

**FIXED ASSETS**

PARTICULARS	W D V as on 01.04.2021	Additions		Deletions	Total	Depreciation		W D V as on 31.03.2022
		Before Sep	After Sep.			Rate	Amount	
10% Furniture	81,511.10	-	-	-	81,511.10	10%	8,151.11	73,359.99
40% Computer	18,054.62	-	-	-	18,054.62	40%	7,221.85	10,832.77
15% Inverter	16,399.43	-	-	-	16,399.43	15%	2,459.91	13,939.52
Air conditioner	17,612.88	-	-	-	17,612.88	15%	2,641.93	14,970.95
Office Equipment	3,771.48	-	-	-	3,771.48	15%	565.73	3,205.75
<b>Total</b>	<b>1,37,349.51</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,37,349.51</b>		<b>21,040.53</b>	<b>1,16,308.98</b>



**List of Members : 2021 - 2022**

**Governing Body**

- Dr. Saradha Suresh : Honorary President, Former Director, Institute of Child Health (ICH), Chennai.
- Dr. Rani Mohanraj : Secretary, Psychologist, Samarth, Chennai
- Dr. Shuba Kumar : Treasurer, Social Scientist, Samarth, Chennai
- Dr. R. Thara : Chairperson- Research, Schizophrenia Research Foundation, (SCARF), Chennai
- Dr. Lakshmi Vijayakumar : Psychiatrist, Founder Member Sneha, Chennai
- Dr. Krishnakumar : Rtd. Principal, Elite School of Optometry, Sankara Nethralaya, Chennai
- Dr. Suresh Kumar : Consultant Psychiatrist, Chennai

**Members**

- Ms. K.V. Sripriya : Nutritionist, Research Coordinator, Samarth, Chennai
- Ms. Aarthi Kandasamy : Psychologist, ISHA Foundation, Coimbatore
- Ms. Basilea Watson : Technical Assistant (Research), National Institute for Research in Tuberculosis (NIRT), Chennai
- Dr. B.R Desikachari : Senior Public Health Consultant, Chennai
- Dr. Keerthi Prabhu : Consultant Psychologist, Apollo Hospitals, Chennai
- Ms. C.D. Nandini : Nutritionist, Chennai
- Ms. Premalatha : Data Manager, Schizophrenia Research Foundation (SCARF), Chennai
- Ms. Sylvia Jayakumar : Biostatistician, Proprietor, Statshub, Chennai
- Mr. Veerapandian : Assistant Professor, The Banyan Academy of Leadership in Mental Health (BALM), Chennai

**Advisory Body**

- Dr. Lisa Manhart : Associate Prof. Epidemiology, Adjunct Associate Prof. Global Health, University of Washington, Center for AIDS & STD, Seattle, USA
- Dr. Usha Ramakrishnan : Associate Professor, Hubert Department of Global Health, Emory University – USA

**Scientific Review Committee Members :**

Dr. R. Thara : Chairperson- Research, Schizophrenia Research Foundation, (SCARF), Chennai

Dr. Shaheed Jawahar : Former Scientist "G" National Institute For Research in Tuberculosis (NIRT), Chennai

Dr. L. Jeyaseelan : Prof. of Biostatistics, Mohammed Bin Rashid University of Medicine and Health (MBRU), Dubai

**Accounts Officer** : Mr. J.S Dinesh, B.S.Associates, Chennai

**Auditors** : Parameswaran & Associates Chartered Accountants.

**Bankers** : Canara Bank, St. Mary's Road, Chennai.

Schedules		
Particulars	Amount	Amount
<b>Capital Account</b>		
Opening Balance		8,89,948.12
Excess of Expenditure over Income	38,490.97	
Closing Balance	8,51,457.15	
	<b>8,89,948.12</b>	<b>8,89,948.12</b>
<b>Outstanding Expenses</b>		
TDS Payable		9,850.00
Audit Fees Payable		23,600.00
Expenses Payable		1,15,000.00
		<b>1,48,450.00</b>
<b>Deposits</b>		
Telephone Deposits		1,500.00
Fixed Deposit		3,50,792.63
TDS Receivable		75,941.00
Salary Advance		25,000.00
		<b>4,53,233.63</b>
<b>Cash &amp; Bank Balance</b>		
Cash - BMS		42.64
Cash -Samarth		86.36
Canara Bank-7996		1,66,403.95
Canara Bank - FCRA		2,30,995.00
Canara Bank - Debit Card		11,796.06
		<b>4,09,324.01</b>



Schedules		
Particulars	Amount	Amount
<b>Capital Account</b>		
Opening Balance		8,51,457.15
Excess of Expenditure over Income	3,78,769.20	
Closing Balance	4,72,687.95	
	<b>8,51,457.15</b>	<b>8,51,457.15</b>
<b>Project Fund - GREG</b>		
Opening Balances		
Add: Receipts	2,77,258.80	
Less : Utilization	2,54,187.00	23,071.80
<b>Outstanding Expenses</b>		
TDS Payable		8,350.00
Audit Fees Payable		23,600.00
		<b>31,950.00</b>
<b>Deposits</b>		
Telephone Deposits		1,500.00
TDS Receivable		86,141.00
Salary Advance		25,000.00
		<b>1,12,641.00</b>
<b>Cash &amp; Bank Balance</b>		
Cash - FCRA		2,912.00
Cash -Samarth		8,189.00
Canara Bank-7996		2,30,687.11
Canara Bank - Debit Card		11,796.06
Canara Bank - FCRA		35,935.40
SBI - NDMB		9,240.20
		<b>2,98,759.77</b>



## SECRETARY'S MESSAGE

Greetings from Samarth !

The year 2020 of the 21<sup>st</sup> century will be remembered as the year of the pandemic. As the year ended and just when everyone was thinking the worst was over, new infections with another strain of the virus appeared in India. The second wave involving the Delta virus began in March 2021, peaked in April and slowly eased by July leaving behind a devastating effect in terms of loss of lives and productivity. Samarth was involved in a couple of Covid related studies during the first wave which sought to understand the myths and misconceptions about the infection as well as the vaccines that had been brought into the market. We were happy to note that the Government intensified Social Behavioural Communication activities during the second wave. As a result of these activities carried out during the second wave many people in the community understood the value of the vaccine and volunteered to get themselves vaccinated. India's vaccination rate thus increased appreciably. With the gradual easing of the second wave in India and across the world, people also began to learn to live with the virus, thereby enabling businesses and other operations to recover slowly.

At Samarth we began to look for other opportunities to collaborate and start our research studies. We entered into a new collaboration with Balaji Dental College and hospital. The study led by Dr. Badri Thiruvengkatachari was on testing an intervention for babies born with unilateral cleft lip palette (CLP). Designed as a randomized control trial, the study also has a qualitative research component that aims to explore the understanding of and psychological challenges faced by parents of babies born with CLP. Experts in qualitative research methods from Samarth will be carrying out this component of the study over a five year period. We completed a pilot study with a small number of parents which helped us to design the qualitative approach pre and post intervention. We are excited and feel proud to be conducting the study as this is the first qualitative study with parents of babies with CLP to be carried out in India. This mixed methods study will help develop a care and support model for families who have a child born with CLP.

Two other studies that Samarth is engaged in, is in the field of mental health, which is very close to our hearts! We entered into a collaboration with Dr. Gregory Armstrong, a Senior research Fellow at the University of Melbourne and Dr. Lakshmi Vijayakumar, psychiatrist and founder of Sneha, an NGO dedicated to suicide prevention. Suicide is a major public health problem in India and Tamil Nadu happens to be a state with a high prevalence of suicides in the country. Studies have shown that media reporting of suicide could influence public awareness and attitudes about suicides and its prevention. This study aims to test an intervention to reduce suicidal ideation through changing the narration of suicide content in the print medium. As a first step we carried out the cultural adaptation and validation of four scales that measure different aspects about suicide which had been developed in the west. These scales measure the constructs related to literacy about suicide, attitudes about suicide and stigma related to suicide. Cultural validation of the scales is a long and iterative process including many steps beginning with translation of the scales to the local language, establishing face and content validity and estimating reliability of the scales. We are happy to report that translations of all the scales into Tamil and assessments of face and content validity with the support of mental health experts in Chennai have been completed. We are in the process of undertaking the reliability estimates of the scales involving assessments of Cronbach's Alpha and test-re-test reliability.

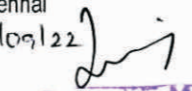


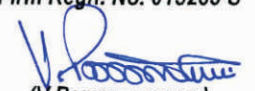
Another interesting work that has been sub-contracted to us by the Schizophrenia Research Foundation (SCARF) and CitiesRise is a study that seeks to understand how young people in low and middle income countries connect with mental health science. Samarth's role is to oversee the conduct and analysis of the qualitative component which includes training and mentoring of the field teams across 4 countries to carry out interviews; developing study guides, analysing the India site data and carrying out cross country comparisons. This has been an enriching experience particularly as it involved comparing the mental health journey of young people in the India site with those of young people in other LMIC countries, namely South Africa, Rwanda and Kenya. We found that there were a lot of similarities across the cultures of these four countries.

We also continue to hold our virtual training workshops in Social Science research methods and analysis and are proud to say that we conducted a total of eight such training programmes during this period. Despite the online nature of the sessions, participants showed a lot of enthusiasm and eagerness to learn. I am happy to share our activities for the period 2022-23 and pray that we continue to engage in work that gives us satisfaction and enables our personal growth

Best wishes.

SAMARTH NO 100, WARREN ROAD, MYLAPORE, CHENNAI - 600 004			
INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2022			
Income	Amount	Expenditure	Amount
To Capacity Building - Sec 11(2)	3,14,175.00	By Project Income	10,94,072.00
To Capacity Building	30,221.00	By Interest Received	12,684.00
To Project Expenses	10,23,569.00	By Excess of Expenditure Over Income	3,78,769.20
To Bank charges	2,513.83		
To Printing & Stationery	10,814.00		
To Repairs & Office Maintenance	39,764.00		
To Telephone Charges	14,145.84		
To Travelling Expenses	600.00		
To Courier Charges	82.00		
To General Expenses	5,000.00		
To Audit Fees	23,600.00		
To Depreciation	21,040.53		
	<b>14,85,525.20</b>		<b>14,85,525.20</b>

Place: Chennai Date : 10/09/22   Secretary (Rani Mohanraj) Secretary		Vide our report of even date, For <b>Parameswaran &amp; Associates</b> Chartered Accountants Firm Regn. No. 013255 S  (V Parameswaran) Partner M.No. 24939
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**PARAMESWARAN & ASSOCIATES**  
CHARTERED ACCOUNTANTS

**FORM NO. 10B**

[See rule 17B]

**Audit report under section 12A(b) of the Income-tax Act, 1961, in the case of charitable or religious trusts or institutions**

We have examined the balance sheet of **SAMARTH** [name of the trust or institution] PAN **AAGTS9955G** as at **31/03/2022** and the Profit and loss account for the year ended on that date which are in agreement with the books of account maintained by the said Trust or institution. We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purposes of the audit. In our opinion, proper books of account have been kept by the head office and the branches of the above named trust visited by us so far as appears from our examination of the books, and proper Returns adequate for the purposes of audit have been received from branches not visited by us, subject to the comments given below:

In our opinion and to the best of our information, and according to information given to us, the said accounts give a true and fair view-

- (i) in the case of the balance sheet, of the state of affairs of the above named trust as at **31/03/2022**
- (ii) the case of the profit and loss account, of the profit or loss of its accounting year ending on **31/03/2022**

The prescribed particulars are annexed hereto.

for **PARAMESWARAN AND ASSOCIATES**  
Chartered Accountants



Date : 10/09/2022  
Place : Chennai

**"KAMALALAYA"**

E -7, III Floor, Gemini Parsn Apartments, Cathedral Garden Road, Chennai - 600 006.  
Phone : 4302 4545, Mobile : 98400 67659, E-mail : cavparam@gmail.com

**ABOUT SAMARTH**

We are a group of epidemiologists, social scientists, psychologists and biostatisticians who share a common vision in advocating for health research. We have extensive research experience in using both qualitative and quantitative methods in several national and international multicentric health projects. These have ranged from projects on domestic violence, adolescent mental health, community mental health to, care and support programmes for HIV positive persons.

Samarth was set up in January 2007 and registered as a society under the Tamilnadu Societies Registration Act, 1956 on 24th May 2007. Members of Samarth have been involved in conducting various research projects and social science training programmes.

**OUR OBJECTIVES**

- ❖ Conducting research to inform policy
- ❖ Building capacity in epidemiology, social science and biostatistics
- ❖ Building partnerships with government and private sectors in health promotion

**OUR MISSION STATEMENT**

Samarth is committed to creating healthier lives of communities through credible research and sustainable interventions

**RESEARCH AND  
TRAINING ACTIVITIES**

**FINANCIAL STATEMENT**

reproductive health, domestic violence, mental health and HIV care and support programmes. She is sitting member of ethical committees in institutions such as, the National Institute for Research in Tuberculosis (NIRT), the Schizophrenia Research Foundation (SCARF), the ICMR Central Ethics Committee on Human Research (CECHR) and Zifo Genomics Research Institute (ZGRI) Private Limited, Chennai

Rani Mohanraj completed her doctorate in Psychology from the University of Madras and was trained under the Fogarty Fellowship Programme in Epidemiology and Biostatistics at the University of Washington, USA. She has been involved in research studies on mental health concerns, specifically depression in primary care and school mental health. She has also worked with HIV affected children and has consulted on the development of tools for counsellors in HIV care. She is also the sitting member of ethical committee in Voluntary Health Services (VHS), Adyar, Chennai.

Saradha Suresh is the Former Director of the Institute of Child Health (ICH), Chennai. She underwent training in Clinical Epidemiology, Biostatistics and Health Economics at the University of Pennsylvania, USA under the INCLIN programme. She has been the lead researcher on several neonatal and child health projects. She is currently Honorary President of Samarth.

Veerapandian was trained in Psychology from the Presidency College, Chennai and completed M.Phil from University of Madras. He is a visiting faculty in Psychology at various educational institutions. He is Associate Professor at the Banyan Academy of Leadership in Mental Health (BALM), Chennai.

## ONGOING RESEARCH PROJECTS

- 1. A care and support model for families of children with CLP: A grounded theory approach (2022 – 2027)** This project is part of a larger RCT and is being carried out by Dr. Badri Thiruvengkatachari who is the PI based at Balaji Dental College and Hospital, (Constituent College of Bharath Institute of Higher Education and Research) Chennai. Drs. Shuba Kumar and Rani Mohanraj are the Qualitative Consultants on this study.

Having a child with cleft affects the parents and the entire family unit as well. It could also disrupt the family system. Such disruptions in the family could also be influenced by the type of cleft, the number of children, family income, social support and factors such as family values and cultural issues. The presence of good social support and coping could aid families/parents to effectively deal with these stressors. Treatment for CLP traditionally involves surgery although Nasoalveolar Molding (NAM), a nonsurgical treatment done soon after birth is also advocated. This treatment aims at improving both the cosmetic and functional outcomes in these children through early intervention. The larger RCT thus, seeks to test the effectiveness of NAM in improving surgical treatment outcomes in such children. Given our limited understanding of the psychological and socio-cultural issues that may seriously affect the well being of families and the children we propose to undertake a qualitative study to explore and better understand these contexts and issues. Through the use of Grounded Theory approach we will seek to develop a comprehensive care and support programme that will address the needs of parents of such children.

In pursuit of this we initially carried out a pilot study involving interviews with parents of children with CLP. A total of 11 interviews with parents were carried out. Parents were recruited from the outpatient's unit of the plastic surgery department in SRMC. Selection of participants was done purposively. More specifically, we applied the principle of theoretical sampling and were guided by issues identified in the interviews. We also applied the principle of constant comparison which enabled us to explore issues identified in an interview in the next interview that was carried out. All interviews were audio recorded after obtaining the permission of the participants. These were then transcribed and loaded into NVIVO software, used for analysis of qualitative data. Coding of data has been completed and we are in the process of interpretation of the findings and manuscript preparation.

In the next phase we will undertake qualitative interviews with a sub-sample of parents of children with CLP recruited to participate in the RCT that will test the effectiveness of NAM. Participating centres are from across different regions in India, namely, Punjab, Maharashtra, Gujarat, Karnataka and Tamil Nadu. We will purposively select parents from both the intervention and control arm to explore their perceptions on the NAM procedures, its benefits, challenges, difficulties in complying with treatment procedures, cost of care etc.

2. Determining the effects of protective suicide content in the print media in India. Phase I: Cultural Validation of Scales to Measure Suicide Related Knowledge, Attitudes, Coping and Stigma (October 2021 – March 2022)

Dr Gregory Armstrong is a Senior Research Fellow and NHMRC Early Career Fellow Nossal Institute for Global Health at the Melbourne School of Population and Global Health Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne. He is the overall Principal Investigator for a study titled, "Determining the effects of protective suicide content in the print media in India" funded by the American Foundation for Suicide Prevention (AFSP). Dr. Lakshmi Vijayakumar, consultant psychiatrist and founder Sneha, is the PI from India. The execution of the study in the city of Chennai has been sub-contracted to Samarth, with Dr. Shuba Kumar and Rani Mohanraj as co-investigators. Ethics approval for the study was obtained from the IEC of the Schizophrenia Research Foundation (SCARF).

The first component of this study is the cultural validation of scales to measure suicide related knowledge, attitudes, coping and stigma among Tamil speaking youth aged 18-29 years. The specific scales to be validated are:

- ❖ Reasons for Living Scale (RFLS)
- ❖ Literacy of Suicide Scale (LOSS)
- ❖ Suicide Stigma Assessment Scale
- ❖ Attitudes Towards Suicide Questionnaire
- ❖ General Help-Seeking Questionnaire (GHSQ) – Only Tamil translation and back translation

8. Online course on Analysis of Qualitative Data - Thematic Analysis, 7th February to 8th February 2022

## PUBLICATIONS

Kumar S, Mohanraj R, Dhingra B, Agarwal M, Suresh S. Optimizing Care-Seeking for Childhood Pneumonia: A Public Health Perspective. *Indian Pediatr.* 2021 Nov 15;58(11):1030-1035. PMID: 34837362.

Kumar S, Mohanraj R, Lidiya A, Karthikeyan D, Kannan L, Azariah F, et al. Exploring Perspectives on Mental Well-Being of Urban Youth from a City in South India. *World Soc Psychiatry* 2021;3:87-91.

Mohanraj R, Kumar S, Agarwal M, Dhingra B, Suresh S (2022) Exploring the challenges in the management of childhood pneumonia-qualitative findings from health care providers from two high prevalence states in India. *PLOS Glob Public Health* 2(8): e0000632. <https://doi.org/10.1371/journal.pgph.0000632>

Ganesh A, Muthu MS, Padmanabhan R, Nuvvula S, Jebaraj B, Mohanraj R. Feeding At Sleep Time (FeAST) Scale: Assessing Risk for Developing Early Childhood Caries in South Indian Toddlers. *Pediatr Dent.* 2022 Mar 15;44(2):99-107. PMID: 354847

Kroeger C, Kumar S, Mohanraj R, Kundem S, Bärnighausen K, Sudharsanan N. Understanding low mobilization for non-communicable diseases among people living with NCDs: A qualitative study on hypertension in urban South India. *Soc Sc & Med*, 2021 vol 291, <https://doi.org/10.1016/j.socscimed.2021.114472>.

## Profile of FOUNDER MEMBERS

L. Jeyaseelan has a doctorate in Biostatistics. He served as Professor at Department of Biostatistics at Christian Medical College (CMC), Vellore and following retirement has taken up the position of Prof. of Biostatistics at the Mohammed Bin Rashid University of Medicine and Health (MBRU) in Dubai. He was trained in Epidemiology and Biostatistics at the University of Newcastle, Australia under the INCLEN (International Clinical Epidemiology Network). He had established the Biostatistics Research and Training Centre (BRTC) and a Clinical Data Management Centre (CDMC) at CMC, Vellore for high quality data analyses and management.

Shuba Kumar is a Social Scientist and holds a doctorate in Medical and Social Psychiatry from the Tamil Nady Dr. MGR Medical University, Chennai. She received her training in Social Science and Epidemiology from the University of Newcastle, Australia under the INCLEN (International Clinical Epidemiology Network) programme. She has been a lead investigator on research projects on women's



This is a collaborative study between three centers, namely the University of Sheffield, the Department of Diabetes Food Technology, a Unit of Department of Foods Nutrition and Dietetics Research, MDRF and Samarth. The PI is Dr Manoj Menon, Lecturer, Department of Geography at the University of Sheffield, with Dr. Shobana Shanmugam, Senior Scientist and Head, Department of Diabetes Food Technology-MDRF and Dr. Shuba Kumar, Social Scientist, Samarth as co-investigators. The study is funded by the Science and Technology Facilities Council (STFC), UK. The objectives of the study are to determine rice type preferences, perceptions, barriers and drivers to consumption amongst adults with type

2 diabetes living in Chennai, India. The process of obtaining ethical approvals and HMSC clearances are underway.

3. Model development and qualitative data synthesis of the Channels and Actors Project. (November 25, 2022- January 15, 2023)

CitiesRISE, in collaboration with Fairleigh Dickinson University, USA are carrying out research that explores how young people engage with mental health information, with a view toward building a generic model. This project is funded by Hopelab. The objective of this work is to contribute to the final model development and qualitative data synthesis of the Channels and Actors Project. Samarth will be contracted by Cities Rise through their India partner Ennovent to undertake the qualitative analysis and develop the consolidated report on data arising from the US.

#### SOCIAL SCIENCE TRAINING PROGRAMMES

Online Social Science training Programmes organized by Samarth for which Samarth faculty have been resource persons during the period 2021 – 2022 are listed below:

1. Online Qualitative Research Methods and Analysis workshop 17th – 22<sup>nd</sup> May 2021
2. Online Instrument Development Workshop 14<sup>th</sup> – 19<sup>th</sup> June 2021
3. Online Qualitative Research Methods and Analysis workshop 23<sup>rd</sup> – 26<sup>th</sup> August 2021
4. Online Workshop on - Analysis of Qualitative Data - The Framework Analytical Approach 6th - 7th September & 13 - 14th September 2021
5. Online Qualitative workshop on Research Methods and Analysis, 4th - 5th October & 27th - 29th October 2021. Department of Psychology, Periyar University, Salem, TN.
6. Online Workshop on Instrument Development, 8th November to 11th November 2021
7. Online Foundation Course on Qualitative Research Methods, 17th January to 20th January 2022

The protocol for scale validation was developed by Samarth and approved by Dr. Armstrong. Once the scales were translated into Tamil, cognitive interviews were carried out with a purposively selected sample of 20 youth. The interviews were done online and provided information on the adequacy of the Tamil translations; whether the questionnaires were understood properly and whether each question was both relevant and meaningful. Once this process was completed, we made necessary modifications to the translations based on inputs from the cognitive interviews. We assessed content validity by giving the scales to 5 mental health experts who were asked to provide feedback on the cultural relevance, clarity, essentiality and appropriateness of each question in each scale and lastly provide any recommendations to scale improvement. The content validity index or CVI was computed using both Item-CVI (I-CVI) and Scale-level-CVI (S-CVI). I-CVI was computed as the number of experts giving a rating of “very relevant” for each item divided by the total number of experts. Values can range from 0 to 1. Where I-CVI > 0.7 it means that the item is relevant, between 0.70 and 0.79, the item needs revisions, and if the value is below 0.70 the item is eliminated. Similarly, S-CVI was calculated using the number of items in a scale that achieved a rating of “very relevant”. We then calculated the Content validity Index (CVI) for the respective sub-domains in each scale. Overall the S-CVI was good for each of the domains in the scale. Some items in a few of the scales had low I-CVI scores indicative of its low cultural relevance or inadequate translation. Necessary modifications to the translations were made and the questionnaire was made available to youth in colleges and work places for assessment of reliability (test re-test and Cronbach's alpha). This process is underway. Simultaneously, we also began the process of obtaining FCRA clearance for the main study which too is in process.

**3. Channels and Actors Project :** How do young people in low- and middle-income countries (LMICs) connect with mental health science? (1<sup>st</sup> Sept 2021-February 2022; 1<sup>st</sup> February 2022- 31<sup>st</sup> May 2022)

The Schizophrenia Research Foundation partnered with Cities Rise (A global platform committed to transforming the state of mental health policy and practice in cities and beyond to meet the mental health needs of populations across the world) to undertake a multi country research study that looked at youth mental health and well being. In addition to the Chennai site from India, other participating countries were Kenya, Rwanda and South Africa. Funded by the Wellcome Trust, Dr. R. Thara (SCARF) and Dr. Suresh Kumar (consultant psychiatrist) were the principal investigators for the India site. Samarth was sub-contracted by SCARF to oversee the conduct and analysis of the qualitative component which included; training and mentoring of the field teams across the 4 countries to carry out interviews; developing the study guides and analysis of the India site data (Period- Sept 2021 – Feb 2022). A second component which involved undertaking cross country comparisons of the qualitative data and helping develop a generic model along the lines of the Consumer Decision Journey (CDJ-a model originally developed by a management consulting company which reflects the customer buying process) was directly sub-contracted by CitiesRise to Samarth (Feb. 2022- May 2022).

At the India site a total of 24 interviews were carried out with youth participants by SCARF research assistants. One interview each was also done with a parent, a teacher, a school counsellor, a peer and a psychologist. Our analytical approach involved the use of thematic analysis as developed by Braun and Clarke. We identified five themes of analysis, namely, 1) Narratives around mental health and well being, 2) Coping with mental health struggles-what works, 3) Seeking mental health information, 4) Seeking mental health care, 5) What can help mental health of young people.

Key findings were that, understanding of mental health was largely poor; depression, stress, feeling anxious and fearful were commonly reported, the triggers for which usually were, romantic break-ups, family conflicts, academic pressures, societal and family expectations; coping strategies commonly used ranged from trying to self-manage their distress by listening to music, engaging in games to seeking support from, family and friends; seeking mental health related information was particularly seen among those who had a problem for which they began to look for solutions; the decision to seek mental health care was long and arduous with individuals having to first overcome both intrinsic (stigma, guilt, fear) and extrinsic (cost of care, availability and accessibility issues) barriers. The final report has been submitted to SCARF and we are awaiting feedback on the report.

**4. Mentoring CMC-PG students** (August 2021-October 2022) Dr. Thambu David, Head of the department of Medicine in CMC-Vellore requested Drs. Shuba Kumar and Rani Mohanraj to mentor two of his MD students, Dr. Sakshi and Dr. Jahanavi. The students had undertaken to carry out a qualitative research study as part of their MD thesis work. Their studies were titled, "Qualitative study on perceptions of quality of care in an ICU" and "Qualitative study on perceptions of quality of care in the medical ward", respectively. In addition to training them on qualitative research methods and analysis, the students were given guidance on development of their study guides and were provided feedback on the quality of their interviews with suggestions on how to improve their interviewing skills. Two visits were made to Vellore, the first was during data collection and the second to help the students develop their coding framework. The students made one visit to Samarth office in Chennai to discuss the writing up and presentation of findings. The draft thesis was reviewed and extensive feedback was provided by the Samarth mentors. The students are in the process incorporating the suggestions and recommendations and finalising their thesis reports.

## COMPLETED RESEARCH PROJECTS

1. Multi-centre statistical and economic modeling study of risk-based stratified and personalised screening for diabetes and its complications in India (SMART India Study) Study led by Vision Research Foundation, Sankara Nethralaya (October 2020 – Aug. 2021)

This multi-centric study led by Professor Sobha Sivaprasad of the NIHR Moorfields Biomedical Research Centre Moorfields Eye Hospital NHS Foundation, UK aimed to develop practical and affordable models to (a) diagnose people with diabetes and pre-diabetes and (b) identify those at risk of diabetes complications (namely Sight Threatening Diabetic Retinopathy) so that these models can be applied to the population in low and middle-income countries (LMIC) where laboratory tests are unaffordable. The qualitative component had been sub-contracted to Samarth. The eight sites who participated in the qualitative component were Chennai, Cochin, Hyderabad, Bhuvaneshwar, Haldia, Mumbai, Raipur and Guwahati. Following training of the research team, data collection began in each site. Our original sample size included 48 with patients, 32 with family caregivers and 16 with health care providers (total of 96 participants). However, the lockdown imposed by the government in the wake of the COVID-19 pandemic, seriously affected data collection in the respective sites. The research team found it difficult to get eligible patients and their caregivers to participate in the interviews despite repeated requests and calls to participate. Many of the health care providers who had originally participated in the study had moved out. Data collection was finally stopped after July 2021 at which point we had managed to complete 20 interviews with patients, 10 with family caregivers and 11 with health care providers (total= 41) all sites inclusive. The audio recorded interviews were transcribed, translated into English where necessary and sent by email to Samarth where they were entered into NVIVO for analysis. The process of coding and interpretation of data was completed and a manuscript prepared and submitted to PLOS one for favour of publication. The process of review is underway

## PROJECTS IN THE PIPELINE

1. Effect of COVID-19 on the Incidence of TB in Tamil Nadu in Collaboration with SAATHI (Solidarity and Action Against The HIV Infection in India) (1<sup>st</sup> May 2022 to 30<sup>th</sup> Sept 2022)

SAATHI is implementing an operational research study titled, "Study on Effect of COVID-19 on the Incidence of Tuberculosis in Tamil Nadu" under the Operational Research Programme-Tamil Nadu Health System Reform Programme (ORP-TNHSRP) with IIT-Madras as a nodal agency for implementation. This OR project involves secondary data from across the state while the primary data collection is planned in six districts, namely, Kancheepuram, Coimbatore, Tiruchirappalli, Villupuram, Madurai and Dharmapuri. Samarth team has been engaged as the Qualitative Research Consultants and will assist with data collection, review of interview transcripts and analysis of data.

2. The potential of brown rice for improving health : Investigating the bio-accessibility of its key constituents, and barriers and drivers to consumption (1<sup>st</sup> April 2022- 31<sup>st</sup> March 2023)