

# Knowledge, Attitude and Practice Survey Tool for Intellectual Disability (KAP-ID)

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## ABSTRACT

**Background:** Community based rehabilitation approach is very popular in providing rehabilitation services to the people with intellectual disability in low and middle income countries. It is useful to assess level of knowledge, attitude and practices of parents and relatives of people with intellectual disabilities for strategic planning of the program.

**Method:** series of meetings, focus groups and in-depth interviews with the professionals employed in community based rehabilitation project and workers, and community members were conducted. Common questions around the issues related with intellectual disabilities were collected and discussed. These questions were refined with consultation, references with existing literature and field testing.

**Result:** We have developed and tested a Knowledge, Attitude and Practice survey tool for Intellectual Disability (KAP-ID) in a resource poor setting of a middle income country, India. This tool contains fifteen questions.

**Conclusion:** This brief survey tool is helpful in assessing knowledge, attitude and practices of parents, relatives and also of the community on intellectual disabilities. Information gained through the survey on KAP-ID found to be useful in designing the behavioral, awareness, educational, health promotional, and interventional program for the population with intellectual disabilities in rural poor settings.

**Key words:** intellectual disability, survey, tool, public health, community-based rehabilitation, low and middle-income country

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### Background:

Intellectual disability (ID) is a public health problem.<sup>1-2</sup> Therefore, it is better to apply public health, behavioral and health promotional strategies in intervention. Presently community based rehabilitation (CBR) approach is very popular in low and middle income countries.<sup>3-6</sup> It applies several public health approaches in promoting health and prevention of diseases. CBR have four major components

1) medical, 2) educational, 3) economic and 4) social or community intervention. In medical intervention, person with ID receives appropriate medical services. Family members are educated and prepared to assist in intervention. Larger community including parents, relatives, villagers, government functionaries such as teachers, community workers and other members are educated under the section of social intervention.<sup>7</sup> For any such program, it is very crucial to understand mind set of the parent's, relatives of the

intellectual disabled people and community around them.<sup>8-9</sup> CBR program are very flexible and can be customized as per the local needs.<sup>7, 9-10</sup> Following this philosophy, a survey can be planned to understand knowledge, practice and attitude of different groups in order to develop a culture sensitive and holistic interventional project plan.<sup>11-13</sup> People with disabilities face higher rate of disparities in accessing health services.<sup>14</sup> It is also very important to understand stigma that is most commonly associated with intellectual disability.<sup>15-17</sup>

**Objective:** design a knowledge attitude practice survey tool for intellectual disability for low and middle income country.

**Methods:** KAP-ID was developed in a very poor district of Madhya Pradesh state of India. A non-government organization Ashagram Trust (AGT) located in Barwani district had three community based rehabilitation / health projects. There was a need of understanding parent's views, and practices on ID. Author of this research facilitated discussion in CBR core team. Focus groups and in-depth interviews were used with CBR team, CBRWs and community members. CBR team comprised various professionals from different fields such as psychiatrist, clinical psychologist, specialists in intellectual disabilities, orthotic-prosthetic engineers, social workers, physiotherapist, and other community workers. This team was interacting with ID population and their parents/relatives at regular bases. Common questions were collected after the discussion in this team. Then those questions were field tested by CBRWs and professionals of the CBR team. This was done with series of meetings at AGT, and in community, and findings of its use in another study are incorporated in this paper.<sup>11</sup>

**Results:** KAP-ID is a useful survey tool to use with parents and relatives of ID (Table -1). This was effectively used in another study.<sup>11</sup> This tool measures 15 major issues those are commonly faced in LAMI countries when dealing with children with ID, more specifically in rural, impoverish and less educated communities. This tool can be implemented by any person who has basic ability of reading. Specific training is not required. It takes around 15 minutes to survey one participant. Survey tool should be administered on both parents separately to understand each parent. All questions have four answer choices, including one option as other. This tool is designed on the qualitative research methods.<sup>18-19</sup> Tool can also be used with community members by skipping specific questions intend solely for parents.

**Discussion:** Administration of this survey tool in parent interviews itself develops some form of openness on the

topic between service providers/interviewer and parents. This exercise helps in involving parents in interventional process. Involvement of parents in community programs for intellectual disabilities affects its outcome positively.<sup>20</sup> KAP-ID found effective in measuring the knowledge, attitude and practices of parents towards their children with disabilities. Which greatly enhanced understanding of CBR team in dealing several management, service related issues with ID. Use of this tool assisted CBR team to modify and plan appropriate and cultural sensitive strategies of developing awareness and involving community in process of rehabilitation.<sup>11</sup> Involvement of parents, and community in rehabilitation process helps in spreading awareness on ID issues.<sup>11, 21-24</sup>

**Table 1:** Knowledge, Attitude and Practice Survey Tool for Intellectual Disability (KAP-ID)

Knowledge, Attitude and Practice Survey Tool for Intellectual Disability (KAP-ID)				
Name of Child: _____				
Age/D.O.B: _____ Sex: _____				
Level of Disability: _____				
Information Provider: _____				
Address: _____				
Interviewer: _____		Date: _____		
No	Questions	Options	Selection	
1.	Is your child born with intellectual disability due to your sin in previous life?	Yes No No Idea other		
2.	Can faith healing make child with intellectual disability all right?	No No Idea Other Yes		
3.	Can a person with intellectual disability manage his / her own life?	No No Idea Other Yes		
4.	Should parent allow their ID child to play with their non-disabled peers?	Yes No No Idea Other		
5.	Do you think a child with intellectual disability benefits from school?	Yes No No Idea Other		
6.	Do you think appropriate training improves condition of a child with intellectual disability?	Yes No No Idea Other		

7.	Do you think a person with intellectual disability can marry and enjoy her/his life?	Yes No No Idea Other
8.	Do you think a person with intellectual disability can look after his/her property?	Yes No No Idea Other
9.	Do you think a child with intellectual disability can learn new skills with stepwise training?	Yes No No Idea Other
10.	Do you think a child with intellectual disability can be trained to speak?	Yes No No Idea Other
11.	Is your child with intellectual disability have disability certificate?	Yes No No Idea Other
12.	Do you involve your child with intellectual disability in household activities?	Yes No No Idea Other
13.	What is the life span of a person with intellectual disability in your opinion?	Normal More Less No Idea Other Prenatal Postnatal Perinatal All above
14.	What are the causes of intellectual disability?	No Idea Physically punish Leave/ ignore Make understand Train other
15.	How do you manage behavior problems?	Any other observation made by interviewer while collecting information _____

**Conclusion:** KAP-ID was found easy to use, and useful in CBR programs for understanding mindset of people and planning interventional strategies. Tool also found feasible to implement, culturally sensitive, and useful for professionals in various rehabilitation settings.

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**Conflict of Interest:** declared none

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