

PRAMS Social Determinants of Health (SDOH) Supplemental Module

PRAMS Social Determinants of Health Supplemental Module: English Web

Attachment 11b – PRAMS Social Determinants of Health Supplement_English and Spanish Web

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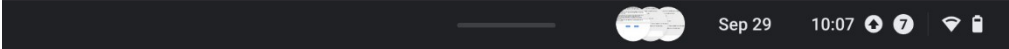
These next questions are about you.

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S1. What is your living situation today?

Check ONE answer

☐ I have a steady place to live

☐ I have a place to live today, but I am worried about losing it in the future

☐ I do not have a steady place to live (I am temporarily staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, abandoned building, bus or train station, or in a park)

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S2. During the last 12 months, was there a time when you were not able to pay your mortgage, rent, or utility bills?

☐ No

☐ Yes

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S3. During the last 12 months, how often did the food that you bought not last, and you didn't have money to get more? Was that ...

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

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S4. During the last 12 months, how often were you unable to afford to eat balanced meals? A balanced meal includes all the types of food that you think should be in a healthy meal. For example, a starch like potatoes or rice, vegetables or fruit, and some protein like meat, fish, cheese, or eggs.

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

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S5. During the last 12 months, has lack of reliable transportation kept you from medical appointments, meetings, work, or from getting things needed for daily living?

No

Yes

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S6. During the last 12 months, how often did your doctors, nurses, or other health providers explain things about your health in a way that was easy to understand?

☐

 Always

☐

 Usually

☐

 Sometimes

☐

 Rarely

☐

 Never

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. S7. Since your new baby was born, have you felt that you needed mental health services such as counseling, medications, or support groups to help with feelings of anxiety, depression, grief, or other issues?

☐ No

☐ Yes

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Sep 29 10:10 7





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S8. Were you able to get the mental health services that you needed?

☐ No

☐ Yes

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Sep 29 10:10 7





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S9. Which of these statements explains why you did not get the mental health services you needed?

	No	Yes
I couldn't afford the cost	☐	☐
My health insurance does not cover any type of mental health treatment or counseling	☐	☐
My health insurance does not pay enough for mental health treatment or counseling	☐	☐
I did not know where to go to get services	☐	☐
I was concerned that the information I gave the counselor might not be kept confidential	☐	☐
I didn't want others to find out that I needed treatment	☐	☐
I was concerned that I might be committed to a psychiatric hospital	☐	☐
I was concerned that I might have to take medicine	☐	☐
I had no transportation, or treatment was too far away, or the hours were not convenient	☐	☐
I didn't have time (because of job, childcare, or other commitments)	☐	☐
Some other reason	☐	☒

Please tell us:





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S10. During your life, how often have you felt that you were treated badly or unfairly because of your race or ethnicity?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

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Sep 29 10:11 7

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S11. During the last 12 months, how often would you say you get the social and emotional support you need?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

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S12. Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because their mind is troubled all the time. Within the last 30 days, how often have you felt this kind of stress?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

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Las siguientes preguntas son acerca de usted.

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Oct 3 10:33 4



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S1. ¿Cuál es su situación de vivienda hoy?

Marque UNA respuesta

☐ Tengo un lugar estable para vivir

☐ Tengo un lugar para vivir hoy, pero me preocupa perderlo en el futuro

☐ No tengo un lugar estable para vivir (me estoy quedando por un tiempo con otras personas, en un hotel, en un refugio, viviendo afuera en la calle, en una playa, en un automóvil, en un edificio abandonado, en una estación de autobús o de tren, o en un parque)

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S2. Durante los últimos 12 meses, ¿hubo algún momento en el que no pudo pagar su hipoteca, renta, alquiler o las facturas de servicios?

☐ No

☐ Sí

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S3. Durante los últimos 12 meses, ¿con qué frecuencia no duraban los alimentos que compraba y no tuvo dinero para comprar más? Ha sido ...

☐ Siempre

☐ Usualmente

☐ A veces

☐ Rara vez

☐ Nunca

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S4. Durante los últimos 12 meses, ¿con qué frecuencia no pudo comer comidas balanceadas porque era muy costoso? Una comida balanceada incluye todos los tipos de alimentos que usted cree que deberían ser parte de una comida saludable. Por ejemplo, alimentos con almidón como papas o arroz, vegetales o frutas y alguna proteína como carne, pescado, queso o huevos.

☐ Siempre

☐ Usualmente

☐ A veces

☐ Rara vez

☐ Nunca

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S5. Durante los últimos 12 meses, ¿el no tener un modo de transportación con el que usted pudiera contar le ha impedido ir a citas médicas, reuniones, el trabajo o conseguir las cosas necesarias para la vida diaria?

☐ No

☒ Sí

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S6. Durante los últimos 12 meses, ¿con qué frecuencia su doctor, enfermera u otros profesionales de la salud le han explicado cosas sobre su salud en una manera fácil de entender?

☐ Siempre

☐ Usualmente

☐ A veces

☐ Rara vez

☐ Nunca

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S7. Desde que nació su nuevo bebé, ¿ha sentido que ha necesitado servicios de salud mental como consejería, medicamentos o grupos de apoyo para ayudarle con sus sentimientos de ansiedad, depresión, dolor u otros problemas?

☐ No

☐ Sí

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S8. ¿Ha podido obtener los servicios de salud mental que necesitaba?

☐ No

☐ Sí

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S9. ¿Cuál de estas afirmaciones explica por qué no recibió los servicios de salud mental que necesitaba?

	No	Sí
No podía pagar lo que costaba	☐	☐
Mi seguro médico no cubre los tratamientos o la consejería de salud mental	☐	☐
Mi seguro médico no paga lo suficiente por el tratamiento o la consejería de salud mental	☐	☐
No sabía a donde ir para obtener servicios	☐	☐
Me preocupaba que la información que le daría al consejero no se mantuviera confidencial	☐	☐
No quería que otros supieran que necesitaba tratamiento	☐	☐
Me preocupaba que me internaran en un hospital psiquiátrico	☐	☐
Me preocupaba que tuviera que tomar medicamentos	☐	☐
No tenía transporte, el tratamiento estaba demasiado lejos o el horario no era conveniente	☐	☐
No tenía tiempo (por el trabajo, cuidado de niños u otros compromisos)	☐	☐
Otra razón	☐	☒

Por favor, escríbala:

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S10. A través de su vida, ¿con qué frecuencia ha sentido que ha sido tratada mal o injustamente por su raza u origen étnico?

☐ Siempre

☐ Usualmente

☐ A veces

☐ Rara vez

☐ Nunca

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S11. Durante los últimos 12 meses, ¿con qué frecuencia diría usted que obtuvo el apoyo social y emocional que necesitaba?

☐ Siempre

☐ Usualmente

☐ A veces

☐ Rara vez

☐ Nunca

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S12. El estrés es una situación en donde una persona se siente tensa, inquieta, nerviosa o ansiosa, o no puede dormir por la noche porque su mente está preocupada todo el tiempo.

En los últimos 30 días, ¿con qué frecuencia ha sentido este tipo de estrés?

☐

 Siempre

☐

 Usualmente

☐

 A veces

☐

 Rara vez

☐

 Nunca

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4