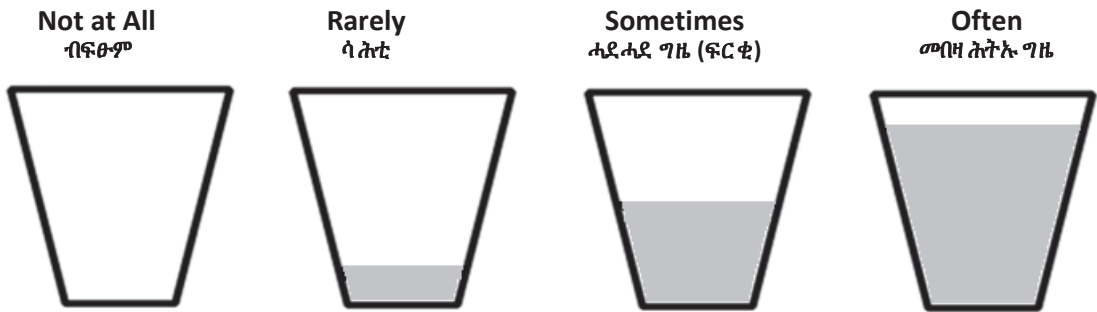


PROBLEM RATING SCALES/ናይ ሸግር መቀኒ ሚዛናት

READ TO CLIENT: እዙይ ንዓሜል ኣንብቦ

This is the last section. I am going to ask you how often you experience certain problems or symptoms. You can use this picture of cups to help you. The more full cups mean that you experience these problems more regularly. Please think about how much these symptoms have bothered you during the past two weeks. እዙይ ናይ መወዳእታ ክፍሊ እዩ፡፡ ካብዚ ቀደሊ ዝተተካ/ኪ ዝተወሰኑ ፀገ መገት ወይከዓ ምልክታት ከንደየ ናይ ዝኣከል ከምዘሰምዑኻ እዩ፡፡ ምእንታን ከሕግዘካ ናይ ከብያ ታት ስእሊ ክትጥቀምትኹልኻ ኣኻ፡፡ እቶም ብጣፕ ሚምልእ ዝበሉ ከብያ ታት፣ እቶም ፀገ መገት ብዝያ ዳ ተደጋጋሚየ ጋጥመኻ ከምዘለ ወ.እ.ዮም ዘርእዩ፡፡ ብኹብረትካ/ኪ እቶም ሸግራት ኣብ ዝተሰላፈ ክልተ ሳምንታት ማዕረ ከንደይ ኣጸጊሞምኻ/ኹኪ ከምዘነበሩ ሕሰብ/ቢ፡፡



**How much have each of these problems bothered you during the past two weeks?
ኣብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ከንደይ የሸግሩኻ/ኹ ነይሮም ?**

Check one box (not at all, rarely, sometimes, or often) for each symptom. ንሕድሕድ ምልክታት ኣብ ሓደ ሳንዳቕ (ብፍፁም፣ ሳሕተ፣ ሓደሓደ ግዜ (ፍርቂ)፣ መበዛ ሕትኡ ግዜ) ምልክት ግበር፡፡

*Read these items as they are written to the client.
ንዓሜል ልክዕ ከምዚ ኣብዚ ተፃ ሓፉ ዘሎኣ ንብበሉ/ላ፡፡*

	PHYSICAL SYMPTOMS ኣካላዊ ምልክታት	Not at All ብፍፁም	Rarely ሳሕተ	Sometimes ሓደ ሓደ ግዜ (ፍርቂ)	Often መበዛ ሕትኡ ኡ ግዜ
1	Feeling nauseous or sick to the stomach? ወሽጥና ዕግርግር ናይ ምጣል (ናይ ተምላ ስ ስምዒት) ወይከዓ ናይ ከስዐ ሕመም?				
2	Finding it hard to breathe? ክተተን ፍስ ምሽጋር?				
3	Feeling pain in parts of the body that are muscles or bones? ጭዋዳታትን ኣዕ ጽምትን ኣብ ዝኾኑ ክፍልታት ሰብነ ትካ/ኪ ናይ ቃንዛ ስምዒት?				
4	Feeling pain in parts of the body that are not muscles or bones? ካብ ጭዋዳታትን ኣዕ ጽምትን ወጻኢ ኣብ ዝኾኑ ክፍልታት ሰብነ ትካ/ኪ ናይ ቃንዛ ስምዒት?				
5	Feeling a tightness or heaviness in the chest? ኣብ ኣፍልቢ ጸቕጢ ወይ ድማ ናይ ምዕባ ስ ስምዒት?				

**How much have each of these problems bothered you during the past two weeks?
 አብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ክንደይ የሰግሩኻ/ኺ ነይሮም ?**

ANXIETY SYMPTOMS ምልክታት ጭቆናታት		Not at All ብፍጹም	Rarely ሳ ሕዳተ	Sometimes ሓይ ሓይ ግዜ (ፍርቂ)	Often መብዛ ሕት ኡ ግዜ
1	Suddenly scared for no reason? ብዘይ ዝኾነ ምክንያት ብሃ ን ደበበት ምስ ን ባድ/ምፍራሕ?				
2	Feeling fearful? ምፍራሕ?				
3	Faintness, dizziness, or weakness? ሃ ለ ዋት ምጥፋእ፣ ጽር ወር ው ምባል ወይ ድማ ምድኻም?				
4	Nervousness or shakiness inside? ወሽ ጣዩ ምር ባሽ ወይ ወሽ ጣዩ ምን ቅጥቃጥ?				
5	Heart pounding or racing? ፈጣን ህር መት ልቢ?				
6	Trembling? ምን ቅጥቃጥ?				
7	Feeling tense or keyed up? ምር ባሽ ወይ ድማ ምክያፍ (ምትእስሳር)?				
8	Headaches? ሕማም ርእሲ?				
9	Spells of terror or panic? ከቢድ ራዕዲ (ወጥሪ) ይስመዎ ካ ዶ?				
10	Feeling restless or can't sit still? ዕረፍቲ ናይ ምስኣን ስምዒት ወይ ተረጋጊእ ካ ኮፍ ዘይምባል?				

**How much have each of these problems bothered you during the past two weeks?
አብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ክንደይ የሸግሩኻ/ኪ ነይሮም ?**

DEPRESSION SYMPTOMS ምልክታት ከቢድ ጭቀት		Not at All ብፍጹም	Rarely ሳ ሕቲ	Sometimes ሓደ ሓደ ግዜ (ፍርቂ)	Often መብዛ ሕት ኡ ግዜ
1	Feeling low in energy, slowed down? ሓይሊ ናይ ምጽንቃቕ፣ ምዘሕታል ስምዒት?				
2	Blaming yourself for things? ን ዘጋጠሞኑ ገራት ነ ብሰኻ ምውቃስ?				
3	Crying easily? ብዘጠቅምን ዘይጠቅምን ምብካይ?				
4	Loss of sexual interest or pleasure? ናይ ስጋዊ ርክብ ስምዒት ወይ ርወየት ምጥፋእ?				
5	Poor appetite? ምህ ጻውሽ ወሃት?				
6	Difficulty falling asleep or staying asleep? ድቃስ ምእባይ ወይ ነ ዊሕ ክትድቅስ ዘይምኽኣል?				
7	Feeling sad? ምኑሃይ?				
8	Feeling lonely? ናይ ጽምዖ (ብሕታወኑት) ስምዒት?				
9	Feeling trapped by your problem(s)? ካብ ሸግርካ (ሸግራትካ) ክትናገፍ ናይ ዘይምኽኣል ስምዒት?				
10	Worrying too much about things? ብዛዕባ ነ ገራት ኣዚኻ ምጽገኻቕ?				
11	Feeling no interest in things? ኣብ ልዕሊ ዝኾነ ነ ገር ተገዳስ ነት ምጥፋእ?				
12	Feeling everything is an effort? ከሉ ነ ገር ሃልኪ እዩ ዝብል ስምዒት?				
13	Feeling hopeless about the future? ብዛዕባ ሙእ ኢትስፉው ዘይምኽን?				
14	Feelings of worthlessness? ዋጋ ከምዘይብልካ ወይ ናይ ባዶነት ስምዒት?				
15	Thoughts of ending your life? ነ ብሰ-ቅትለት ናይ ምፍጻም ሓሳባት?				

If client reports thoughts of ending his/her life “rarely,” “sometimes,” or “often,” ask:
እቲ/ታዓመል “ሳ ሕቲ” “ሓደ ሓደ ግዜ (ፍርቂ)” ወይ ክዓ “መብዛ ሕትኡ ግዜ” ነ ብሰ-ቅትለት ናይ ምፍጻም ሓሳባት
እንተሃለዎ/ዋ፣ ዝስዕብ ሕተቱ፡፡

D15a. Have you made plans to end your life in the past month?

አብ ዝሓለፈ ወርሒ ነብሰ-ቅትለት ንምክያድ መደብ ኣውጺእኻ/ኪ ዶ ነይርካ/ኪ?

- Yes እወ No ኣይፋል

D15b. Have you ever attempted to end your life? ነ ብሰ-ቅትለት ንምፍጻም ፈቲን ካ/ኪ ዶ ትፈልጥ/ጠ?

- Yes እወ No ኣይፋል

Notes (optional): መዘኻሽሪ (ከም መማረጺ)

48. In the past two weeks, have you had serious thoughts of harming others?
አብ ዝሓለፈ ክልተ ሳምንታት፣ ንካልኦት ናይ ምጥቃስ ጽንኩራት ሓሳባት ነይሮምኻ/ኺ ዶ?

- Yes አወ No አይፋል

How much have each of these problems bothered you during the past two weeks?
እብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ከንደይ የሸግሩኻ/ኺ ነይሮም ?

<i>POST-TRAUMATIC STRESS SYMPTOMS</i> ድሕሪ ስንብራት ዝገደፈ ሕሳብ ተሳታፊ ዝርእ ናይ እኣምሮ ጸቕጢምልክታት)		Not at All ብፍጹም	Rarely ሳሕተ	Sometimes ሓደ ሓደ ግዜ (ፍርቂ)	Often መበዛ ሕት ኡ ግዜ
1	Having repeating thoughts and memories about traumatic events when you do not want them? ብዛዕባ ሕሳብ ስምብራት ዝገደፈ ተሳታፊ ዋላ ከይደለኻ ሽምምም ከለኻ ሽምዝረኣዩ ተደጋጋሚ ሓሳባትን ተዘከሮታትን?				
2	Having repeating bad dreams or nightmares about the traumatic experience you have had? ብዛዕባ ሕሳብ ስምብራት ዝገደፈልኩም ተሳታፊ ተደጋጋሚ ሕልምታት ምስላ ምን ወይ ምስላ ራርን?				
3	Feeling like part of the trauma was happening again or that you are living the trauma again (sometimes called “flashbacks”)? ናይቲ ሕሳብ ስምብራት ዝገደፈ ተሳታፊ ገለ ክፋል ዳግማይ ይኸሰት ከምዛሎ ኮይኑ ይስማኑኩም ወይ ደማእቲ ሕሳብ ስምብራት ዝገደፈልኩም ተሳታፊ ሕጂ ዝፍጸምዎ ሎኮይኑ ይስማኑኩም (እዚ ከኣት ሓደ ሓደ ግዜ ፍላጻባኻ /ምልሰት/ ብምግል ይፍለጥ)?				
4	Feeling unhappy, nervous, or upset by things that remind you of the traumatic event? ብሰንኪ ነቲ ሕሳብ ስምብራት ዝገደፈልኩም ፍጹም ዝኸኸሩ ነገራት ናይ ምክራይ፣ ናይ ምርባሽ ወይ ምስራቕ ስምብራት ይስማኑኩም?				

POST-TRAUMATIC STRESS SYMPTOMS ድሕሪ ስንብራት ዝገ ደፊ ሕሙሽ ተሞክሮ ዝርእ ናይ እኣምሮ ጸቕጠምልክታት)		Not at All ብፍጹም	Rarely ሳ ሕቲ	Sometimes ሓደ ሓደ ግዜ (ፍርቂ)	Often መበዛ ሕት ኡ ግዜ
5	Having your body react to things that remind you of the traumatic event (like upset stomach, dizziness)? ሰብ ን ትኩም ነቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ፍጻሜ ዘዘኻኹ ነገራት ግብረ ማልሲ ይህብ (ከም ምላጻፍ ክስዐ፣ ምኽባድ ርእሲ)?				
6	Trying to avoid thoughts, feelings, or conversations related to your traumatic event? ምስቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ፍጻሜ ዝተኣሳሰሩ ሓሳባት፣ ስምዒታት፣ ወይ ድማ ዝርርባት ከተወግዱ ምፍታን?				
7	Trying to avoid activities, places, or people that remind you of your traumatic experiences? ነቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮታት ዘዘኻኹ ን ጥፊታት፣ ቦታታት ወይ ድማ ሰባት ከተወግዱ ምፍታን?				
8	Not able to remember an important part of your traumatic experience, even when you try? እገ ዳሲ ክፋል ናይቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ክትዝክሩ ዘይምኽእል፣ ዋላ እኳ እንተፈተን ከም?				
9	Feeling less interest in things that you used to enjoy? ኣብ ልዕሊ እቶም ቀደም ባህ ዘብልኹም ዝነበሩ ነገራት ናይ ትሕታ ድልዎ ትተገ ዳስ ነገት ስምዒት ምህላው?				
10	Feeling emotionally distant from other people since your traumatic experience (feeling like you can't talk or share feelings with other people)? እቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ካብ ዘጋጥሞኩም ንደሓር ካብ ካልኦት ሰባት ብስምዒት ርሕቕ ናይ ምዃን ስምዒት (ንኻልኦት ሰባት ክትዘረቡ ከምዘይትኽሉ ወይ ድማ ስምዒታትኩም ከተካፍሉ ናይ ዘይምድላይ ስምዒት ምህላው)?				
11	Less able to feel happy since your traumatic experience? እቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ካብ ዘጋጥሞኩም ንደሓር ከም ቀደም ሕጉስ ዘይምዃን?				
12	Not thinking about or planning for the future as much as you did before your traumatic experience? ማዕረ እቲ ቅድሚ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ምፍጻ መዘነ በርኩም ሓሳብ ወይ ወጥን ሕጂ ብዛዕባ መጻኢኹም ዘይምሕሳብ ወይ ድማ ወጥን ዘይምወጻእ?				
13	Being more irritable or angry than before your trauma experience (even if you keep it inside)? ካብ ቅድሚ እቲ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ምፍጻ መዘነ በርኩም ብዝበለጸ ብቐለሉ ተናዳዳይን ሓራቕን ምዃን /ዋላ ኣብ ወሽጥኻ ክትገብሮ እንተፀዓርካ/?				
14	Having difficulty concentrating or focusing on your thoughts? ኣብ ሓደ ነገር ናይ ምድሃብ ወይ ድማ ምትኳር ዘይምኽእል?				
15	Watching everything around you or feeling "extra alert" or "on guard" much of the time? ኣብ ከባቢኹም ዝርከቡ ኩሎም ነገራት ምሕላው ወይ ድማ መበዛ ሕትኡ ግዜ "ዝያዳ ንቕሕ" ወይ ድማ "ኣብ ሓለዎ" ናይ ምዃን ስምዒት?				
16	Being more "jumpy" to sounds or movements than before the trauma ("startling" easier than before)? ካብቲ ቅድሚ ሕሙሽ ስምብራት ዝገ ደፊልኩም ተሞክሮ ብዝያዳ ሕጂ ብዝተፈላለዩ ድምጻታት ወይ ድማ ምንቅስቃሳት ሰምባዲ ምዃን (ካብ ቅድሚ ሕጂ ንላዕሊ ብቀለሉ ዝስምብድ ምዃን)?				

**How much have each of these problems bothered you during the past two weeks?
 አብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ክንደይ የሸግሩኻ/ኺ ነይሮም ?**

<i>BEHAVIORAL FUNCTIONING PROBLEMS</i> ጸገ ማት ትግባረ ጠባይ		Not at all ብፍጹም	Rarely ሳሕተ	Sometimes ሓደ ሓደ ግዜ (ፍርቂ)	Often መበዛ ሕት ኡ ግዜ
1	Difficulty doing domestic work since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ናይ ገ ዛ ስራሕ ምስ ራሕ ኣ ጸጋ ማምዘን ?				
2	Difficulty leaving the house since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ካብ ገ ዛ ምውጽእ ኣ ሸጋሪ ምዃን ?				
3	Difficulty engaging in income generation activities since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ኣብ እ ቶት ናይ ዘ ምጽኡ ን ጥፈታታት ምስ ራሕ ኣ ሸጋሪ ምዃን ?				
4	Difficulty engaging in religious or spiritual activities since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ኣብ ሃይማኖታዊ ወይ መንፈሳዊ ን ጥፈታት ምሳእ ኣ ሸጋሪ ምዃን ?				
5	Difficulty doing activities like playing games, sports, or dancing since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ከም ጻ ወታታት ምጽዋት፣ ስፖርት፣ ሳዕ ስዒት/ዳን ሲ/ ዝበሉ ን ጥፈታት ን ምስ ራሕ ኣ ሸጋሪ ምዃን ?				
6	Difficulty enjoying entertainment (such as listening to the radio) since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ብመዛና ግዒ ን ገ ራት (ከም ምስ ማዕ ሬድዮ ዝኣ መስሉ) ክትሕጎ ስ ኣ ሸጋሪ ምዃን ?				
7	Difficulty visiting friends or relatives since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም የዕ ሩኽቲ/መዛዘት ወይ ድማ ኣ ዝማድ ምበጻሕ ኣ ሸጋሪ ምዃን ?				
8	Difficulty thinking about or discussing the future since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ብዛዕባ መጻኢኽም ምምዕያ ጥ ኣ ሸጋሪ ምዃን ?				
9	Difficulty thinking about going back to your country of origin (feeling fear or distress when thinking about returning in the current situation)? ናብ መዛቆል ሃገር ከምን ምምላስ ስ ምሕሳብ ኣ ሸጋሪ ምዃን (በቲ ሕጂ ዘሎ እዋናዊ ክት ታት ን ምምላስ ስ እንትን ሓሰብ ናይ ፍርሕን ጫቅን ስምዒት ምፍጠር)?				
10	Difficulty discussing news, current events, or politics since your traumatic experiences? ድሕሪ ሕሞቹ ስምብራት ዝገ ደፈ ተሞኪሮኽም ብዛዕባ ዜናታት፣ እዋናዊ ፍጻሜት ወይ ድማ ፖለቲካ ምምዕያ ጥ ኣ ሸጋሪ ምዃን ?				