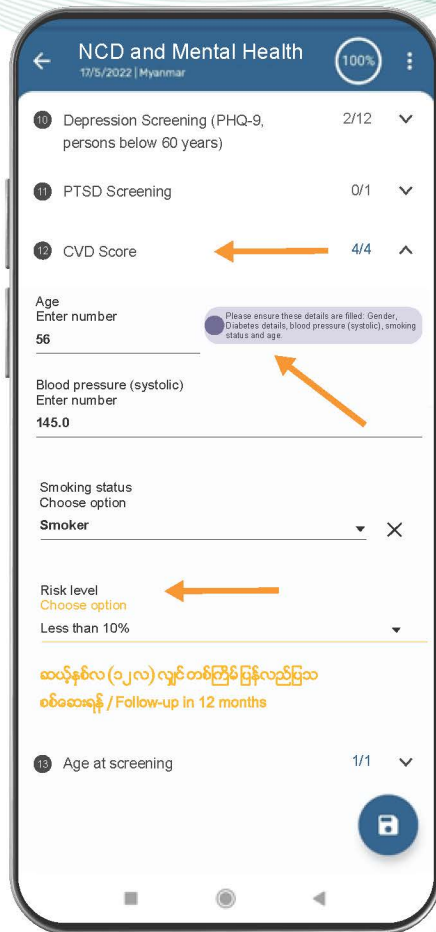
Skip logics are applied in the system (This means when you enter the information it will be automatically included in the CVD risk form).



This will enable your CVD score to be calculated automatically once you provide all the details mentioned above.

Once all the details are entered, the CVD score will be calculated automatically.

The level of risk for CVD will be assigned in the **Risk level area** within the form.

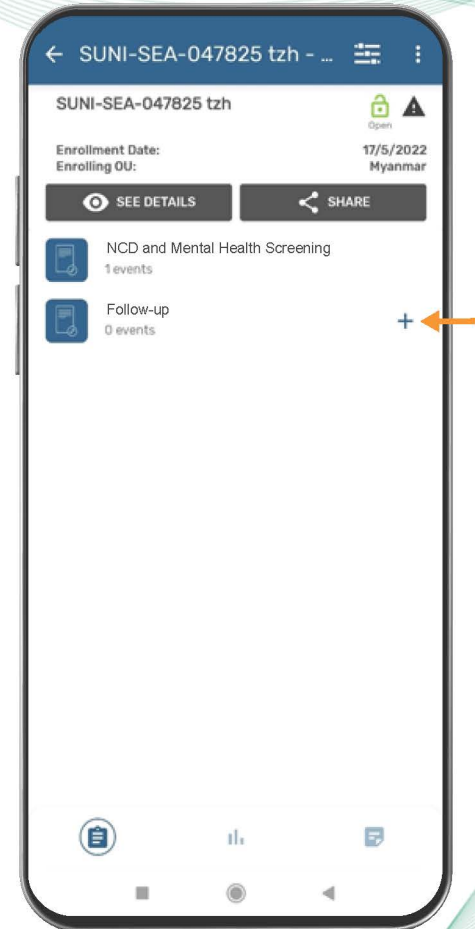




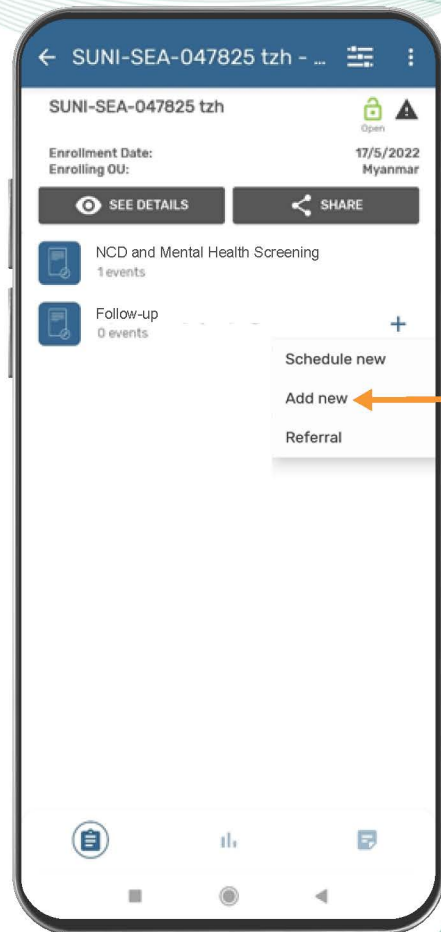
## Adding a follow-up event

Once all the data is entered for NCD screening and the screening has been completed, add another event for Follow-up.

To add the event, click on + button on the right-hand side.



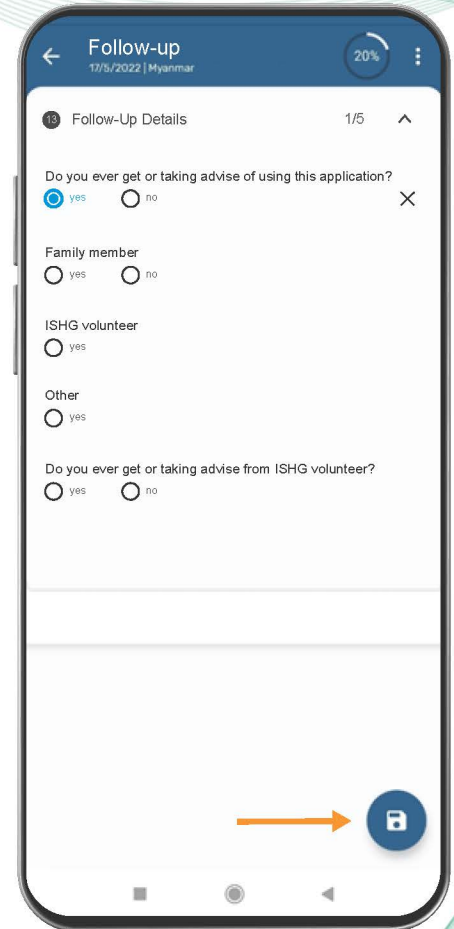
Click on **Add new.**



Next, add the required information for follow-up event.

Example: After you completed the screening did you access additional advise about your health from a health care provider/ a ISHG volunteer?

Once the information is added for follow-up event, click **Finish and complete** to complete the event.

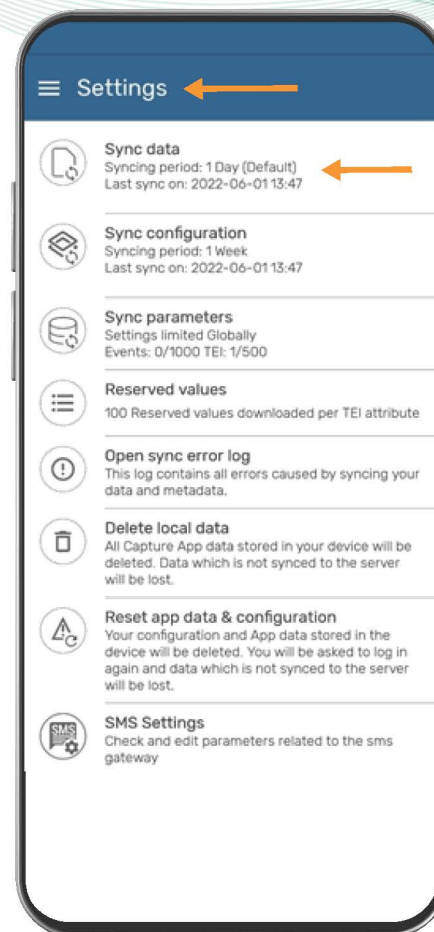


The screenshot shows a mobile application interface for a follow-up event. At the top, there is a blue header with a back arrow, the title "Follow-up", the date "17/5/2022 | Myanmar", and a progress indicator showing "20%". Below the header, the screen displays "Follow-Up Details" with a "1/5" indicator and an upward arrow. The first question is "Do you ever get or taking advise of using this application?" with "yes" selected (indicated by a blue dot) and "no" as an option. Below this are three more questions, each with "yes" and "no" radio button options: "Family member", "ISHG volunteer", and "Other". The final question is "Do you ever get or taking advise from ISHG volunteer?" with "yes" and "no" options. At the bottom right, there is a blue circular button with a white document icon, representing the "Finish and complete" action. An orange arrow points to this button.

## Step 6. Data Synchronisation

### **IMPORTANT**

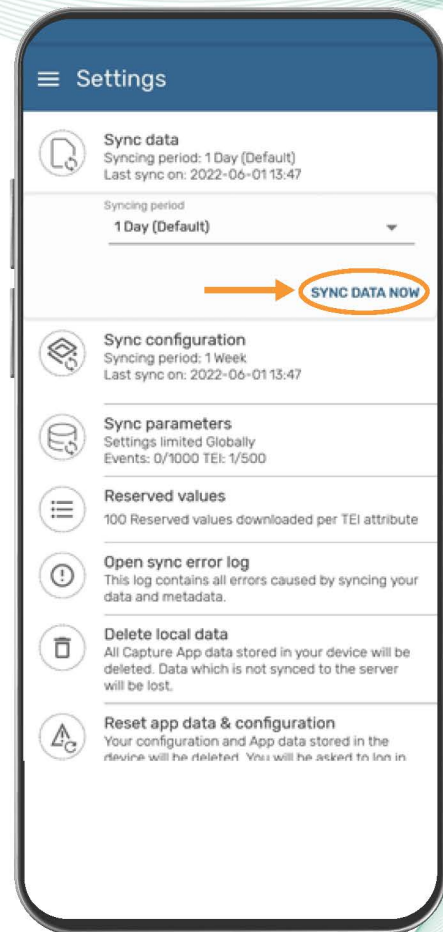
Once all the data is entered and events are completed, you need to sync the data to the server. To sync the data, click on the three lines present at the uppermost left corner.





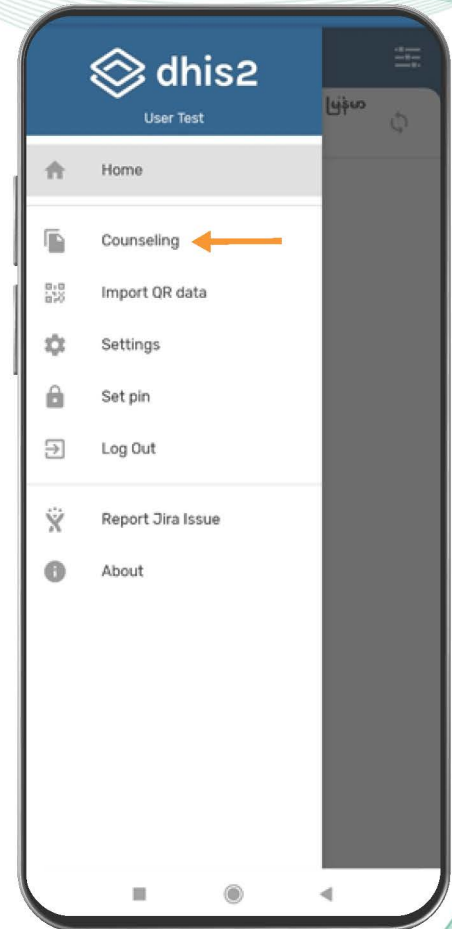
After clicking the **Settings** button, you will see two different syncing options, use option Sync Data To sync the data entered, click on the first blue box **Sync Data Now**.

Data will be sync in a few seconds and will be sent to the server.

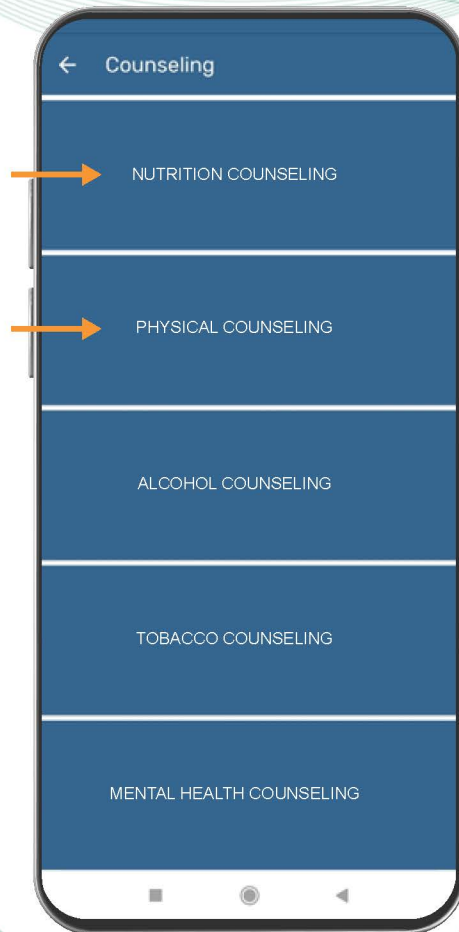


## Step 7. How to access the counselling sections at any time

In case, you would like to access Counselling Sections irrespective of the Screening outcomes, in the settings menu, **click on 'Counselling' section.**



Click on the counselling section which is required.

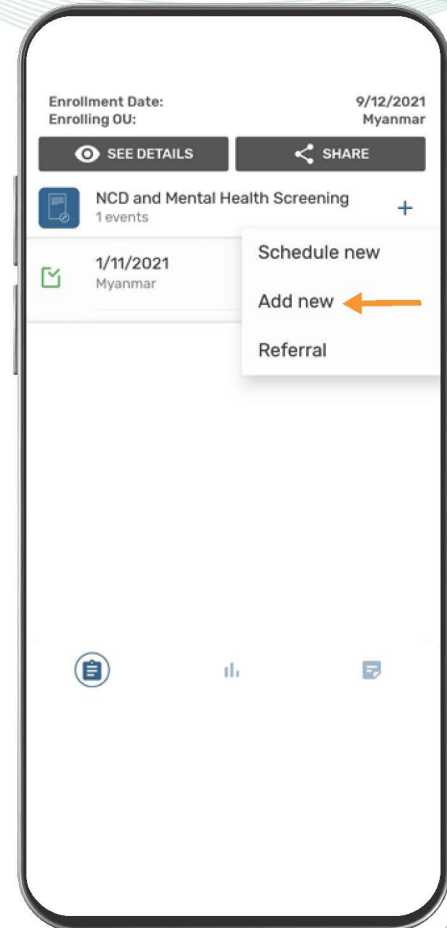


## Step 8. How to maintain and track changes in your vital measurements

In case, you would like to continue tracking your Vital Measurements, you can create another event for adding your vital sets again.

For that, go to your profile, **click on + button.**

You can make new assessment again by clicking **Add new** from drop down.

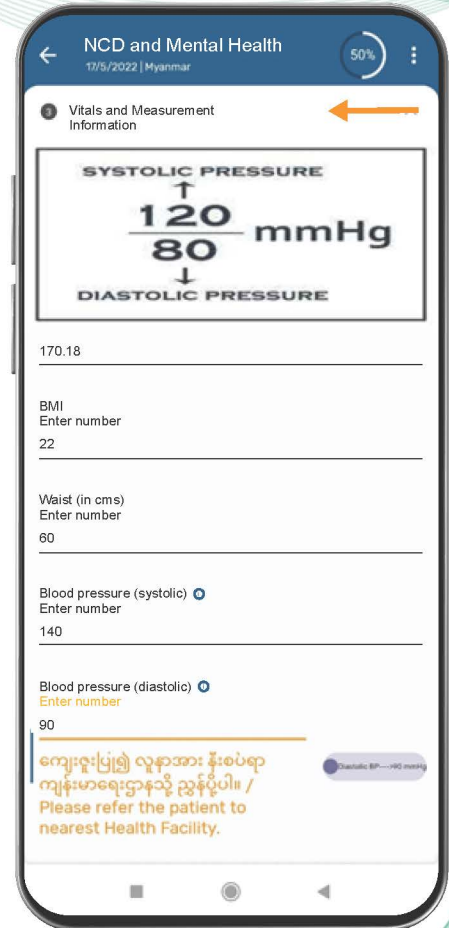




Select the date, and click on **Next**.

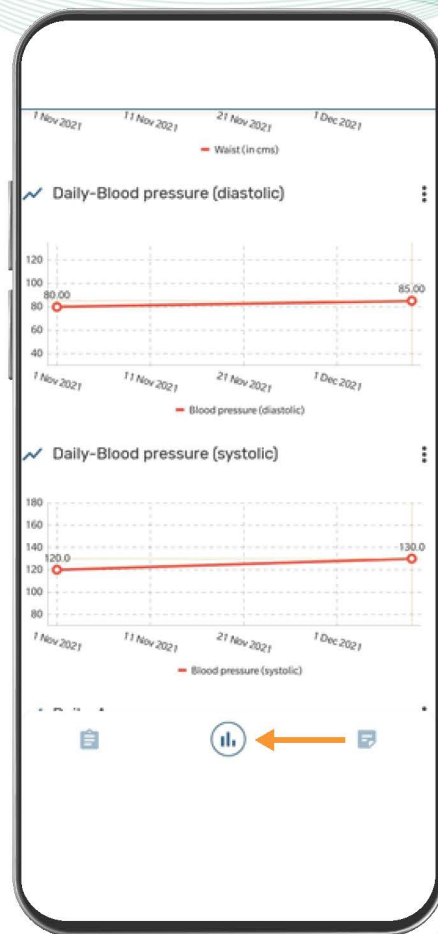


Add details under Vitals and Measurements as done previously.



Based on the values reported the app will chart the different variables to see progression over time.

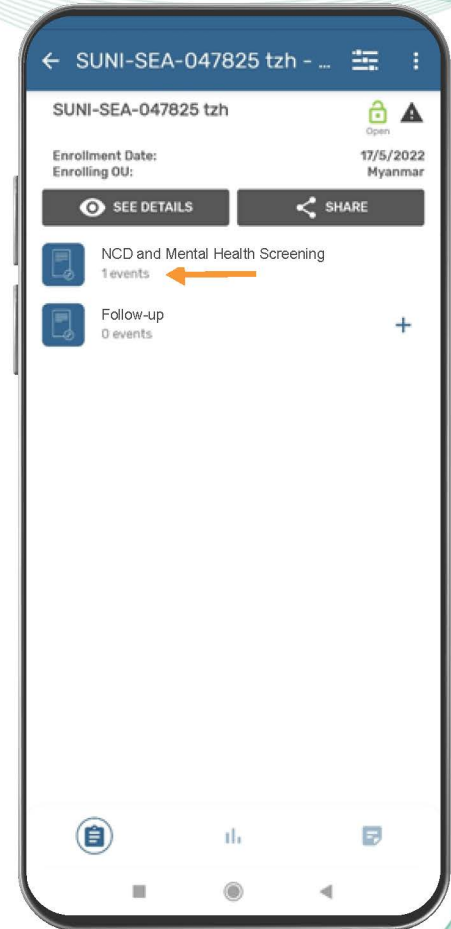
To see the charts, **click on Chart icon at the bottom of the screen.**



## Step 9. Risk Signs Alert. Show to a health care provider or ISHG for review and further advice.

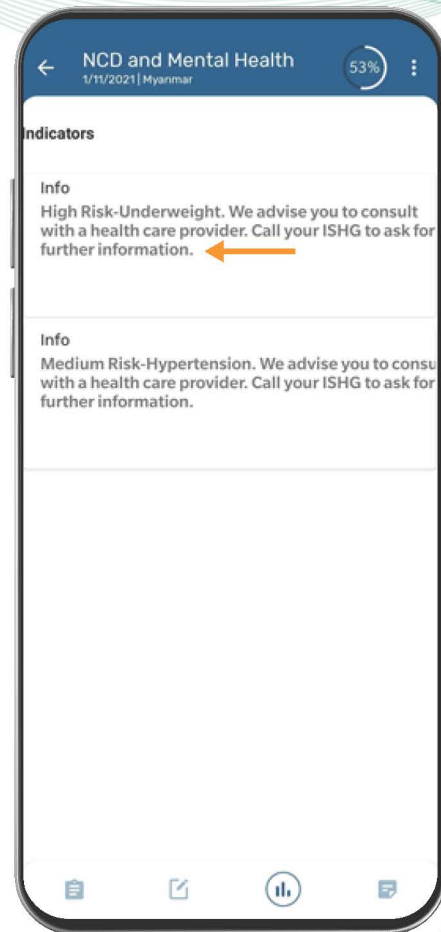
The app generates a Risk Sign summary for you, and after each assessment/screening you can show this to a health care provider or ISHG volunteer for further advice.

To view the summary, click on the Assessment event.





After each assessment/screening you can show this to a health care provider or ISHG volunteer to further guide you.











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