

## REFERENCES

- American Thoracic Society. (2002). Retrieved 21 November 2007, from <http://www.atsqol.org/sections/instruments/uz/pages/whoqol.html>.
- Apichartabutr, J. (1997). Relations between Personal Factors Family Support and Community Health Services with and Health related quality of life of the Elderly in Slum Areas of Bangkok. Master's thesis, Faculty of Nursing, Chulalongkorn University.
- Avery, J., Grande, E.D. & Taylor, A. (2003). Health related quality of life in South Australia as Measured by the SF 12 Health Status Questionnaires Population Norms for 2003. Trends From 1997-2003. Retrieved 29 October 2007, from <http://www.dhs.sa.gov.au/pehs/PROS.html>.
- Avery, J., Noack, H., Gill, T., & Taylor, A. (2006). South Australian Monitoring and Surveillance System (SAMSS): Overall Health Status of South Australians. Retrieved 27 March 2008 from <http://www.dh.sa.gov.au/pehs/pros.html>.
- Carr, A.J., Thompson, P.W., & Kirwan, J.R. (1996). Health related quality of life Measures. British Journal of Rheumatology. 35 , 275-281.
- Coons, S.J., Rao, S., Keininger, D.L., & Hays, R.D. (2000). A Comparative Review of Generic Quality-of-Life Instruments. Pharmacoeconomics. 17(1),13-35.
- Daniel, W.W. (2005). Biostatistics: A foundation for analysis in the health science. (8<sup>th</sup> edition). New York: Wiley.
- Gerritsen, A., Bramsen, I., Deville, W., Willigen, L., Hovens, J., & Ploeg. H. (2004). Health and health care utilization among asylum seekers and refugees in the Netherlands: design of a study. BMC Public Health. 4,7. Retrieved 27 March

2008, from <http://www.biomedcentral.com/1471-2458/4/7>.

Huguet, J. & Punpuing, S. (2005). International Migration in Thailand. Bangkok:

International Organization for Migration.

International Organization for Migration [IOM]. (2007). Thailand: IOM. [s.l.: s.n.].

(Unpublished manuscript).

Kontondimopoulos, N., Pappa, E., Niakas, D. & Tountas, Y. (2007). Validity of SF 12

summary scores in a Greek general population. Health and quality of life

Outcomes. 5,55. Retrieved 29 October 2007, from

<http://www.hqlo.com/content/5/1/55>.

Koochek, A., Montazeri, A., Johansson S-E., & Sundquist J. (2007). Health related

health related quality of life and migration: A cross-sectional study on elderly

Iranians in Sweden. Health and Quality of life Outcomes. 5, 60. Retrieved 29

November 2007, from <http://www.hqlo.com/content/5/1/60>.

Kumar, R. (2005). Research Methodology: A step-by-step guide for beginners. (2<sup>nd</sup>

ed.). London: Sage Publications.

Labor Migration in the Greater Mekong Sub-region Synthesis Report: Phase 1.

(2006). Bangkok: The World Bank.

Landingham., M (2003). Impact of rural to urban migration on the health of young

adult migrants in Ho Chi Minh City, Vietnam. The United States of America:

Tulane University.

Li, X., Stanton, B., Chen, X., Hong, Y., Fang, X., Lin, D., et al. (2006). Health

Indicators and Geographic Mobility among Young Rural-to-Urban Migrants in

China. World Health and Population Report. 8(2), 5-21. Retrieved 21

November 2007,  
<http://www.pubmedcentral.nih.gov/picrender.fcgi?artid=2249565&blobtype=pdf>

Lubetkin, E., & Gold, M. (2000). Using self-administered surveys to measure health-related health related quality of life for patients at a community health center: results of a pilot study. New York: Department of Community Health and Social Medicine, the City University of New York Medical School.

MacPherson, D.W., Gushulak, B.D., & MacDonald, L. (2007). Health and Foreign Policy: influences of migration and population mobility. Bulletin of the World Health Organization. 85(3), 200-206.

McDowell, I. (2006). Measuring health: a guide to rating scales and questionnaires. (3<sup>rd</sup> ed.). New York: Oxford University Press.

Muldoon, M.F., Barger, S.D., Flory, J.D. & Manuck S.B. (1998) What are health related quality of life measurements measuring? BMJ. 316, 542-545.  
 Retrieved 11 November 2007, from  
<http://www.bmj.com/cgi/content/full/316/7130/542>.

Raks Thai Foundation (2006). Migrants' health and vulnerability to HIV/AIDS in Thailand. Thailand: Raks Thai Foundation. PHAMIT (Prevention of HIV/AIDS among Myanmar migrant workers in Thailand) project.

Somboonsithi, J. (1992). The Relationship between Demographic Factors, Daily Life Activities and Satisfaction with Life among Aging. Master's thesis, Faculty of Public Health, Mahidol University.

Sripiean, V. (2001). Quality of Working Life and Labor Migration. Doctoral

- dissertation, Institute for Population and Social Research, Mahidol University.
- Sriruksa, P. (2001). Assessing Health related quality of life of the Elderly People in Khon Kaen Province. Master's Thesis, The College of Public Health, Chulalongkorn University, Thailand.
- Tseng, H., Lu, J. & Gandek, B. (2003). Cultural Issues in Using the SF 36 Health Survey in Asia: Results from Taiwan. Health and quality of life Outcomes .1, 72. Retrieved 27 December 2007, from: [www.hqlo.com/content/1/1/72](http://www.hqlo.com/content/1/1/72).
- The Center for Health Promotion, Quality of Life Research Institute, University of Toronto,(2001). Note on Quality of Life. Retrieved 19 October 2007 from <http://www.gdrc.org/uem/qol-define.html>.
- United Nations [UN]. (1997). Human development report 1997. New York: Oxford University Press.
- Ware, J.E., Kosinski, M. & Keller, S.D. (1996). A 12-item short form health survey: Construction of scales and preliminary tests of reliability and validity. Medical Care. 34(3): 220-233.
- World Health Organization [WHO]. (1997). Introducing the WHOQOL instrument. Retrieved 23 November 2007, from [http://www.who.int/mental\\_health/media/68.pdf](http://www.who.int/mental_health/media/68.pdf).
- World Migration Report 2005. (2005). Retrieved 8 November 2007, from <http://www.iom.int/>. Bangkok. International Organization for Migration (IOM).

## **APPENDICES**

## **APPENDIX A**

### **Inform consent**

I had been well explained about the objectives and purposes of the study by the interviewer and I was granted that my name will be kept anonymously as well. Moreover, the interviewer promised that the information I provide in this study will not be used in any other study under any purpose. Nor will my name can be traced back. So, I feel confident and willing to be included in the study.

Signature

## APPENDIX B

### Questionnaire

#### Questionnaires on health related quality of life of Myanmar Migrant Workers in Takuapa and Kuraburi Districts, Phangnga Province, Thailand

This questionnaire is to ask about your health related quality of life during your stay in Thailand. The answers will be kept in confidentiality and are intended to use for research purpose only. Without your consent, the answers will not be used for any other purpose. Moreover, it will only take a few minutes for you to complete all of the questions. Thank you so much for your valuable time and cooperation for filling up these questions.

Number of questionnaire

--	--	--

Village -----

**Explanation: Please mark (X) in the proper space or fill in the correct information as required.**

#### 1. Social demography

1. **Gender**  (1) Male  (2) Female

2. **Age** ----- years (complete years)

#### 3. Ethnicity

(1) Mon  (2) Karen  
 (3) Rakhine  (4) Dawei  
 (5) Myanmar  (6) Other -----  
(Please specify)

#### 4. Marital status

(1) single  (2) married  
 (3) widowed  (4) divorced/separated

#### For researcher

Gender

Age

Ethnicity

Marital status

**5. Current migrant's status in Thailand**

(1) Registered     (2) Non-registered

**For researcher** Status**6. Educational achievement**

- (1) No education
- (2) Basic education (grade 1-4)
- (3) Middle education (grade 5-8)
- (4) Higher education  
(Grade 9 or up to diploma or  
University bachelor degree)

 Education**8. Length of staying in this community**

----- Months

  Staying**9. Type of Occupation**

- (1) Construction     (2) Rubber plantation
- (3) Fishing boats     (4) Fishery processing
- (5) Rice mill     (6) Brick factory
- (7) Private household     (8) Restaurant
- (9) Ice factory     (10) Dependent
- (11) Other (please specify) -----

 Occupation



10. **Monthly Income**

- (1) Less than 2,000 Baht     (2) 2,001-4,000 Baht  
 (3) 4,001-6,000 Baht     (4) 6,001 – 8,000 Baht  
 (5) More than 8,000 Baht

11. **Working Days per week**    ----- day/s12. **Working hours per day**    ----- hours13. **Days-off in a week?**    ----- day/s14. **Number of your family members in this community**

- (1) 1-2 members     (2) 3-4 members  
 (3) More than 4 members

15. **Number of your children in this community**

- (1) No single one     (2) 1-2 children  
 (3) 3-4 children     (4) More than 4

16. **Number of your dependents in this community**

- (1) No single one     (2) 1 dependent  
 (3) 2 dependents     (4) More than 2

**For researcher** Income Working days Working hours Days-off Family members Children Dependents

**For researcher****17. Thai Language skills**

- (1) Cannot communicate at all
- (2) Can communicate basically
- (3) Can speak fluently but cannot read /write
- (4) Fluently in Thai

 Language**2. Your Social Relationship with people**

18. How often do you go out and talk to other people outside your home?

- (1) Daily                       (2) Once a week
- (3) Several times per week    (4) Once a month

 Talk

19. If you are feeling sad or depressed, to whom do you consult with?

- (1) Friends                       (2) Spouse
- (3) Relatives                       (4) Neighbors
- (5) Other (Please specify) -----

 Consultation

20. What do you do in your leisure time?

- (1) Staying at home               (2) Going to the temple
- (3) Visiting friends               (4) Visiting relatives
- (5) Playing games (football, takraw...)
- (6) Others (please specify) -----

 Leisure time activities

21. Do you think people in this community are friendly, in common sense?

(1) Yes

(2) No

(3) Not sure

**For researcher**

Friendliness

### 3. Your Sense of security in this community

22. Do you think you are safe at home from police's arrest?

(1) Yes

(2) No

(3) Not sure

Safety

23. Do you think your personal security is good in this community?

(1) Yes

(2) No

(3) Not sure

Security

24. What is your three most concerns in this community?

(1) Finance

(2) Children's education

(3) Health

(4) Job

(5) Police's arrest

Personal relationship

(7) Other (Please specify) -----

Concern

#### 4. Workplace Situation

25. How would you define your relationship with your employer/supervisor?

(1) Good

(2) Normal

(2) Bad

26. Are you satisfied with your present job?

(1) Yes

(2) No

**For researcher**

Relationship

Job  
tatisfaction

## The Short Form -12 Health Survey, Version 2

### Your Health and Wellbeing

This survey asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities. *Thank you for completing this survey!*

For each of the following questions, please mark an (X) in the one box that best describe your name.

1. In general, would you say your health is:

Excellent


 1

Very Good


 2

Good


 3

Fair


 4

Poor


 5

2. The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much:

	Yes, Limited A Lot	Yes, Limited A Little	No, Not Limited At All
a. Moderate activities, such as moving a table or sweeping floor .....	↓ 1	↓ 2	↓ 3
b. Walking for a few minutes.....	↓ 1	↓ 2	↓ 3

3. During last week, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

	All of the Time	Most of the Time	Some of the Time	A little of the Time	None of the Time
a. Accomplished less than you would like .....	↓ 1	↓ 2	↓ 3	↓ 4	↓ 5
b. Were limited in the kind of work or other activities.....	↓ 1	↓ 2	↓ 3	↓ 4	↓ 5

4. During last week, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

	All of the Time	Most of the Time	Some of the Time	A little of the Time	None of the Time
	↓	↓	↓	↓	↓
a. Accomplished less than you would like.....	1	2	3	4	5
b. Did work or other activities less carefully than usual.....	1	2	3	4	5

5. During last week, how much did pain interfere with your normal work (including both work outside the home and housework)?

Not at all	A little bit	Moderately	Quite a bit	Extremely
↓	↓	↓	↓	↓
1	2	3	4	5

6. These questions are about how you feel and how things have been with you during last week. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the last week...

	All of the Time	Most of the Time	Some of the Time	A little of the Time	None of the Time
	↓	↓	↓	↓	↓
a. Have you felt calm and peaceful? .....	1	2	3	4	5
b. Did you have a lot of energy? .....	1	2	3	4	5
c. Have you felt downhearted and depressed? .....	1	2	3	4	5

7. During the last week, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc)?

All of the Time	Most of the Time	Some of the Time	A little of the Time	None of the Time
↓	↓	↓	↓	↓
1	2	3	4	5

## APPENDIX C

### Time schedule

No	Activities	November				December				January				February				March				April				May				
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
1	Writing proposal	■	■	■	■																									
2	Submit first draft				■																									
3	Revise first draft					■	■	■	■																					
4	Submit for proposal exam								■																					
5	Proposal exam									■	■	■	■																	
6	Revise proposal												■																	
7	Pretest questionnaire												■	■	■	■														
8	Revise questionnaire													■	■	■														
9	Conduct structure interview													■	■	■	■	■	■											
10	Data management																■	■	■											
11	Data analysis																	■	■	■	■	■								
12	Report writing																			■	■	■								
13	Submit for final defense																						■	■	■					
14	Thesis exam																							■	■	■	■	■		
15	Revision																								■	■	■	■		
16	Submit final product																									■	■	■		

## APPENDIX D

## Administration cost

No	Activities	Unit	Price (baht)	Unit (number)	Total Budget (Baht)
1.	Pre-testing - Photocopy - Stationery	Quest. Set	7 200/set	30 1	210 200
2	Data Collection - Photocopy Quest. - Souvenir for respondent - Interviewers per diem - Transportation cost - Data Processing	Quest. Set Person Trip/day Person	0.5/page 350/set 300/day 300/day 200/day	7 x 350 10 2 prs x 14days 2 prs x 14days 2 prs x 14days	1,225 3,500 8,400 8,400 5,600
	DATA COLLECTING PROCESS			SUBTOTAL	27,535
3	Document Printing - Paper + Printing - Photocopy (exam +final submit) - Stationery - Binding Paper (exam) - Binding Paper (submit)	Page Page Set Set Set	5/page 0.5/page 200/set 150/set 200/set	800 pages 12 x 400 1 set 6 sets 6 sets	4,000 2,400 200 900 1,200
	THESIS DOCUMENT PROCESS			SUBTOTAL	8,700
	<b>G R A N D T O T A L</b>				36,235



**CURRICULUM VITAE**

Name : (Mr) Sai Ti

Date of Birth : 25 April 1978

Place of Birth : Kyaing Tong (Shan State, the Union of Myanmar)

Educational Achievement : B.A. (English)

Work Experiences :

Nov 2006 – May 2007 : Thai Youth Action Program Foundation (TYAP)  
Chiang Mai, Thailand.

May 2005-Oct 2006 : Aide Medicale Internationale (AMI)  
Yangon, Myanmar.

Oct 2003-April 2005 : Myanmar Business Coalition of AIDS (MBCA)  
Yangon, Myanmar.