

South Africa

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AHRI:Sesikhona! (we are here) mental health

Study Documentation

December 4, 2025

Metadata Production

Metadata Producer(s)	Africa Health Research Institute (AHRI)
Identification	DDI.AHRI.Sesikhona.Mental.Health.Survey

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AHRI:Sesikhona! (we are here) mental health

Overview

Identification	AHRI.Sesikhona.Mental.Health.Survey
Version	v1.0.0
Abstract	
<p>The Sesikhona study is the first of its kind study using smartphone-based GPS technology to record ultra-high resolution mobility patterns of over 200 young adults aged 20-30 years in rural KwaZulu Natal. The study seeks to identify distinct movement typologies within this highly mobile, HIV hyper-endemic population and to quantify travel in and out of known high-risk locations, with the long-term goal of developing a location-intelligent smartphone intervention that delivers real-time, precision messaging to individuals at heightened risk of HIV acquisition, transmission or treatment interruption. Conducted in three phases between 2021 and 2025, the study used the Avicenna Research Platform to collect GPS and survey data. Between 2023 and 2025, consenting individuals self-completed mental health surveys bi-weekly and monthly to explore the role of psychological well-being related to depression (PHQ-2: 22760), anxiety (GAD-2: 22761), stress (PSS-4: 22762), alcohol use (AUDIT-C: 22763) or trauma (PC-PTSD-5: 22764) and understand how mental health affects HIV risk and engagement with HIV care services</p>	
Kind of Data	Survey data
Unit of Analysis	Young adults aged 20-30 years old

Scope & Coverage

Keywords	Human mobility, HIV, GPS technology, digital technology, mental health
Topics	GPS technology, smartphone-based GPS, human mobility, young adults, HIV, mobile health, digital technology, mental health
Time Period(s)	2024-2025
Countries	South Africa
Geographic Coverage	
Residents from uMkhanyakude in KwaZulu Natal but move anywhere in South Africa	
Universe	
A random sample of adults aged 20-30 years old who were resident in Southern PIPSA, participated in the 2019 HIV surveillance and consented to participate in Sesikhona study and opted in for the mental health surveys	

Producers & Sponsors

Primary Investigator(s)	Prof. Frank Tanser(Principal Investigator), Africa Health Research Institute/ Stellenbosch University Prof Adrian Dobra, University of Washington Prof Till Barnighausen, Africa Health Research Institute/Medical Faculty and University Hospital, Heidelberg University, Heidelberg Institute of Global Health, Heidelberg, Germany
Other Producer(s)	Africa Health Research Institute (AHRI)
Funding Agency/ies	National Institute of Health (NIH) , Funder German Science Foundation (DFG) , Funder Academy of Medical Sciences Newton Fund (NAF) , Funder

Sampling

Sampling Procedure

Participants were randomly selected from the 2019 AHRI HIV surveillance program if they were aged 20-30 years old and had participated in the HIV survey in 2019 and were resident members in the southern PIP and owned a smartphone that supported the study app.

Data Collection

Data Collection Dates	start 2024-09-01 end 2025-06-30
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Data Processing & Appraisal**Data Editing**

Mental health survey responses from Sesikhona participants via the Avicenna app

Accessibility**Access Conditions**

Access to the data requires accurate completion of the online data access application form accessible on the AHRI Data repository (<<https://data.ahri.org/>>). Data users are required to abide by the data use conditions stipulated on the application for access to the data. Failure to do so may result in their data access privileges being revoked by the Data Custodian. In order to recognise the effort and intellectual contributions of AHRI investigators in producing and curating the data, users of AHRI data must acknowledge the source of the data and abide by the terms and conditions under which the data is accessed and must cite the dataset in publication using the citation provided as part of this documentation. All analytical datasets published on the AHRI Data Repository are assigned digital object identifier (DOIs) and the DOIs can be found on the Data Repository under Study Description tab - Access policy. AHRI data users are required to always cite the dataset using the relevant DOI.

Citation Requirements

Tanser, F., Dobra, A., & Barnighausen, T. (2025). AHRI:Sesikhona! (we are here) mental health [Data set]. Africa Health Research Institute.

DOI: <https://doi.org/10.23664/AHRI.SESIKHONA.MENTAL.HEALTH.SURVEY>

Files Description

Dataset contains 5 file(s)

AHRI.Sesikhona.Mental.Health.AUDIT C.Survey.2025.v1	
# Cases	488
# Variable(s)	7

AHRI.Sesikhona.Mental.Health.GAD.Survey.2025.v1	
# Cases	946
# Variable(s)	6

AHRI.Sesikhona.Mental.Health.PC PTSD.Survey.2025.v1	
# Cases	88
# Variable(s)	10

AHRI.Sesikhona.Mental.Health.PHQ.Survey.2025.v1	
# Cases	943
# Variable(s)	6

AHRI.Sesikhona.Mental.Health.PSS.Survey.2025.v1	
# Cases	488
# Variable(s)	8

Variables List

Dataset contains 37 variable(s)

File AHRI.Sesikhona.Mental.Health.AUDIT C.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	pid_22763	Participant ID	continuous	numeric-12.0	488	0	-
2	sched_time	Scheduled Time	discrete	character-11	488	-	-
3	saq2_22763	How often do you have a drink containing alcohol?	discrete	numeric-12.0	488	0	-
4	saq3_22763	How many drinks containing alcohol do you have on a typical day when you are drin	discrete	numeric-12.0	487	1	-
5	saq4_22763	How often do you have six or more drinks on one occasion?	discrete	numeric-12.0	487	1	-
6	record_t..	Record Time 22763	discrete	character-11	488	-	-
7	status_2 ..	Status 22763	discrete	numeric-12.0	488	0	-

File AHRI.Sesikhona.Mental.Health.GAD.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	pid_22761	Participant ID	continuous	numeric-12.0	946	0	-
2	sched_time	Scheduled Time	discrete	character-11	946	-	-
3	saq1_22761	Feeling nervous, anxious, or on edge	discrete	numeric-12.0	946	0	-
4	saq2_22761	Not being able to stop or control worrying	discrete	numeric-12.0	944	2	-
5	record_t..	Record Time 22761	discrete	character-11	946	-	-
6	status_2 ..	Status 22761	discrete	numeric-12.0	946	0	-

File AHRI.Sesikhona.Mental.Health.PC PTSD.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	pid_22764	Participant ID	continuous	numeric-12.0	88	0	-
2	sched_time	Scheduled Time	discrete	character-11	88	-	-
3	saq1_22764	Have you ever experienced this kind of event?	discrete	numeric-12.0	88	0	-
4	saq2_22764	Had nightmares about the event(s) or thought about the event(s) when you did not	discrete	numeric-12.0	32	56	-
5	saq3_22764	Tried hard not to think about the event(s) or went out of your way to avoid situa	discrete	numeric-12.0	32	56	-
6	saq4_22764	Been constantly on guard, watchful, or easily startled?	discrete	numeric-12.0	32	56	-
7	saq5_22764	Felt numb or detached from people, activities, or your surroundings?	discrete	numeric-12.0	32	56	-

File AHRI.Sesikhona.Mental.Health.PC PTSD.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
8	saq6_22764	Felt guilty or unable to stop blaming yourself or others for the event(s) or any	discrete	numeric-12.0	32	56	-
9	record_t_..	Record Time 22764	discrete	character-11	88	-	-
10	status_2_..	Status 22764	discrete	numeric-12.0	88	0	-

File AHRI.Sesikhona.Mental.Health.PHQ.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	pid_22760	Participant ID	continuous	numeric-12.0	943	0	-
2	sched_time	Schedule Time	discrete	character-11	943	-	-
3	saq1_22760	Little interest or pleasure in doing things	discrete	numeric-12.0	943	0	-
4	saq2_22760	Feeling down, depressed, or hopeless	discrete	numeric-12.0	941	2	-
5	record_t_..	Record Time 22760	discrete	character-11	943	-	-
6	status_2_..	Status 22760	discrete	numeric-12.0	943	0	-

File AHRI.Sesikhona.Mental.Health.PSS.Survey.2025.v1							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	pid_22762	Participant ID	continuous	numeric-12.0	488	0	-
2	sched_time	Scheduled Time	discrete	character-11	488	-	-
3	saq1_22762	felt that you were unable to control the important things in your life?	discrete	numeric-12.0	488	0	-
4	saq2_22762	felt confident about your ability to handle your personal problems?	discrete	numeric-12.0	487	1	-
5	saq3_22762	felt that things were going your way?	discrete	numeric-12.0	487	1	-
6	saq4_22762	felt difficulties were piling up so high that you could not overcome them?	discrete	numeric-12.0	486	2	-
7	record_t_..	Record Time 22762	discrete	character-11	488	-	-
8	status_2_..	Status 22762	discrete	numeric-12.0	488	0	-

Variables Description

Dataset contains 37 variable(s)

File : AHRI.Sesikhona.Mental.Health.AUDIT C.Survey.2025.v1

pid_22763: Participant ID

Information [Type= continuous] [Format=numeric] [Range= 39636-100921] [Missing=*]

Statistics [NW/ W] [Valid=488 /-] [Invalid=0 /-] [Mean=52139.992 /-] [StdDev=12099.164 /-]

sched_time: Scheduled Time

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=488 /-]

saq2_22763: How often do you have a drink containing alcohol?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=488 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Never	258	52.9%
1	Monthly or less	123	25.2%
2	2 - 4 times per month	71	14.5%
3	2 - 3 times per week	27	5.5%
4	4+ times per week	9	1.8%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq3_22763: How many drinks containing alcohol do you have on a typical day when you are drin

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=487 /-] [Invalid=1 /-]

Value	Label	Cases	Percentage
0	1 - 2	365	74.9%
1	3 - 4	75	15.4%
2	5 - 6	30	6.2%
3	7 - 9	6	1.2%
4	10+	11	2.3%
Sysmiss		1	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq4_22763: How often do you have six or more drinks on one occasion?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=487 /-] [Invalid=1 /-]

Value	Label	Cases	Percentage
0	Never	288	59.1%
1	Less than monthly	115	23.6%
2	Monthly	40	8.2%
3	Weekly	35	7.2%
4	Daily or almost daily	9	1.8%
Sysmiss		1	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

record_time_22763: Record Time 22763

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=488 /-]

File : AHRI.Sesikhona.Mental.Health.AUDIT C.Survey.2025.v1

status_22763: Status 22763

Information [Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]

Statistics [NW/ W] [Valid=488 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Unknown	0	
1	Completed	487	99.8%
2	Canceled	1	0.2%
3	Expired	0	
4	Blocked	0	
5	Invalid Criteria	0	
6	In Progress	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : AHRI.Sesikhona.Mental.Health.GAD.Survey.2025.v1

pid_22761: Participant ID

Information [Type= continuous] [Format=numeric] [Range= 39636-95065] [Missing=*]

Statistics [NW/ W] [Valid=946 /-] [Invalid=0 /-] [Mean=51842.798 /-] [StdDev=11834.214 /-]

sched_time: Scheduled Time

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=946 /-]

saq1_22761: Feeling nervous, anxious, or on edge

Information [Type= discrete] [Format=numeric] [Range= 0-3] [Missing=*]

Statistics [NW/ W] [Valid=946 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Not at all	490	51.8%
1	Several days	286	30.2%
2	More than half the days	135	14.3%
3	Nearly every day	35	3.7%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq2_22761: Not being able to stop or control worrying

Information [Type= discrete] [Format=numeric] [Range= 0-3] [Missing=*]

Statistics [NW/ W] [Valid=944 /-] [Invalid=2 /-]

Value	Label	Cases	Percentage
0	Not at all	432	45.8%
1	Several days	291	30.8%
2	More than half the days	160	16.9%
3	Nearly every day	61	6.5%
Sysmiss		2	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

record_time_22761: Record Time 22761

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=946 /-]

status_22761: Status 22761

Information [Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]

Statistics [NW/ W] [Valid=946 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Unknown	0	
1	Completed	945	99.9%
2	Canceled	1	0.1%
3	Expired	0	
4	Blocked	0	
5	Invalid Criteria	0	
6	In Progress	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : AHRI.Sesikhona.Mental.Health.PC PTSD.Survey.2025.v1

pid_22764: Participant ID

Information [Type= continuous] [Format=numeric] [Range= 39636-95065] [Missing=*]

Statistics [NW/ W] [Valid=88 /-] [Invalid=0 /-] [Mean=52087.08 /-] [StdDev=11734.08 /-]

sched_time: Scheduled Time

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=88 /-]

saq1_22764: Have you ever experienced this kind of event?

Information [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]

Statistics [NW/ W] [Valid=88 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	Yes	32	36.4%
2	No	56	63.6%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq2_22764: Had nightmares about the event(s) or thought about the event(s) when you did not

Information [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]

Statistics [NW/ W] [Valid=32 /-] [Invalid=56 /-]

Value	Label	Cases	Percentage
1	Yes	20	62.5%
2	No	12	37.5%
Sysmiss		56	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq3_22764: Tried hard not to think about the event(s) or went out of your way to avoid situa

Information [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]

Statistics [NW/ W] [Valid=32 /-] [Invalid=56 /-]

Value	Label	Cases	Percentage
1	Yes	24	75.0%
2	No	8	25.0%
Sysmiss		56	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq4_22764: Been constantly on guard, watchful, or easily startled?

Information [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]

Statistics [NW/ W] [Valid=32 /-] [Invalid=56 /-]

Value	Label	Cases	Percentage
1	Yes	16	50.0%
2	No	16	50.0%
Sysmiss		56	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq5_22764: Felt numb or detached from people, activities, or your surroundings?

Information [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]

Statistics [NW/ W] [Valid=32 /-] [Invalid=56 /-]

File : AHRI.Sesikhona.Mental.Health.PC PTSD.Survey.2025.v1

saq5_22764: Felt numb or detached from people, activities, or your surroundings?

Value	Label	Cases	Percentage
1	Yes	18	56.2%
2	No	14	43.8%
System Miss		56	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq6_22764: Felt guilty or unable to stop blaming yourself or others for the event(s) or any

Information	[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]
Statistics [NW/ W]	[Valid=32 /-] [Invalid=56 /-]

Value	Label	Cases	Percentage
1	Yes	15	46.9%
2	No	17	53.1%
System Miss		56	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

record_time_22764: Record Time 22764

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=88 /-]

status_22764: Status 22764

Information	[Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]
Statistics [NW/ W]	[Valid=88 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Unknown	0	
1	Completed	88	100.0%
2	Canceled	0	
3	Expired	0	
4	Blocked	0	
5	Invalid Criteria	0	
6	In Progress	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : AHRI.Sesikhona.Mental.Health.PHQ.Survey.2025.v1

pid_22760: Participant ID

Information [Type= continuous] [Format=numeric] [Range= 39636-95065] [Missing=*]

Statistics [NW/ W] [Valid=943 /-] [Invalid=0 /-] [Mean=51862.609 /-] [StdDev=11852.343 /-]

sched_time: Schedule Time

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=943 /-]

saq1_22760: Little interest or pleasure in doing things

Information [Type= discrete] [Format=numeric] [Range= 0-3] [Missing=*]

Statistics [NW/ W] [Valid=943 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Not at all	475	50.4%
1	Several days	303	32.1%
2	More than half the days	120	12.7%
3	Nearly every day	45	4.8%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq2_22760: Feeling down, depressed, or hopeless

Information [Type= discrete] [Format=numeric] [Range= 0-3] [Missing=*]

Statistics [NW/ W] [Valid=941 /-] [Invalid=2 /-]

Value	Label	Cases	Percentage
0	Not at all	394	41.9%
1	Several days	319	33.9%
2	More than half the days	164	17.4%
3	Nearly every day	64	6.8%
Sysmiss		2	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

record_time_22760: Record Time 22760

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=943 /-]

status_22760: Status 22760

Information [Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]

Statistics [NW/ W] [Valid=943 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Unknown	0	
1	Completed	941	99.8%
2	Canceled	1	0.1%
3	Expired	1	0.1%
4	Blocked	0	
5	Invalid Criteria	0	
6	In Progress	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : AHRI.Sesikhona.Mental.Health.PSS.Survey.2025.v1

pid_22762: Participant ID

Information [Type= continuous] [Format=numeric] [Range= 39636-95065] [Missing=*]

Statistics [NW/ W] [Valid=488 /-] [Invalid=0 /-] [Mean=51949.959 /-] [StdDev=11775.133 /-]

sched_time: Scheduled Time

Information [Type= discrete] [Format=character] [Missing=*]

Statistics [NW/ W] [Valid=488 /-]

saq1_22762: felt that you were unable to control the important things in your life?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=488 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Never	198	40.6%
1	Almost Never	65	13.3%
2	Sometimes	189	38.7%
3	Fairly Often	19	3.9%
4	Very Often	17	3.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq2_22762: felt confident about your ability to handle your personal problems?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=487 /-] [Invalid=1 /-]

Value	Label	Cases	Percentage
0	Never	138	28.3%
1	Almost Never	61	12.5%
2	Sometimes	193	39.6%
3	Fairly Often	50	10.3%
4	Very Often	45	9.2%
Sysmiss		1	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq3_22762: felt that things were going your way?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=487 /-] [Invalid=1 /-]

Value	Label	Cases	Percentage
0	Never	120	24.6%
1	Almost Never	58	11.9%
2	Sometimes	226	46.4%
3	Fairly Often	50	10.3%
4	Very Often	33	6.8%
Sysmiss		1	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

saq4_22762: felt difficulties were piling up so high that you could not overcome them?

Information [Type= discrete] [Format=numeric] [Range= 0-4] [Missing=*]

Statistics [NW/ W] [Valid=486 /-] [Invalid=2 /-]

File : AHRI.Sesikhona.Mental.Health.PSS.Survey.2025.v1

saq4_22762: felt difficulties were piling up so high that you could not overcome them?

Value	Label	Cases	Percentage
0	Never	147	30.2%
1	Almost Never	84	17.3%
2	Sometimes	189	38.9%
3	Fairly Often	44	9.1%
4	Very Often	22	4.5%
Sysmiss		2	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

record_time_22762: Record Time 22762

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=488 /-]

status_22762: Status 22762

Information	[Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]
Statistics [NW/ W]	[Valid=488 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	Unknown	0	
1	Completed	486	99.6%
2	Canceled	2	0.4%
3	Expired	0	
4	Blocked	0	
5	Invalid Criteria	0	
6	In Progress	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.