

Maastricht Interviews Conducted at the Preah Bat Norodom Hospital in Phnom Penh, Cambodia.

All interviews were conducted by Jane Taylor in 2005.

Obtaining permission to conduct interviews

In order to conduct the interviews, I had to obtain permission from various government officials including the Director of the National Program for Mental Health, the Ministry of Health, the Director of the Preah Bat Norodom Hospital and the Dean of the University of Health Services. I was able to obtain this permission due to my prior working relationship with Dr Pauv Bunthouen, a senior psychiatrist at the hospital's psychiatric clinic, who very kindly assisted and mediated between myself and the various government officials.

I was given permission to conduct interviews with a maximum of seven people. Another condition that I had to agree to in order to protect the anonymity of the clients was, that at no point during the research was I to be informed of the clients' names and addresses. I was only granted permission to be at the psychiatric clinic for a maximum of eight days. Although the limitations imposed by the Director of the hospital would limit the scope of my research I concluded that it was still better to undertake this research opportunity as it would provide material for further research.

Translation of Maastricht Interview

Dr Bunthoeun, the senior psychiatrist at the Preah Bat Norodom Hospital psychiatric clinic, assisted me with translating the Maastricht Interview (MI) into Khmer. As already mentioned, Professor Romme and Sandra Escher's methodologies for working with people who hear voices are currently in use at the clinic. Therefore Dr Bunthoeun is very familiar with and trained in Professor Romme and Sandra Escher theories and methodologies.

During the process of translating the MI from English into Khmer, in order for us both to gain a full understanding of the concept of each question of the interview, Dr Bunthoeun and I went through each word of every question and discussed the meaning of each word and question together in English. Then, still in English, where necessary we discussed what we thought would be the most appropriate Khmer concept for each word and question. After this thorough examination of the text Dr Bunthoeun went ahead and translated the MI into Khmer.

I then worked with a Khmer psychiatric nurse, An-Theavy, from the psychiatric clinic at Preah Bat Norodom hospital. I had met with An-Theavy on a previous trip to Cambodia. An-Theavy is also trained in Professor Romme and Sandra

Escher's theories and methodologies. She also facilitates the weekly group counselling sessions at the clinic for people who hear voices –sessions based on Romme and Escher's counselling model. Prior to the interviews, I attended several of these group counselling sessions.

Using the MI that Dr Bunthoeun had translated into Khmer, An-Theavy and I sat together and verbally she translated every question from Khmer back into English. This enabled us to make sure that each question had been translated in a way that maintained its original concept. This whole process also enabled An-Theavy and I to gain a thorough understanding of the content of the interview, each other's interpretation of the interview, and the aim of the interview.

An-Theavy conducted the interviews and I attended and observed every interview. After the client had left, An-Theavy and I would go through each question and she would translate the client's answers into English. One interviewee spoke good English therefore I was able to conduct one interview myself.

An-Theavy and I discussed the idea of her translating the client's answers during the interview so I could be part of the dynamic process. Although this would have enabled me to participate and ask the client to expand certain answers, I personally felt that this would be too disruptive for the interviewee. I still feel that this was the correct decision.

Process and purpose of amending the MI for use in this study

Prior to translating the interviews, both Dr Bunthoeun and An-Theavy had advised me that they thought the original MI interview was too long and should be shortened in order to maintain the client's interest. Therefore, together, we amended the MI to for the purpose of this study. During the period of translating the interview it came to light that some questions or concepts were difficult for the translator to grasp, so these questions were deleted.

After conducting a few interviews, the clients felt that some questions were either too hard to grasp or repetitive. It quickly became clear that the interviewees were frustrated and bored by the repetition. As a result, An-Theavy and I trimmed the interview in order to hold the interviewees' interest.

I have included a copy of the amended interview. Within this the questions in red are the questions that we cut from the interview. The words in bold are a brief description of why we deleted these questions. The words in blue are the alternative questions that we used.

For section 13, Questions Related to Your Childhood, we deleted some questions. An-Theavy always asked question 13.1, 13.3, 13.4, 13.5, and generally 13.7. However, depending on how each interview was going, she would judge spontaneously if she could ask the other questions in this section.

Issues that came to light during the interview process

Even with shortening the interview, each interview that we conducted took between one and half hours to two hours. We often found that by section 13, most people were ready to finish. If the interviewee was not ready to leave, then the persons accompanying the interviewee were generally ready to leave by then! The desire to leave was often for practical reasons, i.e. needed to get their lift back to their home or had to return to work.

Some interviewees, I think, were bored by the end. Others were not. Sometimes it may have been because the topic of the interview was quite demanding. However, both An-Theavy and I would regularly check that the interviewee was alright and if we thought that it was appropriate, we would ask the interviewee if they were happy to continue or if they wished to leave? One client left ten minutes after the interview had begun and seven clients stayed for the duration of the interview.

Client Selection

On average 120 patients attend the outpatient clinic in Phnom Penh every day. Many of these clients attend their monthly appointments with the psychiatrist while others would be just dropping in randomly. I had been given permission to conduct the interviews over eight days during which I would go to the out-patient clinic each morning.

Both An-Theavy and Dr Bunthoeun had clients that they thought would be suitable so they kept a look out to see if these clients attended the clinic. Fortunately several of them did arrive so we were able to interview them. The other interviewees were clients who were chosen randomly on the day either by Dr Bunthoun or An-Theavy. They were both very meticulous about not choosing any client who was too ill at the time to manage the interview or who would be disturbed by the interview.

All the clients they picked had experienced auditory hallucinations and had all been given the diagnosis of either psychosis or schizophrenia. Some of the clients had been under psychiatric care for several years but had experienced long periods without any symptoms. Other participants had begun to hear voices only recently and therefore had only attended the clinic a few times. One client began to hear voices for the first time just 3 weeks before we interviewed him.

Both Dr Bunthouen and An-Theavy were careful to not ask any client who was currently hearing voices or who they considered could be upset by the experience of partaking in the interview. Dr Bunthouen and An-Theavy explained to the potential clients the content and purpose of the interview and also explained that all information would be kept anonymous and confidential. Every client (interviewee) was informed that they would be free to leave at any

point during the interview. It was then up to the client to decide if they wished to partake or not.

Ethical Considerations

It is essential to acknowledge that although the interviewees were given a choice of whether to partake in the interviews it is impossible to gauge how much of an independent choice they felt they could exercise. It is essential to question the issue of power imbalance between a Cambodian psychiatrist and their client and to note the fact that the interview was being initiated by a Westerner (myself). I do not know how much this power imbalance affected the potential clients' decision to participate in the interviews.

It is difficult to gauge how the client viewed the consequences of not participating and if they felt confident enough to exert the right to choose. However, two potential clients who had been asked if they would like to be interviewed declined and consequently were not interviewed. Throughout all of the interviews An-Theavy and I would regularly check with the interviewee to see if they felt alright and if they wished to continue. One client, the first client, requested to leave about 10 minutes after the interview began. The interview was immediately terminated and An-Theavy provided the client with counselling for a further half an hour to assure that the client was stable and felt ready to go home. The information gathered during the interview with this client is not included in this dissertation.

The further seven participants in this study all stayed for the duration of the whole interview. Six of the seven participants had already met and worked with An-Theavy either by attending the hearing voices group counselling sessions that she facilitates or when attending their personal appointments at the clinic. This previous contact meant that An-Theavy had a good working relationship with six of the participants and she had a thorough knowledge of their personal and medical history.

Although of course this does not fully ensure that the clients felt safe and supported through out the interview, it did mean that An-Theavy was able to use her professional knowledge and relationship with the clients to constantly gauge how the client was being affected by the interview process. If she had felt the need, An-Theavy, would have terminated the interview at any point during the process. Also, at the end of every interview, An-Theavy spent some time with the clients to ensure that the client was able to discuss any issues that had been raised for them during the interview process.

The interviewees were also informed that if, in the near future, they needed to seek further support, they could return to the clinic at any time to visit with An-Theavy. (Further details of the effectiveness and limitations of this support and the clients' response to the interview process is discussed in the Discussion chapter of the Dissertation). However, overall the interviewees reported that they had welcomed the opportunity to discuss and explore their experiences of hearing voices.

I made the decision not to record the interviews using an MP3 digital voice recorder or any other recording device. I made this decision because of several factors. Having tried to record one of the interviews it was actually technically difficult, as due to background noise the microphone had to be placed very near to the client. Also because of the personal nature of the material that was being discussed, I felt uncomfortable with the idea and reality of recording the contents of the interviews. The equipment itself - an MP3 recorder - was quite a foreign piece of equipment within the context of the psychiatric clinic and Cambodia and I concluded that it was inappropriate to use it.

Amended Maastricht Interview

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals

working with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

.....

Address:

.....

Telephone number:

Background information

Date of birth/age:

Gender: M/F

Marital status:

Number of children:

Housing condition:

Employment status:

Nationality/ethnic
origin:.....

Information concerning the interview

Name of the interviewer:

Date of the first
interview:.....

Date of the follow-up:

File number:

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices.

How many voices do you hear? Do you hear sounds as well? Do you see visions?

.....
.....
.....
.....

1.2 Can the sounds/voices you hear also be heard by other people?

(Can you explain why?)

.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

.....
.....

(1.4 Concerning the voices you hear, are these voices coming from your own person or are they from somebody else? (We are trying to establish how you perceive the voices when you experience them.) Are the voices coming from within yourself(ego-syntonic/me)or are the voices coming from someone else or something outside yourself (ego-dystonic/not-me). Can you explain why?)

.....
.....

(1.5 Are you able to carry on a dialogue with the voices or communicate in any way with them? Can you give an example?)

.....
.....

To be concluded by the interviewer: does the voices-hearing possess the same or similar characteristics as an auditory hallucination (as it is understood within psychiatry)

1. The respondent can hear voices that others cannot hear
yes/no

2. The respondent hears voices through the ears
yes/no

3. The respondent hears voices in his/her head
yes/no

4. The respondent is able to maintain a dialogue
yes/no

or other method of communication

5. The voices are experienced as me (1) or not-me (2) 1 /

2

2. CHARACTERISTICS OF THE VOICES

(2.1 Do you hear one or more voices? How many? Has it always been like this? Has the number of voices ever changed? Have the voices always been the same voices?)

.....
.....
.....

(2.2 Are you able to indicate who the voices belong to and/or the names you have given them? What do they tell you, in which kind of tone and how frequently do you hear them?)

No	name	age	gender	contents/tone	Frequency
1					
2					
3					
4					
5					

2.3 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

.....

.....

3 THE HISTORY OF HEARING VOICES

3.1 Let us return to the time when you first started to hear voices. How old were you when you first heard voices? Can you remember at what age you started to hear each voice (see 2.2)? During which further periods in your life did you hear voices?

.....
.....
.....

Can you describe for every voice the circumstances you first heard them?

.....
.....
.....

3.2 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
---------------	--------	-----	--------

Stressful changes			
Living on your own for the first time			
Moving to a new residence, school/town or village			
Starting studies/ a course			
Failing an exam			
Being unemployed/fired/out of business			
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home			
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness			
Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend			
Death of a cherished pet			
Serious illness of a loved one			
Admission to a psychiatric hospital			
Being confronted with a suicide or an attempted suicide			
Love and sexuality			
Divorce or breaking up an intimate relationship			
Menstruation/pregnancy/abortion			
Falling in love and have being rejected			
Severe tension in your home or within your relationship			
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			

Attending a séance, satanic ritual, spiritual event Seeing a Traditional Healer			
Problems within a religious community/sect Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....
.....

4. WHAT TRIGGERS / CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in certain kind **circumstances**? Can you describe what these are? (For example shopping, watching TV, cooking, alone in your room etc.)

.....
.....
.....

4.2 Are there particulair times (day,night,weekend, particular hours) when the voices are present or not present? Do you have any idea why?

.....
.....
.....

4.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

.....
.....
.....

4.4 How do you feel when the voices are triggered, start?

.....
.....
.....

4.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you experience emotions such as:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> insecurity | <input type="checkbox"/> jealousy |
| <input type="checkbox"/> fear | <input type="checkbox"/> grief |
| <input type="checkbox"/> doubt | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> in love | <input type="checkbox"/> depressed or |
| sad | |
| <input type="checkbox"/> anger or aggression | <input type="checkbox"/> happy |
| <input type="checkbox"/> your own sexual feelings | <input type="checkbox"/> lonely |
| <input type="checkbox"/> the sexual feelings of other | |

Can you describe how the voices react?(For instance are they
comforting,helpful or frightening and unhelpful?) do they have effect
on the emotion you are feeling, for instance making you more or less
depressed, or more or less happy?

Do the voices change the way you are feeling?

.....
.....
.....

5 WHAT DO THE VOICES SAY?

5.1 Do you hear positive (friendly) voices? What do they say?

Please give an example of the exact words they use.

.....
.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say?

Please give an example of the exact words they use.

.....
.....
.....

5.3 Do the voices talk about specific subjects/persons? Can you describe them? What do the voices say? Do those subjects concern as well ?

.....
.....
.....

5 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

As a voice hearer you have probably wanted to find an explanation for why you hear voices. You may already have developed your own interpretation of the meaning of the voices as do professionals and

as we all do. However we might not have the same ideas because we have not experienced hearing voices ourselves and we are trained to consider the meaning of the voices from a theoretical frame of reference within the health care. Here we are concerned with you what you might think causes the voices and how you identify them.

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

1. someone (who is part of your daily life)

yes/no

Someone you see everyday

2. your parents or another family member

yes/no

3. someone who is unknown to you

yes/no

The voices are from a (deceased) dead person:

4. who was very well known to you

yes/no

5. who (was unknown to you)

yes/no

you do not know

The voices are:

6. symptoms of an illness

yes/no

7. one or more parts of your personality

(from the unconsciousness)

yes/no

The voices are:

8. a good guide

yes/no

9. a (ghost) spirit or from someone out of the past

(reincarnation)

yes/no

10. gods, ghosts or angels

yes/no

11. a good god

yes/no

12. a bad spirit or (the devil) bad god

yes/no

13. entities (a spiritual person or power that you cannot see

but is there. You feel or hear the presence of it)

yes/no

14. extraordinary perceptions (telepathy, mediumistic

yes/no

15. extraordinary perceptions mediumistic

yes/ no

15. result from the pain of others or from something

else around you

yes/no

Further definition by interviewer

(Normally found that the client elaborated their answer to one of the questions between 6.8 - 6.15)

.....

.....
.....

6.2 Do the voices each have a different frame of reference? If not, why?

Generally found that clients could not fully understand this question.

.....
.....
.....

6 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

6.3 How are the voices trying to influence you? Please give an example.

1. They offer a solution to a problem
.....
2. They offer you advice and help you
.....
3. They describe what you think
.....
4. They comment on what you do/think or comment about the people you are dealing with.....
5. They take over your thinking so you cannot distinguish your own from the voice's.....

- 6. They swear at you or are very critical about what you are doing
- 7. They forbid you to do the things you like to do
- 8. They strengthen the feelings you have
- 9. They strengthen the thoughts you are busy with
- 10. They interrupt things you enjoy doing
- 11. They interfere when you are talking to someone else
- 12. They command you to do things

How does the influence of the voices affect you and/or others? **How do they accomplish this (by their presence or by the way they say things)?**

.....

6.4 Are you happy with some of your voices? Why? Has this always been so?

.....

7.3 How do you experience the voices as: now at the beginning

.....
.....
.....

8.4 Are you able to talk with the voices? **Do you do this?** Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way? **If not, why?**

Please give an example

.....
.....
.....

8.5 Do you ever call the voices names ? If yes, how do you do that out loud or in your mind ? Are you able to recall the voices?

.....
.....
.....Although not ideal to cut this question, we did find that we normally had the answer to most of this question via the previous questions

.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order ?

.....
.....
.....

8.7 Are you able to cut yourself off from the voices and to open up again?

.....
.....
.....

8.8 If you hear voices do you mainly concentrate on what the voices say or on what you are doing? Does this differ per voice or per moment?

.....
.....
.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices ?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away		
2	ignore the voices		
3	concentrate on listening		
4	selective listening pattern		
5	forcing your thoughts in another direction		
6	make a deal with the voices		

7	Do you sometimes limit the voices		
---	--------------------------------------	--	--

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do something		
9	fly for the voices		
10	telephone		
11	to visit someone		
12	distract yourself		
13	keep a diary about the voices		
14	certain behavior or rituals		

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga		
16	medication		
17	alcohol and drugs		
18	food		

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most? How often do you use it ? Do you use it systematically ? If no, why not

.....
.....
.....

12.2 (What is the result) Does this method work? (less power or do you gain additional power)?

.....
.....
.....

12.3 If you know that in certain circumstances the voices appear, do you seek a different approach ? (alternative, avoiding, try not to be influenced)

.....

.....I would have liked to have kept both questions 12.3 and 12.4, however, by this point most clients or were keen to be reaching the end of the interview. If we wanted to complete section 13..something had to be deleted..

.....
.....

12.4 In the past, have you ever tried something that seemed to help?

.....
.....
.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible. What is your perception of your childhood?

13.1. Was your childhood stressful or pleasant?

Did you meet with a bad event when you were a child? Can you tell me about it ?

.....
.....
.....

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....
.....
.....

13.3. As a child, have you ever been mistreated? How ?

.....
.....
.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

.....
.....
.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled? Did you experience the feeling of not being wanted, or did you feel that you were never able to do anything right?

.....
.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....
.....

13.7. Have you ever been sexually abused by (a member of the family) someone ?

.....
.....
.....

13.8. Have you ever had sex against your will? A situation where you were unable to resist or escape from?

.....
.....
.....

14. MEDICAL HISTORY

14.1 Did you ever got therapy ? Did you ever got therapy because of the voices? Which kind of therapist ?

What kind of treatment have you had for hearing voices? What they did they do in relation to the voices?

year	clinic/ambulant	kind of therapist	lengths	Indication for treatment

14.2 With which therapist did you talk about the voices ?

.....

.....

.....

14.3 What did the therapist do in relation to the voices ?

.....

.....

.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like "my son" is sufficient.

RESPONSE FILE SOCIAL NETWORK

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01			
02			
03			
04			
05			

06			
07			
08			

**INTERVIEW WITH A PERSON
WHO HEARS VOICES**

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

24 / 06/ 05

Name of the voice hearer:

Address: .T.K.....
.....

.

Telephone number:

Background information

Date of birth/age: .25 years

Gender: M/Female

Marital status:..Single.....

Number of children: 0.....

Housing condition: House.....

Employment status: Unemployed

Nationality/ethnic origin: Khmer

Information concerning the interview

Name of the interviewer:An-Theavy
.....

Date of the first interview:.24 Jun 05
.....

Date of the follow-up:

File number:

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

.....I used to hear between 1 - 5 voices. (Many) Some voices are clear, many are not clear. With two of the voices I see images clearly, they are her grandmother and neighbour, I know definitely who they are.. Other voices I see just shadows / visions

.....

1.3 Can the sounds/voices you hear also be heard by other people?

(Can you explain why?)

.No, when my feeling is not good the voices come

.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

.....The voices come from a feeling in my body. I hear the voices by my ears, mostly right ear, rarely both ears.

.....

(1.4 Concerning the voices you hear, are these voices coming from your own person or are they from somebody else? (We are trying to establish how you perceive the voices when you experience them.) Are the voices coming from within yourself (ego-syntonic/me) or are the voices coming from someone else or something outside yourself (ego-dystonic/not-me). Can you explain why?)

.....
.....

(1.5 Are you able to carry on a dialogue with the voices or communicate in any way with them? Can you give an example?)

.....
.....
.....

To be concluded by the interviewer: does the voices-hearing possess the same or similar characteristics as an auditory hallucination (as it is understood within psychiatry)	
1. The respondent can hear voices that others cannot hear	yes/no
2. The respondent hears voices through the ears	yes/no
3. The respondent hears voices in his/her head	yes/no
4. The respondent is able to maintain a dialogue or other method of communication	yes/no
5. The voices are experienced as me (1) or not-me (2)	1 / 2

2. CHARACTERISTICS OF THE VOICES

(2.1 Do you hear one or more voices? How many? Has it always been like this? Has the number of voices ever changed? Have the voices always been the same voices?)

.....1,2 or many voices. Tone of the voice always change

.....

(2.2 Are you able to indicate who the voices belong to and/or the names you have given them? What do they tell you, in which kind of tone and how frequently do you hear them?)

No	name	age	gender	contents/tone	frequency
1				The voice tells me to do something	
2					
3				Some voices are good,	Frequently
4				Some voices are bad	Not so frequently
5					

2.3 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

I used to know the owner of the voice, my grandmother and neighbour. But they are both dead now

3 THE HISTORY OF HEARING VOICES

3.3 Let us return to the time when you first started to hear voices. How old were you when you first heard voices? Can you remember at what age you started to hear each voice (see 2.2)? During which further periods in your life did you hear voices?

.....I was 12 years old. I heard them for 3 years. Then the voices disappeared, then I started to hear them again in 2003

.....

3.4 Can you describe for every voice the circumstances you first heard them?

When I feel worried with something it can cause the voices. When I am worried about my mother, when she got disease I start to hear the voice. When I get sick I always hear the voices

When I change situations I get voices. The voice also changes

When I feel hopeless

Did not get a job

When my mother was sick

Have thoughts about suicide, either by hanging or overdose with medication

I used to see Kru - Khmer for physical and mental help.....

.....

3.5 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
Stressful changes			
Living on your own for the first time			
Moving to a new residence, school/town or village			
Starting studies/ a course			
Failing an exam			
Being unemployed/fired/out of business			
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home			
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness			
Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend			
Death of a cherished pet			
Serious illness of a loved one			
Admission to a psychiatric hospital			
Being confronted with a suicide or an attempted suicide			
Love and sexuality			
Divorce or breaking up an intimate relationship			
Menstruation/pregnancy/abortion			
Falling in love and have being rejected			
Severe tension in your home or within your relationship			

Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			
Attending a séance, satanic ritual, spiritual event Seeing a Traditional Healer			
Problems within a religious community/sect Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....
.....

4. WHAT TRIGGERS / CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in certain kind **circumstances**? Can you describe what these are? (For example shopping, watching TV, cooking, alone in your room etc.)

When I do not sleep well, when I am working alone in the field cutting rice, the voices calls me but I do not see them. When I am alone I get

voices. I rarely get voices when I am cooking or watching TV.

.....
.....

5.2 Are there particular times (day, night, weekend, particular hours) when the voices are present or not present? Do you have any idea why?
DO YOU KNOW WHY YOU GET VOICES?

....When I am not feeling good. Especially at night when I cannot sleep.
Sometimes in the day.....

.....

5.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

No, only from my body

.....

5.4 How do you feel when the voices are triggered, start?

I don't feel good. I feel uncomfortable / difficult in my body

.....

.....

5.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X experience emotions such as:

- | | |
|--|--|
| <input type="checkbox"/> insecurity | <input type="checkbox"/> jealousy |
| <input checked="" type="checkbox"/> fear | <input type="checkbox"/> grief |
| <input type="checkbox"/> doubt | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> in love | <input checked="" type="checkbox"/> depressed or sad |

anger or aggression

happy

your own sexual feelings

lonely

the sexual feelings of other

When I am happy I do not get voices

Can you describe how the voices react?(For instance are they comforting, helpful or frightening and unhelpful?) Do they have effect on the emotion you are feeling, for instance making you more or less depressed, or more or less happy?

Do the voices change the way you are feeling? Can you describe if the voice helps you or not?

Sometimes the voices are useful, sometimes they are not useful. They can change my feeling, i.e when I am worried the voices will come and then I will feel more worried.

The voices never make me feel better

.....
.....

6 WHAT DO THE VOICES SAY?

5.2 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

The voice can be a good voice, I hear more good voices than bad. When my mother was sick voices tell me my mother will get better soon. Eg The voice told me that I would be better soon and that I will be able to go to school.

.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

Yes. They curse, shout and blame me. The bad voices are from people who are still alive, they remind me of a neighbour who is still alive.

Some are dead

.....
.....

5.3 Do the voices talk about specific subjects/persons? Can you describe them? What do the voices say? Do those subjects concern as well ?

.....
.....

7 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

As a voice hearer you have probably wanted to find an explanation for why you hear voices. You may already have developed your own interpretation of the meaning of the voices as do professionals and as we all do. However we might not have the same ideas because we have not experienced hearing voices ourselves and we are trained to consider the meaning of the voices from a theoretical frame of reference within the health care. Here we are concerned with you what you might think causes the voices and how you identify them.

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

1. someone (who is part of your daily life) yes/no

Someone you see everyday

2. your parents or another family member yes/no

3. someone who is unknown to you yes/no I

I know that they are still alive, but not sure who they are. Whisper/not clear

The voices are from a (deceased) dead person:

4. who was very well known to you yes/no

5. who (was unknown to you) yes/no

you do not know

The voices are:

6. symptoms of an illness yes/no

7. one or more parts of your personality

(from the unconsciousness) yes/no

The voices are:

8. a good guide yes/no

Some good / Some bad

9. a (ghost) spirit or from someone out of the past
(reincarnation) yes/no

10. gods, ghosts or angels yes/no

11. a good god yes/no

12. a bad spirit or (the devil) bad god yes/no

13. entities (a spiritual person or power that you cannot see
but is there. You feel or hear the presence of it) yes/no

Used to talk to it, to prolong it being inside body

14. extraordinary perceptions (telepathy, mediumistic) yes/no

15. extraordinary perceptions mediumistic yes/ no

15. result from the pain of others or from something
else around you yes/no

Further definition by interviewer

(Normally found that the client elaborated their answer to one of the questions between 6.8 - 6.15)

.....

.....

.....

.....

.....

6.2 Do the voices each have a different frame of reference? If not, why?

.....

.....

8 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

8.3 How are the voices trying to influence you? Please give an example.

13. They offer a solution to a problem Yes

14. They offer you advice and help you Yes

15. They describe what you think Yes

16. They comment on what you do/think
or comment about the people you are dealing with - Yes, when I need to do something the voices tell me to do it quickly

17. They take over your thinking so you cannot distinguish you own thoughts from the voices..... Yes, it is very hard
.....

18. They swear at you or are very critical about what you are doing Yes

19. They forbid you to do the things you like to do? Yes

20. They strengthen the feelings you have
.....

21. They strengthen the thoughts you are Yes
.....

22. They interrupt things you enjoy doing Yes
.....

23. They interfere when you are talking to someone else - Yes
.....

24. They command you to do things Yes
.....

How does the influence of the voices affect you and/or others? How do they accomplish this (by their presence or by the way they say things)?

While I am talking to someone the voice that is talking to me inside my head make me angry and irritable but I keep these feelings inside of me. I do not tell the other person.
.....

8.4 Are you happy with some of your voices? Why? Has this always been so?

Yes, sometimes I feel happy with the voice because the voice makes me think of happy things. When the voice is like this I am always happy with the voice.....

7.3 How do you experience the voices as:	now	at the beginning
predominately positive voices	<u>yes/no</u>	<u>yes/no</u>
predominately negative voices	<u>yes/no</u>	<u>yes/no</u>
neutral	<u>yes/no</u>	<u>yes/no</u>
negative as well as positive	<u>yes/no</u>	<u>yes/no</u>

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

I change them by keeping strong feelings and by medication.....

8.2 Do the voices leave you powerless? If yes, how do they accomplish this? (by their presents or by what they say ?)

.....

8.3 Are you in control of the voices? Has this always been so? Please describe

Sometimes the voices control me

.....

8.4 Are you able to talk with the voices? Do you do this? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way? If not, why?

Please give an example

.....Yes I can talk with the voices but I speak in my mind, with my feelings. The voices react back to me almost always with good words. The voice is good because the voice knows that I am angry with the voice, so the voice has to make it better.

.....
.....

8.5 Do you ever call the voices names ? If yes, how do you do that out loud or in your mind ? Are you able to recall the voices?

.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order?

....Yes I can refuse the orders. When the voice give bad orders I refuse them. But when I refuse them it is complex, its complicated in my mind, uncomfortable.

When the voices tell me good things I do not refuse them.

.....
.....

8.7 Are you able to cut yourself off from the voices and to open up again?

Yes. I can ignore the voice, I used to ignore the voice. If the voices are good I listen to them, if they are bad then I ignore them.

.....
.....

8.8 If you hear voices do you mainly concentrate on what the voices say or on what you are doing? Does this differ per voice or per moment?

.....
.....
.....
.

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
----	----------	--------	------------------

1	send the voices away	Y	She used to
2	ignore the voices	Y	
3	concentrate on listening		If good yes, if bad word ignore
4	selective listening pattern	Y	
5	forcing your thoughts in another direction	Y	
6	make a deal with the voices	Y	By doing something like listening to music
7	Do you sometimes limit the voices	NO	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do something	Y	Listen to music
9	fly for the voices	Y	
10	telephone		
11	to visit someone	Y	
12	distract yourself	Y	I do
13	keep a diary about the voices	N	
14	certain behavior or rituals	Y	Laughing, talking to others

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga	Y	Listen to monk chanting
16	medication	Y	Haliperidol
17	alcohol and drugs	N	
18	food	N	

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most? How often do you use it ? Do you use it systematically ? If no, why not

I will do something to make myself happy because when I am happy the voices go away.

.....

12.2 (What is the result) Does this method work? (less power or do you gain additional power)?

Yes, it is successful

.....

12.3 If you know that in certain circumstances the voices appear, do you seek a different approach? (Alternatives, avoiding, try not to be influenced)

.....

12.4 In the past, have you ever tried something that seemed to help?

.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible. What is your perception of your childhood?

13.2. Was your childhood stressful or pleasant?

Did you meet with a bad event when you were a child? Can you tell me about it ?

I was always blamed by my mother. I had conflict with my friend. My friend did not like me and always blamed me.

I always got sick when I was young. I felt hopeless because of always being sick. I felt unlucky. Other people who do not get sick are lucky.

.....
.....

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....
.....

13.3. As a child, have you ever been mistreated? How?

.....
.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

.....
.....
.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled?
Did you experience the feeling of not being wanted, or did you feel
that you were never able to do anything right?

.....
.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....

13.7. Have you ever been sexually abused by (a member of the family)
someone?

.....
.....

13.8. Have you ever had sex against your will? A situation where you were
unable to resist or escape from?

.....
.....

14. MEDICAL HISTORY

14.1 Did you ever got therapy? Did you ever got therapy because of the
voices? Which kind of therapist?

What kind of treatment have you had for hearing voices? What they did they
do in relation to the voices?

year	clinic/ambulant	kind of therapist	lengths	indication for treatment

14.2 With which therapist did you talk about the voices ?

.....
.....
.....

14.3 What did the therapist do in relation to the voices?

.....
.....
.....
.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like "my son" is sufficient.

RESPONSE FILE SOCIAL NETWORK

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01			
02			

03			
04			
05			
06			
07			
08			

FURTHER PATIENT INFO:

First visit to clinic - 02.04.03

Chief complaints by patient:

Dizziness

Difficulty in breathing

Being tired

Headache

Fear, palpitations

Hearing voices since 12 years old

Poor sleep

Difficult to enjoy anything

Helpless - suicidal ideas

Difficult to concentrate

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

Address:.....Phnom Penh ..

Telephone number:

Background information

Date of birth/age: 42.....

Gender: M/F

Marital status: Single.....

Number of children:

Housing condition:

Employment status: Unemployed

.....

Nationality/ethnic origin:...Cambodia

.....

Information concerning the interview

Name of the interviewer: ...An-Theavy

.....

Date of the first interview:.27/06/05

.....

Date of the follow-up:

File number:

University of Limburg, BO Box 616, 6200 MD Maastricht, Netherlands

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

1,2,3 and more

The tone of the voice changes.

No hallucinations

The voices are inside but not clear. But some are clear but I have forgotten their content

.....
.....

1.4 Can the sounds/voices you hear also be heard by other people?

.No.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

The voices come from my head. I hear the voices in my ears, mostly in both ears.....

2. CHARACTERISTICS OF THE VOICES

2.1 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

No.....

3 THE HISTORY OF HEARING VOICES

3.6 Can you remember at what age you started to hear each voice (see 2.2)?.....

When I was 38 years old. They lasted for 2-3 years. I took medication for one year and the voices disappeared. Then I stopped taking the medication. I have just started to hear the voices a bit again, but they are not clear

.....
.....

3.7 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
Stressful changes	N		
Living on your own for the first time	N		
Moving to a new residence, school/town or village	N		
Starting studies/ a course	N		
Failing an exam	N		
Being unemployed/fired/out of business	N		
Changes in employment/status/job	N		
Retirement/inability to work	Y		
Children leaving home	N		
Financial debt/financial problems	N		
Illness and death			
Serious physical injury or illness	N		
Admission to a general hospital or being given an anaesthetic (Headache, not comfortable in body, voices)	Y	38	Y
Death of a family member or an intimate friend	N		
	N		
Serious illness of a loved one	N		
Being confronted with a suicide or an attempted suicide	N		
Love and sexuality			
Divorce or breaking up an intimate relationship	N		
Menstruation/pregnancy/abortion	N		
Falling in love and have being rejected	N		
Severe tension in your home or within your relationship No job, stays with mother and sister, thinks that this cause her to have voices. I think a lot	Y		Y
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism	N		

Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner	N		
Religion, spirituality, mystic or cosmic experiences			
Attended a Traditional Healer Received treatment by 2 different Khru Khemer. I did have less voices as a result.	Y	38	
Problems within a Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....
.....

4. WHAT CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in a specific situation or activity? Can you describe what these are? (work, restaurant, watching TV, cooking, alone in your room etc.)

.....

I think that my voices are caused by the fact that I think a lot about problems, financial problems and that I don't have a job.

.....

Shopping - Yes when I shop I hear 2 voices discussing.

TV - No..

Cooking No.

Alone in Room - Yes, but not all the time

Restaurant - Yes, voices discussing, but I cannot hear them clearly

.....
.....

6.2 When? (day, night, weekend, particular hours) when the voices are present or not present? Do you know why you get voices then?

.....

Daytime and night time. But mostly daytime I don't know

why.....

.....

6.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

.....

No. Only in my body especially, in my head.....

.....

.....

6.4 How do you feel when the voices start?

.....

I feel bored with the voices and sometimes angry and I have fear. I never feel happy with the voices

.....

6.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X emotion such as:

<input type="checkbox"/> insecurity	<input type="checkbox"/> jealousy
<input type="checkbox"/> fear	<input type="checkbox"/> grief
<input type="checkbox"/> doubt	<input type="checkbox"/> fatigue
<input type="checkbox"/> in love	<input type="checkbox"/> depressed or sad
<input type="checkbox"/> anger or aggression	<input type="checkbox"/> happy
<input type="checkbox"/> your own sexual feelings	<input type="checkbox"/> lonely
<input type="checkbox"/> the sexual feelings of other	

Can you describe how the voices react?(For instance are they comforting, helpful or frightening and unhelpful?) Can you describe if the voices help you or not

Do the voices change the way you are feeling?

.....

The voices can make me feel comfortable, sometimes they help her. But cannot explain it has have been a long time.

Also feel fear and threatened

.....

7 WHAT DO THE VOICES SAY?

5.3 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

Sometimes yes but I have forgotten what they said
.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

Sometimes yes. They would curse me and blame me and always use bad words.....
.....

9 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

- 1. Someone you see everyday yes/no

- 2. your parents or another family member yes/no

- 3. someone who is unknown to you yes/no

The voices are from a dead person: Does not know if dead or alive

4. who was very well known to you yes/no

brother

5. who you do not know yes/no

The voices are:

6. symptoms of an illness yes/no

7. one or more parts of your personality

(from the unconsciousness) yes/no

The voices are:

8. a good guide yes/no

9. a spirit or from someone out of the past

(reincarnation) yes/no

10. gods, ghosts or angels yes/no

11. a good god yes/no

12. a bad spirit or bad god yes/no

14. extraordinary perceptions (telepathy, yes/no

15. extraordinary perceptions mediumistic yes/no

10 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

10.3 How are the voices trying to influence you? Please give an example.

- 25. They offer a solution to a problem No
- 26. They offer you advice and help you Yes , they tell me and remind me that I should get up early in the morning to do something
- 27. They describe what you think No
- 28. They comment on what you do/think Yes
or comment about the people you are dealing with
- 29. They take over your thinking so you cannot distinguish your own from the voice's ...No
- 30. They swear at you or are very critical Yes about what you are doing
- 31. They forbid you to do the things Yes you like to do
- 32. They strengthen the feelings you have Yes
- 33. They strengthen the thoughts you are No busy with
- 34. They interrupt things you enjoy doing.... Yes
- 35. They interfere when you are talking ... Yes to someone else
- 36. They command you to do things.... Yes

7.2 How does the influence of the voices affect you and/or others?

.....
My voices can affect my feelings when I am with other people. I get angry
with other people
.....

10.4 Are you happy with some of your voices? Why? Has this always been so?

.....
Yes sometimes when they tell me good things or give me advice. But I am not
always happy with the voices.
.....

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

Never. I do not have the ability to influence the voices
.....

8.3 Are you in control of the voices? Has this always been so? Please
describe

Yes, sometimes. I can always control them, but I cannot explain
.....
.....
.....

8.4 Are you able to talk with the voices? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way?

Please give an example

.....

Yes. I speak to them out loud and in my mind. When I speak out loud I shout and curse at them to go away. The voice calms down and sometimes disappears. They always react like this.

.....

.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order?

.....

Sometimes yes, but I cannot explain as I have forgotten.

.....

.....

8.7 Are you able to cut yourself off from the voices and to open up again?

.....

I used to ignore them.....

.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away	Y	
2	ignore the voices	Y	
3	concentrate on listening	Y	Main coping strategy is to listen to the voice
4	selective listening pattern	Y	
5	forcing your thoughts in another direction	Y	
6	make a deal with the voices	Y	
7	Do you sometimes limit the voices	N	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do something	Y	
9	fly for the voices	Y	
10			
11	to visit someone	Y	
12	distract yourself	Y	
13	keep a diary about the voices	N	
14	certain behavior or	Y	

	rituals		
--	---------	--	--

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga	Y	
16	medication	Y	
17	alcohol and drugs	Y	
18	food		

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most?

.....

I send the voices away

I try to listen to the voices because sometimes the voice go's away when I listen to it.....

12.2 Does this method work? (less power or do you gain additional power)?

.....

Both have good results. The voice can be cut down

.....

.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible. What is your perception of your childhood?

13.3.

Did you meet with a bad event when you were a child? Can you tell me about it?

.....

Client could not explain

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....

.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

No, No, No.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled? Did you experience the feeling of not being wanted, or did you feel that you were never able to do anything right?

.....

Yes they used to shout at me to make me achieve more.

I blamed myself and felt it inside

.....

.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....

.....

.....

13.7. Have you ever been sexually abused by someone?

No.....
.....
.....

13.8. Have you ever had sex against your will? A situation where you were
unable to resist or escape from?

.....
.....

14. MEDICAL HISTORY

14.3 What did the therapist do in relation to the voices?

.....

I saw a Khru Khmer and they me that I had voices because I think too much.
He told me to pray to god and offer food and fruit. I also used to go the
monk who would perform ceremonies with holy water. The voices got better,
they cut down. But then later I came to the OPD clinic.

.....
.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to
ask you to tell me about the person with whom you have a personal
relationship and other persons that are important to you. The order is not
important and you are not required to give complete names.

RESPONSE FILE SOCIAL NETWORK

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
----	------	----------------------------------	----------------------------------

01	Mother		Y
02	Sister		Y
03	Friend / close neighbour		No
04	Khru Khmer		No
05			
06			
07			
08			

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

Address: Takeu, Cambodia
.....

.

Telephone number:

Background information

Date of birth/age: 26.....

Gender: M/F__

Marital status: Single.....

Number of children: 0.....

Housing condition:
.....

.

Employment status: Unemployed
.....

Nationality/ethnic origin: Cambodia
.....

Information concerning the interview

Name of the interviewer: ...An-Theavy
.....

Date of the first interview: 28/06/05
.....

Date of the follow-up:

File number:

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University of Limburg, BO Box 616, 6200 MD Maastricht, Netherlands

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

I used to hear voices, I hear a sound like the gecko. The sound can change. Sometimes the voices want to punish me, some of the voices pity me. The voices are always from 2 single women who are called Srey Sros Menanrith, and So Pheak. These women are gods. I can talk to them in a mysterious way. The voices tell me to kill myself. I don't have any visual hallucinations.
.....
.....

1.5 Can the sounds/voices you hear also be heard by other people?

No. I can hear the voices because I was a monkey in my past life. I have 2 past lives.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

The voices come from my head. I hear them with both ears
.....

.....
.....

2. CHARACTERISTICS OF THE VOICES

2.1 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

Because in my past life I was a monkey who lived with King Norodom Sehapmaney Thaing Cheng. The sound of the voice makes me miss or reminds me of the Kings child, who is now the new king in Cambodia. When I hear the voice I remember how the new king teaches Thaingcheng. I can be married with the new king. The voices also remind me of the 2 single women Srey Sros Menanrith, and So Pheak..

.....
.....

3 THE HISTORY OF HEARING VOICES

3.8 Can you remember at what age you started to hear each voice (see 2.2)?

In 2000 when I was 21 years old. I still hear the voices now, maybe they go away for about 1 hour but then they come back.....

.....

3.9 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you experience them? Was it the start of the voices/or did it change the nature of the voices?

.....

In general I hear voices because in a past life I was a monkey. I do not think that there are any other reasons

Circumstances	Yes/no	age	voices
Stressful changes	Yes		
Living on your own for the first time			
Moving to a new residence, school/town or village	No		
Starting studies/ a course			
Failing an exam			
Being unemployed/fired/out of business			
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home			
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness			
Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend 4 uncle's died from physical disease.	Y		

Serious illness of a loved one			
Being confronted with a suicide or an attempted suicide			
Love and sexuality			
Divorce or breaking up an intimate relationship			
Menstruation/pregnancy/abortion			
Falling in love and have being rejected			
Severe tension in your home or within your relationship I hear voices in my head they argue and want to punish me	Y		
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			
Attended a Traditional Healer I believe in Kru Khemer. In 2000 when I heard voices I went to see a K.K before coming to the clinic. The voices cut down and I felt better. I came to the clinic because I want to feel better quickly.	Y		
Problems within a Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....

.....

4. WHAT CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in a specific situation or activity? Can you describe what these are? (work, restaurant, watching TV, cooking, alone in your room etc.)

When I am unhappy, irritable or angry with someone I start to hear voices. There aren't any particular activities when the voices tend to be present.

.....
.....
.....

7.2 When? (day, night, weekend, particular hours) when the voices are present or not present? Do you know why you get voices then?

When somebody makes me angry. Eg. When my mother shouts at me and I get the voice. The voices come from the 2 single women.

.....
.....
.....

7.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

No they don't

.....
.....
.....

7.4 How do you feel when the voices start?

No fear, Not scared. I feel normal.....
.....
.....

7.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X emotion such as:

- | | |
|---|---|
| <input type="checkbox"/> insecurity | <input type="checkbox"/> jealousy |
| <input type="checkbox"/> fear | <input type="checkbox"/> grief |
| <input type="checkbox"/> doubt | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> in love | <input type="checkbox"/> depressed or sad |
| <input type="checkbox"/> anger or aggression | <input type="checkbox"/> happy |
| <input type="checkbox"/> your own sexual feelings | <input type="checkbox"/> lonely |
| <input type="checkbox"/> the sexual feelings of other | |

When client said that the voices occur when she feels her own sexual feelings, she added that at this time male voice wants to sexually abuse her

Can you describe how the voices react?(For instance are they comforting, helpful or frightening and unhelpful?) Can you describe if the voices help you or not

Do the voices change the way you are feeling?

.....
Sometimes the voices make me feel comfortable. Other voices threaten me

because the voice wants me to be Kru Khmer. When the voice tells me this I
get frightened because I do not want to be a Kru Khmer.

.....
.....
.....

8 WHAT DO THE VOICES SAY?

5.4 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

.....

Some voices are friendly. They say things like the proverb Eg Why take a small piece of cheese when it all smells the same, you should reach into the jar and take all the cheese.

What do you eat? That is why you can order the earth to move and make the earth hotter and cooler.

When the voice tells me what to do I can co-operate

.....
.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

I used to sometimes have bad voices. The voice would tell me that I do not need to go to the Kru Khmer and that if I do go I will still die.

The voice would also say why do you live? You make the earth heavy.

.....
.....

11 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

- | | |
|--|----------------|
| 1. Someone you see everyday | yes/ <u>no</u> |
| 2. your parents or another family member | yes/ <u>no</u> |
| 3. someone who is unknown to you | yes/ <u>no</u> |

The voices are from a dead person:

- | | |
|-----------------------------------|----------------|
| 4. who was very well known to you | <u>yes</u> /no |
| 5. who you do not know | yes/ <u>no</u> |

The voices are:

- | | |
|--|----------------|
| 6. symptoms of an illness | <u>yes</u> /no |
| 7. one or more parts of your personality
(from the unconsciousness) | <u>yes</u> /no |

The voices are:

- | | |
|--|-----------------|
| 8. a good guide | <u>yes</u> /no |
| 9. a spirit or from someone out of the past
(reincarnation) | <u>yes</u> /no |
| 10. gods, ghosts or angels | yes/no |
| 11. a good god | yes/ <u>no</u> |
| 12. a bad spirit or bad god | yes/no |
| 14. extraordinary perceptions (telepathy, | yes/ <u>no</u> |
| 15. extraordinary perceptions mediumistic | <u>yes</u> / no |

12 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

12.3 How are the voices trying to influence you? Please give an example.

37. They offer a solution to a problem
Yes.....

38. They offer you advice and help you
Yes.....

39. They describe what you think Yes.-eg when I meet a man
the voice tell me to pray before I meet him

40. They comment on what you do/think
or comment about the people you are dealing with Yes
.....

41. They take over your thinking so you
cannot distinguish your own from No
the voice's
.....

42. They swear at you or are very critical
about what you are doing No
.....

43. They forbid you to do the things
you like to do No
.....

44. They strengthen the feelings you have Yes, they can make my
feelings more concentrated / intense like meditation helps you focus
on one thing

45. They strengthen the thoughts you are
busy with Yes
.....

46. They interrupt things you enjoy doing Yes
.....

47. They interfere when you are talking No
to someone else
.....

48. They command you to do things Yes -e.g take 30 tablets
for suicide

How does the influence of the voices affect you and/or others?

Hearing voices can affects me when I am with other people
.....

12.4 Are you happy with some of your voices? Why? Has this always been so?

Normally happy with the voice, feel normal with the voice
.....
.....

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

Sometime I can influence them. When I get angry with the voice then the voice tells me, don't get angry think about the future, you need to love each other

.....
.....

8.3 Are you in control of the voices? Has this always been so? Please describe

I cannot control the voice - I have never been able to control the words because of my disease

.....
.....
.....

8.4 Are you able to talk with the voices? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way?

Please give an example

I can talk to the voice with my feelings in my mind.. eg When the voice tells me to sit in the chair and I refuse the voices get angry with me. If the voice orders me to walk out and I refuse sometimes the voices go away.

.....
.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order ?

I can refuse to the voice. If the voice tells me to do something that I dislike then I can refuse the voice and it go's away. When the voice is good I listen. But when the voice orders me to do something I tell the voice not to order me around.

.....

8.7 Are you able to cut yourself off from the voices and to open up again?

I used to ignore the voice by concentrating on one thing. I decide not to listen to the voice.

.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices ?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away	N	
2	ignore the voices	Y	
3	concentrate on listening	Y	

4	selective listening pattern	Y	
5	forcing your thoughts in another direction	Y	
6	make a deal with the voices	N	
7	Do you sometimes limit the voices	N	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do something		
9	fly for the voices		
10	telephone		
11	to visit someone		
12	distract yourself		
13	keep a diary about the voices		
14	certain behavior or rituals		

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga		
16	medication		
17	alcohol and drugs		

18	food		
----	------	--	--

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most?

12.2

I try to be patient. I try to focus on one thing and make my feelings strong

12.2 Does this method work? (less power or do you gain additional power)?

.....

 .

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible. What is your perception of your childhood?

13.4.

Did you meet with a bad event when you were a child? Can you tell me about it ?

.....
 I had dengue fever, serious physical diseases and I had typhoid twice. I think that these could relate to or have caused her to have voices.

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....
.....
.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

...No, but my relative used to blame me and give me stigma and say that I was crazy.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled? Did you experience the feeling of not being wanted, or did you feel that you were never able to do anything right?

.....
.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....
.....

13.7. Have you ever been sexually abused by someone ?

.....
.....
.....

13.8. Have you ever had sex against your will? A situation where you were unable to resist or escape from?

.....
.....
.....

14. MEDICAL HISTORY

What kind of treatment have you had for hearing voices? What they did they do in relation to the voices?

year	clinic/ambulant	kind of therapist	lengths	indication for treatment

14.3 What did the therapist do in relation to the voices ?

.....
.....
.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like "my son" is sufficient.

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01			
02			
03			
04			
05			
06			
07			
08			

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

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A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

Address: Phnom Penh

Telephone number:

Background information

Date of birth/age: 24.....

Gender: M/F

Marital status: Single.....

Number of children: 0.....

Housing condition:

Employment status: Sells children's clothes at Market.....

Nationality/ethnic origin: Cambodian

Information concerning the interview

Name of the interviewer: ...An-Theavy
.....

Date of the first interview: 30/06/05
.....

Date of the follow-up:

File number:

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

Between 2 and 8 voices. Both male and female. For the first 5 months I only hear voices, then for 1 month I had both auditory and visual hallucinations. I saw the people who were speaking. Then 5 months ago I stopped hearing the voices.

.....
.....
.....
.....

1.6 Can the sounds/voices you hear also be heard by other people?

No.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

The voices come from my mind, I hear them in my ears and in / with my feelings.....
.....

2. CHARACTERISTICS OF THE VOICES

2.1 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

Yes, people in my neighbourhood. My mother, Srey Touch, I Luong, I Len, my female friends and other sellers that I work with

.....
.....

3 THE HISTORY OF HEARING VOICES

3.10 Can you remember at what age you started to hear each voice (see 2.2)? 24 years old. Yes, I was about 24 years old

.....
...(Clients sister sat in on interview and when we asked this question, clients sister said that their father died 4 years ago and that she thinks that the client began to hear sounds then. She said that client cried a lot and studied a lot)

.....
.....

3.11 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you

experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
Stressful changes			
Living on your own for the first time			
Moving to a new residence, school/town or village (Client moving a few days after interview)	Y	24	
Starting studies/ a course			
Failing an exam			
Being unemployed/fired/out of business			
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home			
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness			
Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend			
Serious illness of a loved one			
Being confronted with a suicide or an attempted suicide			
Love and sexuality			
Divorce or breaking up an intimate relationship			

Menstruation/pregnancy/abortion			
Falling in love and have being rejected			
Severe tension in your home or within your relationship			
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			
Attended a Traditional Healer			
Problems within a Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....

4. WHAT CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in a specific situation or activity? Can you describe what these are? (work, restaurant, watching TV, cooking, alone in your room etc.)

.....
No. 5 months ago I heard voices all the time. Then for 1 month after that I was frightened about going outside

.....
.....

8.2 When? (day,night,weekend, particular hours) when the voices are present or not present? Do you know why you get voices then?

.....
.....
.....

8.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

No.....
.....
.....

8.4 How do you feel when the voices start?

Feeling not good, miserable. Don't want to do anything.

.....
(Clients' sister said that patient took knife and chased the voices and tried to stab the voices.)
.....
.....

8.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X emotion such as:

[N]insecurity

[N]fear

[N]doubt

[N]in love

[Y]anger or aggression

[N]your own sexual feelings

[N]the sexual feelings of other

[N] jealousy

[N] grief

[N] fatigue

[N] depressed or sad

[N] happy

[N] lonely

When I am selling, if someone like customer or other sellers makes me angry, when I come home I try to read my book to cut down my anger, but while reading the book I start to hear voices

9 WHAT DO THE VOICES SAY?

5.5 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

No. I hear both male and female voices. The female voices curse, say bad things, blame me. The voices tell me that I am too talkative, that I do not know how to sell.

Male voices want to punish me and sexual abuse with me.

.....
.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

.Most of the voices say bad things to me. Always blame me and say that I cannot do anything and am talkative. The women's voice curse me and the male voices punish me and sexually abuse me

.....
.....
.....

13 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

1. Someone you see everyday yes/no

2. your parents or another family member yes/no

mother

3. someone who is unknown to you yes/no

The voices are from a dead person:

4. who was very well known to you yes/no

5. who you do not know yes/no

The voices are:

6. symptoms of an illness yes/no

but not_clear to me, maybe from my feelings or from my ears .

7. one or more parts of your personality
(from the unconscious) yes/no

The voices are:

8. a good guide yes/no

9. a spirit or from someone out of the past
(reincarnation) yes/no

10. gods, ghosts or angels yes/no

11. a good god yes/no

12. a bad spirit or bad god yes/no

14. extraordinary perceptions (telepathy, yes/no

15. extraordinary perceptions mediumistic yes/ no

If voices were positive then I could think that it was a good guide
But as voices are bad I do not think this.

6.1.8 No because voices are always bad. But sometimes voices advise me
what to do or sometimes I think they are trying to make me good. So
sometimes I do think that the voices are positive or a good guide but this
is me trying to be positive.

6.1.14. Everyone can read my thoughts but I cannot read others.

14 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of
life.

14.3 How are the voices trying to influence you? Please give an
example.

49. They offer a solution to a problem

No.....

50. They offer you advice and help you

No.....

51. They describe what you think

No.....

52. They comment on what you do/think

or comment about the people you are dealing with

No.....

53. They take over your thinking so you

cannot distinguish your own from

the voice's

No.....

54. They swear at you or are very critical
about what you are doing
Yes.....
55. They forbid you to do the things Sister answered yes
you like to do
.....
56. They strengthen the feelings you have Yes and No (see NB56
below)
57. They strengthen the thoughts you are
busy with
No.....
58. They interrupt things you enjoy doing No(see NB 58 below)
.....
59. They interfere when you are talking
to someone else
Yes, (see NB 59 below)
60. They command you to do things
No.....

56. Yes because when I read the book the voices go away and this makes my feelings strong. No because my mother does not allow me to read and stay in the house

58. Clients sister says that the voices tell client don't go to other places, so client did not go and looks afraid. Client disagrees with sister.

59. Yes always happens, even when working/selling. But I can still sell.

How does the influence of the voices affect you and/or others?

When I hear voices they do not disturb or affect my feeling because I can still sell. But the last 2 weeks I have not been able to sleep.

.....

14.4 Are you happy with some of your voices? Why? Has this always been so?

No, never.....

.....

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

No, never.

.....

.....

8.3 Are you in control of the voices? Has this always been so? Please describe

No I cannot all the time. When I hear the voice I let the voice talk then after the voice stop talking. I cannot advise or control the voices

.....

.....

8.4 Are you able to talk with the voices? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way?

Please give an example

Yes I can talk back to the voices I speak out loud in my mind. The voice does not react it stays the same

.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order ?

I cannot refuse to the voice because the voice never orders me to do anything. When I hear the voice I listen to the voice, both the bad and good voices. But when I hear bad voice my face becomes sad and worried. If it is a good voice I look happy.

.....
.....

8.7 Are you able to cut yourself off from the voices and to open up again?

I can ignore the voice but even when I do ignore it the voice still talks so that I decide to listen because I can still listen, I can still hear it in my ears

.....
.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes,

please ask how many times and what the effect is. What do you do when you hear voices ?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away	Y	I used to but I would still hear the voice. <i>(Sister said that she would see client open door and tell the voices to go away)</i>
2	ignore the voices	Y	Nurse at Out Patients Department (OPD), Phnom Penh told her to do this
3	concentrate on listening	N	
4	selective listening pattern	N	
5	forcing your thoughts in another direction	N	Reading the book
6	make a deal with the voices	N	
7	Do you sometimes limit the voices	N	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do something	Y	But still hear voice
9	fly for the voices	N	
10	telephone		
11	to visit someone	Y	But still hear voices
12	distract yourself	Y	
13	keep a diary about the voices	N	
14	certain behavior or rituals	N	

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga	N	But have just started relaxation classes
16	medication	Y	
17	alcohol and drugs	N	
18	food	N	

When I hear voices I try to go to sleep. When I sleep voices go away. If I find it difficult to sleep the voices continue. I read my book to make the voices go away.

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most?

Reading the book, cooking talking, joking with others.....
.....

12.2 Does this method work? (less power or do you gain additional power)?

Yes it does. Reading the book is the most successful method because I
practice what the book says
.....
.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like
to look back while others prefer to put it behind them as soon as possible.
What is your perception of your childhood?

13.5.

Did you meet with a bad event when you were a child? Can you tell me about
it?

When I was 11,12 yrs old I fainted.

Then in 1999 when my father get disease, after this I cannot /wasn't
allowed to study at university. I was 18 years old but my mother didn't

want me to study. I really want to study and read but my mother did not allow it. So I became disappointed with my mother.

Clients' sister then said that their mother would not let client study because when client took an English course she spent hours and hours studying and mother thought that client spent too long studying.

.....
.....Client then said, I do think that I think too much and I read too much and maybe this causes the voices.

.....
.....Clients' sister then commented that maybe the voices come from the fact that client was not allowed to study

.....

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....
.....
.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

.....
No punishment from others, but mother and father did blame her.

.....
.....Client's sister then said that their mother and father did not blame Client, they just advised her but client would become angry, cry and disappointed when she was given this advice

.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled?
Did you experience the feeling of not being wanted, or did you feel
that you were never able to do anything right?

When I was a child they did not shout at me. But since I have been hearing
voices my mother, sister and neighbour begin to shout at me.

.....
I do feel that everything that I do is not right.

Client sisters, then says that what client does is ok.

.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....
.....

13.7. Have you ever been sexually abused by someone ?

No.....
.....
.....

13.8. Have you ever had sex against your will? A situation where you were
unable to resist or escape from?

.....
.....
.....

14. MEDICAL HISTORY

14. MEDICAL HISTORY

14.3 What did the therapist do in relation to the voices?

I used to treat the voices only at the OPD clinic. But my mother took me to the Pagoda when I hear voices. The monks threw holy water but I didn't think that they threw the water any better than I would when washing.....

.....

When I was 24 I came to the OPD and saw a Psychiatrist and had counselling for hearing voices with one of the nurses.

The Psychiatrist told me not to doubt and to not think too much, and to cut down my thinking.

As part of the counselling the nurse told me not to listen to the voices and to tell them to go away. The nurse said that this strategy may limit the voices.

But it does not particularly help, the voices stay the same. I do not know why they have stopped now.

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like Ômy sonÕ is sufficient.

RESPONSE FILE SOCIAL NETWORK

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01	4 members of	YES	Yes, but she tells

	family		me not to think too much, she doesn't care about the voices
02	Neighbour	YES	No
03	Close relative	YES	No
04	Another Seller	YES	No
05	OPD staff	YES	Yes
06			
07			
08			

Interviewers (An- Theavey) Comments:

The book that this client was reading a lot is the same book that the client who was interviewed on 12Jul05 was also reading, who also thinks this book may have influenced him to hear voices.

From what I could understand it is a book about philosophy, religion and magic.

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

Address: Village in Kandal Province, Cambodia.
.....

.

Telephone number:

Background information

Date of birth/age: 29 years old

Gender: M/F

Marital status: Married.....

Number of children: 0.....

Housing condition:

Employment status: Stays at home, cannot work but I do wash my own clothes. Prior to being sick I worked in a restaurant

Nationality/ethnic origin: Cambodian.....

Information concerning the interview

Name of the interviewer: ...An-Theavy
.....

Date of the first interview: 11 July 2005
.....

Date of the follow-up:

File number:

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

I used to hear sometimes 1 sometimes many voices. I can sometimes hear the voices clearly. I do not have visual hallucinations
.....
.....

1.7 Can the sounds/voices you hear also be heard by other people?

No.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

In my body. I can hear them with both ears
.....
.....

2. CHARACTERISTICS OF THE VOICES

2.1 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

Some remind me of people I know. One reminds me of my friend that I knew when I worked at the restaurant.

Another voice reminds me of the old man from the pagoda who gave me a protection amulet. I hear the old mans voice telling me not to wear the amulet.

.....
.....

3 THE HISTORY OF HEARING VOICES

3.12 Can you remember at what age you started to hear each voice (see 2.2)?.

Yes, it was Feb 2005 and I was 29. I was treated at the clinic for 3 months and the voices stopped. Then I stopped treatment for 1 month and then 1 week ago the voices came back. Now the voices have reduced after taking medication again.

.....
.....

3.13 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you

experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
Stressful changes			
Living on your own for the first time	Y		
Moving to a new residence, school/town or village	N		
Starting studies/ a course Studied a long time ago	N		
Failing an exam	N		
Being unemployed/fired/out of business This relates to me getting voices. When I had no job I had difficult feelings. I couldn't sleep well. I heard the voices	Y		Y
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home I left home 5-6 years ago	N		
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness	N		
Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend My mother died 7 years ago, but no voices	Y		No

Serious illness of a loved one My Father was sick 3-4 years ago but no voices	Y		No
Being confronted with a suicide or an attempted suicide When I hear the voice I feel hopeless. The voices tell me to kill myself, they say if I live I am not useful. I have tried to kill my self 3-4 times. Last time was last week and I tried to hang myself. Now my family watch me carefully	Y		
Love and sexuality			
Divorce or breaking up an intimate relationship			
Menstruation/pregnancy/abortion			
Falling in love and have being rejected			
Severe tension in your home or within your relationship Before when I was hearing voices it would make me feel difficult. But now the medication is working	Y		
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			
Attended a Traditional Healer I used to treat the voices by Khru Khmer and the voices decreased	Y		
Problems within a Village chief, conflict with family member, conflict with neighbour, or someone in authority			
Others			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....
.....

4. WHAT CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in a specific situation or activity? Can you describe what these are? (work, restaurant, watching TV, cooking, alone in your room etc.)

Shopping - No.

I used to think the picture in the T.V related to me. I know it is an illusion but I saw a girl on T.V. and thought that it was my girlfriend.

When I stay alone I hear voices.

My family don't allow me to do anything

.....
.....

9.2 When? (day,night,weekend, particular hours) when the voices are present or not present? Do you know why you get voices then?

When someone blames me or shouts at me I get angry. When I get angry I hear voices. The voice tells me about what has happened recently.

I hear voices all day.

Because I focus on what real people say then it is because of this I got ill and now have voices.

.....
.....

9.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

No.....
.....

9.4 How do you feel when the voices start?

Fearful, shake, bored. I still follow what the voices tell me to do
.....

9.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X emotion such as:

- | | |
|---|---|
| <input type="checkbox"/> insecurity | <input type="checkbox"/> jealousy |
| <input type="checkbox"/> fear | <input type="checkbox"/> grief |
| <input type="checkbox"/> doubt | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> in love - can hear and see that person on TV | <input type="checkbox"/> depressed or sad |
| <input type="checkbox"/> anger or aggression | <input type="checkbox"/> happy |
| <input type="checkbox"/> your own sexual feelings | <input type="checkbox"/> lonely |
| <input type="checkbox"/> the sexual feelings of other | |

Can you describe how the voices react?(For instance are they comforting, helpful or frightening and unhelpful?) Can you describe if the voices help you or not. Do the voices change the way you are feeling?

The voice cannot help me, but the voice can increase the problem eg. My relative tell me to eat rice and drink water but the voices tell me don't eat, don't drink, don't wash your clothes or take a bath.

Most the voices are useless and make me become frightened

.....
.....

10 WHAT DO THE VOICES SAY?

5.6 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

No, not positive

.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

All are bad voices and unfriendly

Eg. The voice say don't stay at my house,

Eg voice sound like the boss from the restaurant and says I stop you from working here

Eg Don't eat, don't drink, don't take the bus,

.....
.....
.....

15 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

1. Someone you see everyday yes/no
2. your parents or another family member yes/no
3. someone who is unknown to you yes/no

The voices are from a dead person:

4. who was very well known to you yes/no
my neighbour, Logn
5. who you do not know yes/no

The voices are:

6. symptoms of an illness yes/no
7. one or more parts of your personality
(from the unconsciousness) yes/no

The voices are:

8. a good guide yes/no
9. a spirit or from someone out of the past
(reincarnation) yes/no
10. gods, ghosts or angels yes/no
11. a good god yes/no
12. a bad spirit or bad god yes/no
14. extraordinary perceptions (telepathy, yes/no

15. extraordinary perceptions mediumistic

yes/ no

NB 9. The man who has put a spell on me and caused me to hear voices.

NB- I can talk to the ghosts like a Khru Khmer. I talk in the mind.

16 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

16.3 How are the voices trying to influence you? Please give an example.

61. They offer a solution to a problem

No.....

62. They offer you advice and help you

No.....

63. They describe what you think

No.....

64. They comment on what you do/think

or comment about the people you are dealing with

No.....

65. They take over your thinking so you cannot distinguish your own from the voice's

Yes.....

66. They swear at you or are very critical about what you are doing

Yes.....

67. They forbid you to do the things
you like to do
Yes.....
68. They strengthen the feelings you have
No.....
69. They strengthen the thoughts you are
busy with
No.....
70. They interrupt things you enjoy doing
No.....
71. They interfere when you are talking **No, I mainly hear the
voice when I am alone, the voice whisper's to someone else**
72. They command you to do things Yes

How does the influence of the voices affect you and/or others?

Hearing voices can affect me when I am with other
people.....
.....

16.4 Are you happy with some of your voices? Why? Has this always been so?

The voices affect my feelings with other people. I am never happy with the
voices.....
.....

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

No I cannot influence the voices

.....
.....

8.3 Are you in control of the voices? Has this always been so? Please describe

I cannot control the voices. I need to obey the voices all of the time

.....
.....

8.4 Are you able to talk with the voices? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way?

Please give an example

Yes I can, by the mind. The voices don't react because I always follow what the voices say.

.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order ?

I cannot refuse the voices. I never try to refuse the voice, but they don't order me, but they tell me. Then I feel fear.

.....
.....

8.7 Are you able to cut yourself off from the voices and to open up again?

I never ignore the voice. I decide to listen to the voice all the time

.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices ?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away	N	
2	ignore the voices	N	
3	concentrate on listening	Y	
4	selective listening pattern	N	
5	forcing your thoughts in another direction	N	
6	make a deal with the voices	N	
7	Do you sometimes limit the voices	N	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do	N	

	something		
9	fly for the voices	N	
10	telephone		
11	to visit someone	N	
12	distract yourself	N	
13	keep a diary about the voices	N	
14	certain behavior or rituals	N	

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga	Y	
16	medication	Y	
17	alcohol and drugs	N	
18	food	N	

I don't know any kind of way of coping. I do not tell anyone when I follow the voice. I just have strange behaviour so my relatives bring me to the OPD clinic.

12 CONCLUSION COPING STRATEGIES

12.1 What method do you use most?

I always listen to the voice and the voice is the same.....

12.2 Does this method work? (less power or do you gain additional power)?

It is still the same

.....
.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible.

What is your perception of your

childhood?.....

13.6.

Did you meet with a bad event when you were a child? Can you tell me about it ?

I never had a bad event or problem. But I think 2 things made me get

voices.....

The first thing is when my mother died.

The second thing is when I lost my job in February 2005, because my wife wanted me to move from Phnom Penh to her town. When I move I lost my job and I cannot find any money. So I have conflict with family and then I got sick and got voices.

.....
.....

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

.....
.....
.....

13.4. As a child, did you ever receive strange punishments? For example,
being locked in a toilet or being tied up?

No strange punishment

.....
.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled?
Did you experience the feeling of not being wanted, or did you feel
that you were never able to do anything right?

My friend used to give stigma to me. My friend always discouraged me and
made me feel stupid. Sometimes my mother and my mother in law and other
relatives in law shout at me and I feel that everything that I do is not
right

.....
.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....
.....

13.7. Have you ever been sexually abused by someone?

.....
.....
.....

13.8. Have you ever had sex against your will? A situation where you were unable to resist or escape from?

No. But when I got married, I am not happy with my marriage. My relatives tell me that I have to marry my wife

.....
.....
.....

14. MEDICAL HISTORY

What kind of treatment have you had for hearing voices? What they did they do in relation to the voices?

year	clinic/ambulant	kind of therapist	lengths	indication for treatment

14.3 What did the therapist do in relation to the voices ?

I used to go to the Kru Khmer. I went to the Kru Khmer recently and the voices cut down a little bit.

I also come to the OPD clinic. The Psychiatrist never gave me advice.

.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like "my son" is sufficient.

RESPONSE FILE SOCIAL NETWORK

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01	Staff at OPD clinic	Yes	
02			
03			
04			
05			
06			
07			
08			

At the end of the interview the client said the following:

I have never told anyone about the voices, even my wife does not know. I just stay at home alone and am fearful.

Researchers Notes on Interview

This man's brother in law sat in on this interview. The brother in law did look quite shocked during parts of the interview.

The interviewer, An-Theavy advised the client to tell his family and that expressing some of his feelings might help, this could be a coping mechanism.

An-Theavy also gave client some counselling.

INTERVIEW WITH A PERSON

WHO HEARS VOICES

Sandra Escher

Professor Marius Romme

To be used in conjunction with

Making Sense of Voices

A guide for mental health professionals working

with

Voice-hearers (Mind Publications 2000)

© A.d.M.A.C. Escher

Prof.Dr. M.A.J. Romme

Interview with a person who hears voices

Name of the voice hearer:

Address: Phnom Penh.....
.....

.

Telephone number:

Background information

Date of birth/age: 22 years old
.....

Gender: M/F

Marital status: Single.....

Number of children:

Housing condition:

Employment status: Stay at home.....

Nationality/ethnic ethnic origin: Cambodian.....

Information concerning the interview

Name of the interviewer: ...An-Theavy
.....

Date of the first interview: 11 July 2005.....

Date of the follow-up:

File number:

1. THE NATURE OF THE EXPERIENCES ITSELF

This Questionnaire has been designed for people who hear voices. It is intended to help you gain greater insight into your experience of hearing voices. It is also designed to encourage a dialogue between us about your experience and the way you cope with the voices. This will enable us together to work out the best way of dealing with them.

1. I would like you to tell me about the experience of hearing voices. How many voices do you hear? Do you hear sounds as well? Do you see visions?

I used to hear voices. Sometimes 3, sometimes many. I can hear them clearly. I do not have hallucinations.

.....
.....

1.8 Can the sounds/voices you hear also be heard by other people?

No, only I can hear them

.....
.....

1.3 Where do the sounds/voice(s) come from (where are they located)? Your head, your ears (left/right/both), or somewhere else within your body?

I can hear them with both ears. If I stay at home they are all around the house and outside the house

.....
.....

2. CHARACTERISTICS OF THE VOICES

2.1 does the manner or tone of the voices remind you of someone one you know or used to know? If yes, who?

Yes they do. But I clearly know the owner of the voices. Mostly they are my neighbours, young and old male and female.

.....
.....

3 THE HISTORY OF HEARING VOICES

3.14 Can you remember at what age you started to hear each voice (see 2.2)

.....

Yes it was in 1997, I was 13 years old. I heard them for 4 months. Then they reduced due to medication. But then I stopped medication as I got a lot of side effects. In 2001 the voices started again. I studied a lot and thought a lot. In 2001 the voice came from person with magic powers, it sounded like chanting and it made me feel very bad. Someone had put an ampeu on me.

.....

..... (NB 'Ampeu' is a curse / spell. Having an ampeu put on you is very common in Cambodia. However researchers that I worked with, who had been researching traditional healers in Cambodia for about 25 years, had not yet found a Kru Khmer who actually claims to put ampeu on people.)

3.15 We have put together a list of the kind of circumstances and situations that people might experience in their lives. Which of these life events have happened to you? At what age did you experience them? Was it the start of the voices/or did it change the nature of the voices?

Circumstances	Yes/no	age	voices
Stressful changes			
Living on your own for the first time <i>When I lived in an old house I heard voices. But when I moved to my new house the voices reduced.</i>		1997 / 98 13 /14 yrs	Yes
Moving to a new residence, school/town or village			
Starting studies/ a course	N		
Failing an exam	N		
Being unemployed/fired/out of business	N		
Changes in employment/status/job			
Retirement/inability to work			
Children leaving home			
Financial debt/financial problems			
Illness and death			
Serious physical injury or illness <i>In 1997 I had a fit, Epilepsy. The side effects from the medication for epilepsy made my eyes role back, so I was admitted to hospital.</i>	Y	1997 13 yrs	

Admission to a general hospital or being given an anaesthetic			
Death of a family member or an intimate friend	N		
Serious illness of a loved one	N		
Being confronted with a suicide or an attempted suicide Because I had always been ill I had cost my family a lot of money. I felt hopeless because of having another fit. So in 2001 and I tried to commit suicide by hanging myself.	Y	2001 17yrs	
Love and sexuality			
Divorce or breaking up an intimate relationship	N		
Menstruation/pregnancy/abortion			
Falling in love and have being rejected	N		
Severe tension in your home or within your relationship	Y		
Confrontation with socially less acceptable forms of sexuality like homosexuality or exhibitionism			
Unexpected changes in your relationship such as your own Unfaithfulness or an unfaithful partner			
Religion, spirituality, mystic or cosmic experiences			
Attended a Traditional Healer I went to a monk and they threw holy water on me, but the voices were still the same.			
Problems within a Village chief, conflict with family member, conflict with neighbour, or someone in authority I had a conflict with some of my friends and relatives. I said bad things to them. After the conflict I am now	Y		Y

normal again.			
<p>Others</p> <p>I think that my mother and father forced me to stay at home. Then I became afraid to leave home. When I got sick they forced me to stay at home.</p> <p>I used to read my book a lot, maybe too much and then was thinking too much. Now I have burnt the book. I now read another book</p>			

3.4 If one or more of this circumstances is related to the fact that you began to hear voices or the nature of the voices changed (from friendly became negative) could you tell me more about it?

Interviewer would ask this question if there was relevant answer from section 3.3

.....

.....

4. WHAT CAUSES THE VOICES

4.1 Have you noticed whether the voices tend to be present when you take part in particular **activities** or that they arise in a specific situation or activity? Can you describe what these are? (work, restaurant, watching TV, cooking, alone in your room etc.)

I hear voices when I am shopping, watching TV, cooking. I study very hard. The voices become worse especially when I read the book I mentioned, the one about philosophy. I do not know why I like this book so much, I think that it is abnormal, I have now burnt the book as I think that it was this book that made me get sick.

.....

.....

10.2 When? (day,night,weekend, particular hours) when the voices are present or not present? Do you know why you get voices then?

When I had voices for 4 months, I had them 24hrs a day. I had them because I replied back to them.

My parents forced me to stay at home

.....

.....

10.3 Have you noticed whether the voices come from certain objects like the TV, radio or computer. From which objects?

No.....

10.4 How do you feel when the voices start?

Disappointed, hopeless and feel upset. When I hear the voices I get fear so I cannot go outside.

.....

.....

10.5 Have you ever noticed whether the voices are present when you feel certain emotions? Let us check this list. Do the voices occur when you have X emotion such as:

[N]insecurity

[N] jealousy

[N]fear

[Y] grief

[N]doubt

[Y] fatigue

[N]in love

[Y] depressed or sad

[N]anger or aggression

[N] happy

[N]your own sexual feelings

[Y] lonely

[N]the sexual feelings of other

Can you describe how the voices react?(For instance are they comforting,
helpful or frightening and unhelpful?) Can you describe if the voices help
you or not

Do the voices change the way you are feeling?

All the voices are unhelpful and useless. I become

frightened.....
.....

11 WHAT DO THE VOICES SAY?

5.7 Do you hear positive (friendly) voices? What do they say? Please give an example of the exact words they use.

No.....
.....

5.2 Do you hear negative (unfriendly) voices? What do they say? Please give an example of the exact words they use.

All the voices are bad to me all of the time. They are unfriendly, they always blame me.

Eg. The voice blame me, why do you get sexual with your relatives

Eg, Why do you get sexual with your mother

Eg. The voices blame me and say 'You are very lazy"

.....
.....

17 HOW DO YOU EXPLAIN THE ORIGIN OF THE VOICES?

The following questions are to see what you think might have caused your voices. Can you answer yes or no for the following questions:

6.1

The voices are from a living person:

1. Someone you see everyday yes/no

2. your parents or another family member yes/no

3. someone who is unknown to you yes/no

The voices are from a dead person:

4. who was very well known to you yes/no

5. who you do not know yes/no

The voices are:

6. symptoms of an illness yes/no

7. one or more parts of your personality
(from the unconsciousness) yes/no

The voices are:

8. a good guide yes/no

9. a spirit or from someone out of the past
(reincarnation) yes/no

10. gods, ghosts or angels yes/no

11. a good god yes/no

12. a bad spirit or bad god yes/no

14. extraordinary perceptions (telepathy, yes/no

15. extraordinary perceptions mediumistic yes/ no

I think that a Kru Khmer has put 'ampeu' on me so that I become frightened.
This was in 2001 when I was very ill.

18 WHAT IMPACT DO THE VOICES HAVE ON YOUR WAY OF LIFE?

We would like to ask what kind of impact the voices have on your way of life.

18.3 How are the voices trying to influence you? Please give an example.

73. They offer a solution to a problem No
.....

74. They offer you advice and help you
No.....

75. They describe what you think
Yes.....

76. They comment on what you do/think
or comment about the people you are .
dealing with
Yes.....

77. They take over your thinking so you
cannot distinguish your own from the voice's
Yes.....

78. They swear at you or are very critical
about what you are doing
Yes.....

79. They forbid you to do the things
you like to do
No.....

80. They strengthen the feelings you have
No.....

81. They strengthen the thoughts you are

busy with

Yes.....

82. They interrupt things you enjoy doing

No.....

83. They interfere when you are talking
to someone else

Yes.....

84. They command you to do things

No.....

NB 11. When I am speaking with people I focus on the conversation, not on
what the voices are saying.

18.4 Are you happy with some of your voices? Why? Has this always been so?

I never feel happy with the voices before when I was very sick. Now I am a
little better the voices are sometimes ok. Eg when I listen to the radio
the voices tell me that the music or song is good medicine for me. They
also tell me that sport is good for me.

.....
.....

8. RELATIONSHIP WITH THE VOICES

We would like to ask you what kind of relationship you have with the voices

8.1 Are you able to influence the voices in any way ? yes/no

Please give an example

No.....
.....

8.3 Are you in control of the voices? Has this always been so? Please describe

No. Especially during the time when I was very ill.

.....

8.4 Are you able to talk with the voices? Do you speak out loud or do you speak in your mind? (or both). How do the voices react. Have they always reacted in this way?

Please give an example

Yes I can to talk to the voices both by speaking out loud and in my mind. When I talk to the voice they become more critical.

.....
.....

8.6 Are you able to refuse orders? If yes, which orders can you refuse and which not? What happens if you refuse to do what the voices order ?

Before I could not refuse the voices, they do not really order me to do things, they just say things to me.

Now when the voices are good I listen to them, when the voices are bad I refuse to listen to them.

Eg the voices say 'we live close to other people, you live close with neighbour. Sometimes you do wrong, sometimes you do right, it is ok.'

.....
.....

8.7 Are you able to cut yourself off from the voices and to open up again?

I used to ignore the voices

.....
.....

9.10.11. COPING STRATEGIES

We have just discussed your relationship with the voices. I would like to know what exactly you do, when you hear the voices. If the answer is yes, please ask how many times and what the effect is. What do you do when you hear voices ?

9. COGNITIVE STRATEGIES

no	strategy	yes/no	if yes, describe
1	send the voices away	N	
2	ignore the voices	Y	
3	concentrate on listening	Y	
4	selective listening pattern	N	
5	forcing your thoughts in another direction	Y	
6	make a deal with the voices	N	
7	Do you sometimes limit the voices	N	

10. BEHAVOURIAL STRATEGIES

no.	strategy	yes/no	if yes, describe
8	do you start to do	Y	

	something		
9	fly for the voices	Y	
10	telephone		
11	to visit someone	N	
12	distract yourself	Y	
13	keep a diary about the voices	Y	
14	certain behavior or rituals	N	

11 PHYSIOLOGICAL STRATEGIES

no	strategy	yes/no	if yes, describe
15	relaxation exercises such as yoga	Y	
16	medication	Y	
17	alcohol and drugs	N	
18	food	N	

12 CONCLUSION COPING STRATEGIES

a. What method do you use most?

Listening to monks chanting, meditating, listening to music, going for a walk, relaxation sports

12.2 Does this method work? (less power or do you gain additional power)?

The voices sometimes go away or reduce

.....

13. QUESTIONS RELATED TO YOUR CHILDHOOD

Childhood can be a very different experience for people. Some people like to look back while others prefer to put it behind them as soon as possible. What is your perception of your childhood?

13.7.

Did you meet with a bad event when you were a child? Can you tell me about it?

No.....
.....

13.2. Did you feel safe at school, in the streets and at home? If not, please explain why?

Yes.....
.....

13.4. As a child, did you ever receive strange punishments? For example, being locked in a toilet or being tied up?

My friends used to beat me because they wanted to take something from me.
.....
.....

13.5. Have you ever, as a child or a teenager, been yelled at or belittled?
Did you experience the feeling of not being wanted, or did you feel
that you were never able to do anything right?

Someone used to shout or give stigma to me. A distant relative used to
shout and give stigma to me. 'You are crazy. You are like mentally retarded
person'

I feel like I can never do anything right.

.....
.....

13.6. Have you ever witnessed the maltreatment of another family member?

.....
.....

13.7. Have you ever been sexually abused by someone ?

No.....
.....

13.8. Have you ever had sex against your will? A situation where you were
unable to resist or escape from?

.....
.....
.....

14. MEDICAL HISTORY

What kind of treatment have you had for hearing voices? What they did they
do in relation to the voices?

year	clinic/ambulant	kind of therapist	lengths	indication for treatment

14.3 What did the therapist do in relation to the voices ?

I used to visit the monks. The monk threw holy water over me and was chanting. At this time the monk did not know about the voices, but the voices stayed the same.....

A child psychiatrist told me that I was mentally ill and he gave me medication

In 1999 I saw a Psychiatrist at the OPD clinic. They gave me medication and told me to cut down on my thinking and to stop studying
.....
.....

15. SOCIAL NETWORK

Contact with others is an important part of life. First, I would like to ask you to tell me about the person with whom you have a personal relationship and other persons that are important to you. The order is not important and you are not required to give complete names. Initials or something like Ômy sonÕ is sufficient.

NO	NAME	knows about the voices yes/no	talks about the voices yes/no
01	Mother, Sister	Y	Yes, they tell me to
02	Brother	Y	Not think so much
03	Psychiatrist	Y	
04			
05			
06			
07			
08			

Interviewers Comments:

An-Theavey told me that the book that this client was reading a lot, and has now burnt, is the same book the girl who was interviewed on 30Jun05 was reading all the time.

An-Theavey told me a little about this and from what I could understand it is a book about philosophy, religion and magic.

APPENDIX D

Interview with the Kru Khmer - Koeun

I was forced to be a Kru, I did not want to be a Kru.

Why did you not want to be a Kru?

I did not want to be a Kru because I did not believe

What made you believe?

I did not want to be a Kru but I became sick, I had a fever and I could not walk

Then I said ok, I will become a Kru and all the symptoms disappeared instantly.

So then I knew that it is fact, I have to become a Kru.

My father was a Kru

My father had a guardian / protector, who became my Kru, or my alive teacher.

This man is now dead and he is now my guardian, protector

When a patient / client comes to see me, I hear from my protector what I should say, or my protector will speak through me.

My protector does not enter my body

I do not always know what to say to my clients, the words just come.

I have three Kru / teachers who I can call on. They used to be my teachers but they are now all dead. However I can still call them whenever I need their help. If the first one cannot tell me what is wrong then I will ask the other one etc..

When you ask your Kru for help, do you ask them a direct question. Does the reply come from inside your head or outside your head?

I speak out loud to my Kru, in front of my patients. I can see my Kru and hear him outside my head.

The Kru used to appear before me in visual form but now I have a grandchild who could see them so I had to ask them to stop being here in visual form.

At midnight I meditate to find out my patients progress and to assess if I can treat them or not.

When they come to see me, as a result of meditating, I can tell if I can treat them or not.

My soul can travel around, it leaves my body to assess my patients problems and strengths. Then I come back to my body.

Anyone can do this, but if they do not know how to return to their body then they will die.

Before I did not want to be a Kru because I was younger and I was responsible for my family and I worried that I would get into trouble by meditating. Who would feed my family if I died? Now I am older and I do not mind taking the risk so much.

Some people can be Kru because it is their fate. If you can serve the people then you should.

But then some people can try and learn to be a Kru but if it is not their fate then they will not be effective.

Interview with the Kru Khmer - Soy

Soy is a Kru Khmer (KK). He is a Baarea Mey Kru Khmer. Baarea Mey is the term assigned to Kru Khmer who call on spirits to enter their body and then the spirit is asked to diagnose the clients illness or problem.

There are several different types of Baarea Mey Kru Khmer. For example a Baarea Mey Kan is a KK who calls upon a famous royal ancestor spirit to enter his body.

A Baarea Mey Laek Taa San Thet – has a male elder spirit that enters their body.

Soy is known as a Baarea Mey as he does not have any one particular spirit that he calls to enter his body.

What do you see when you are in a trance?

Soy – I see a little bit of shadow but I cannot see much

How did you learn how to do this?

Soy - I knew how do this from when I was a very small boy. If I had not become a Kru I would have gone crazy. I would not be able to sleep.

In my dreams I hear how to treat my patients, which medicine to use, how much to use.

I have tatoo's for protection. I used to be a soldier and my Kru gave me these tatoo's for protection from Ampeu (Spells cast by KK) – and bullets.

When I am in a trance someone could cut me with an axe or a big knife and it would not cut me.

Do you ask a particular spirit to enter your body?.

Soy - I cannot control which spirit enters into my body, but once they enter my body my wife can ask them who they are and where they come from.

Soy gave me a demonstration of what happens when a spirit enters his body. Afterwards I asked him the following question.

Do you know anything about the spirit that entered you while you were showing me the tray?

Soy - The spirit was from in front of the Royal Palace in Phnom Penh. I do not know if they are a dead person or if they are alive or if they are a god. I only know who they were and where they came from.

All interviews were conducted in Cambodia, in 2005 by Jane Taylor.
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