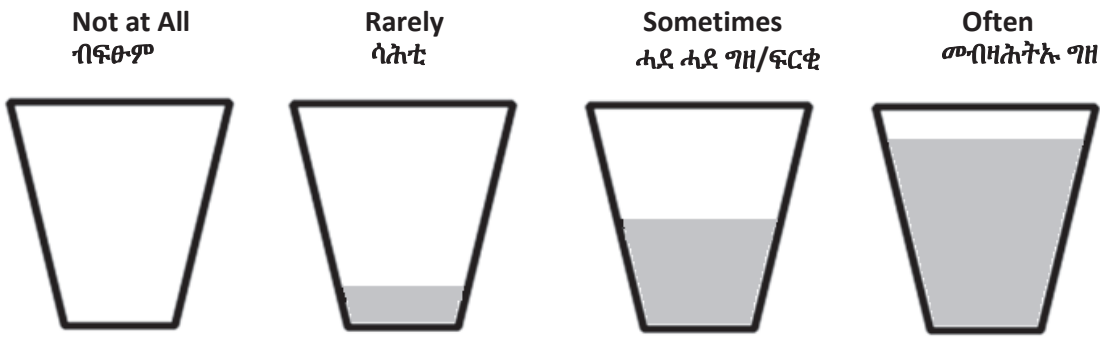


PROBLEM RATING SCALES / ናይ ሽግር መዐቀኒ ሚዛናት

READ TO CLIENT: እዙይ ንዓሚል 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 ቀጺለ ዝሓተካ/ኪ ዝተወሰኑ ፀገማት ወይክዓ ምልክታት ክንደየናይ ዝኣክል ከምዝሰምዑኻ እዩ፡፡ ምእንታን ክሕግዘካ ናይ ኩባያታት ስእሊ ክትጥቀም ትኽእል ኢኻ፡፡ እቶም ብጣዕሚ ምልእ ዝበሉ ኩባያታት፣ እቶም ፀገማት ብዝያዳ ተደጋጋሚ የጋጥሙኻ ከምዘለዉ እዮም ዘርእዩ፡፡ ብኸብረትካ/ኪ እቶም ሽግራት ኣብ ዝሓለፈ ክልተ ሳምንታት ማዕረ ክንደይ ኣጸጊሞምኻ/ኺ ከምዝነበሩ ሕሰብ/ቢ፡



How much have each of these problems bothered you during the past two weeks?
 ኣብዚ ዝሓለፈ ክልተ ሳምንታት ነፍሲ ወከፍ ጸገማት ማዕረ ክንደይ የሸግሩኻ/ኺ ነይርም?
 Check one box (not at all, rarely, sometimes, or often) for each symptom.
 ንሕድሩ ሕድ ምልክታት ኣብ ሓደ ሳንዱቕ (ብፍፁም፣ ሳሕቲ፣ ሓደ ሓደ ግዘ (ፍርቂ)፣ መብዛሕትኡ ግዘ) ምልክት ግበር፡፡
 Read these items as they are written to the client. ንዓሚል ልክዕ ከምቲ ኣብዚ ተጻሒፉ ዘሎ ኣንብቡ/ቢ፡፡

	PHYSICAL SYMPTOMS ኣካላዊ ምልክታት	Not at All ብፍፁም	Rarely ሳሕቲ	Some times ሓደ ሓደ ግዘ/ፍርቂ	Often መብዛሕትኡ ግዘ
1	Feeling nauseous or sick to the stomach? ወሽጥና ዕግርግር ናይ ምባል (ናይ ተምላስ ስምዒት) ወይክዓ ናይ ከስዕ ሕማም?				
2	Finding it hard to breathe? ናይ ምትንፋስ ጸግሞ?				
3	Feeling pain in parts of the body that are muscles or bones? ኣብ ዝተፈለለዩ ኣካላት ሰብነት ማለት ውን ኣብ ጭዋዳታትን ወይ ኣዓጽምቲን ናይ ቃንዛ ስምዒት?				
4	Feeling pain in parts of the body that are not muscles or bones? ኣብ ጭዋዳታትን ኣዕጽምትን ወጻኢ ኣብ ዝኾኑ ክፍልታት ሰብነትካ/ኪ ናይ ቃንዛ ስምዒት?				
5	Feeling a tightness or heaviness in the chest? ኣብ ኣፍልቢ ጸቕጢ ወይድማ ናይ ምዕባስ ስምዒት?				
6	Headaches? ሕማም ርእሲ?				

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 ነይርም?

PSYCHOLOGICAL SYMPTOMS ስነ-አእምሮ-ዊ ምልክታት		Not at All ብፍጹም	Rarely ሳሕተ	Some times ሓደሓደ ጊዜ/ፍርቂ	Often መብዛሕት ኡ ጊዜ
1	Feeling anxious, nervous, or tense? ናይ ምጭናቕ፣ ምርባሽ ወይ ጭዋዳታት ናይ ምትእስሳር ስምዒት?				
2	Feeling sad or crying easily? ናይ ጓሂ ወይ ብዝጠቓምን ዘይጠቓምን ናይ ምብካይ ስምዒት?				
3	Feeling fearful? ምፍራሕ?				
4	Having nightmares or trouble sleeping? ለይቲ ናይ ምብህራርን ወይ ናይ ድቃስ ጸገም?				
5	Problems remembering or concentrating? ናይ ምዝካር ወይ ምትኳር ሽግራት?				
6	Avoiding social contact or withdrawing? ማሕበራዊ ረኽቢ ዘይምግባር ወይ ካብ ሰባት ምርሓቕ?				
7	Not wanting to cooperate or do what is asked? ክትሓብር ወይ ዝተሓተትካዮ ንክትገብር ዘይምድላይ ?				
8	Taking things that don't belong to you (stealing)? ዘይናገትካ ነገራት ምውሳድ (ከም ስርቂ)?				
9	Fighting, arguing, or showing aggression? ምብአስ፣ ምጭቕጫቕ፣ ወይ ዓመጽ/ጎነጽ ምርኣይ?				
10	Being hyperactive or excitable? አዚዮ ንጡፍ ወይ ሽዩፍ/ተረሳሳሂ ምዃን?				
11	Doing risky or dangerous things? ንሂወትካ ስግእት ዝኾኑ ወይ ሓደገኛ ዝኾኑ ነገራት ምትግባር?				
12	Blaming yourself for things? ብነገራት ነብስኻ ምውቃስ?				
13	Feeling lonely? ናይ ጽምዋ ስምዒት?				
14	Having repeating thoughts and memories about traumatic events when you do not want them? ከይደለኻዮም ከለኻ ብዛዕባ እቲ ስነ-አእምሮ-ዊ ስቃይ/ስንብራት ፍጻሞ ብተደጋጋሚ ሓሳባትን ተዘክሮታትን ምህላው?				
15	Feeling very anxious when you're away from family or close friends? ካብ ስድራኻን ወይ ናይ ቀረባ መሓዙትካ ክትርሕቕ ከለኻ/ኺ ናይ ኩቱር ምጭናቕ ስምዒት ምህላው?				
16	Wetting the bed? አብ ዓራት ምሻን?				
17	Had thoughts about ending your life? ነብስ-ቕትለት ናይ ምፍጻም ሓሳባት?				

If client reports thoughts of ending his/her life "rarely," "sometimes," or "often," ask:
 እቲ/ታ ዓሚል "ሓደ ሓደ ጊዜ (ፍርቂ)" ወይ ክዓ "መብዛሕትኡ ጊዜ" ነብስ-ቕትለት ናይ ምፍጻም ሓሳባት እንተሃሊዎ/ዋ፣ ዝስዕብ ሕተቱ:

P17a. Have you made plans to end your life in the past month?

አብ ዝሓለፈ ወርሒ ነብስ-ቕትለት ገምኪዮድ መደብ አውጺእኻ/ኺ ዶ ነይርካ/ኪ?

- Yes እወ
- No አይፋል

P17b. Have you ever attempted to end your life? ነብስ-ቕትለት ገምፍጻም ፈተንካ/ኪ ዶ ትፈልጥ/ጢ?

- Yes እወ
- No አይፋል

Notes (optional): መዘኛኸሪ (ከም መማሪያ):

49. In the past two weeks, have you had serious thoughts of harming others?

አብ ዝሓለፈ ክልተ ሳምንታት፣ ንካልኣት ናይ ምጥባብ ጽንኩራት ሓሳባት ነይሮምኻ/ኺ ዶ?

- Yes እወ No ኣይፋል

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?

Behavioral Functioning Problems ጸገማት ትግባረ ጠባይ		Not at all ብፍጹም	Rarely ሳሕተ	Sometimes ሓይሓይ ግዜ/ፍርቂ	Often መብዛሕትኡ ግዜ
1	Difficulty playing with friends since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ምስ መሓዘት ንክትጸወት ምጽጋም?				
2	Difficulty doing activities like playing games, sports, or dancing since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ንጥፊታት ከም ጸወታታት ምጽዋት፣ ስፖርት፣ ወይ ሳዕሲዒት ንክትግብር ምጽጋም?				
3	Difficulty interacting with parents or caretakers since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ምስ ስድራ ወይ ኣለይቲ ጽቡቕ ምቕርራብ ክትገብር ምጽጋም?				
4	Difficulty performing well in school since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ኣብ ቤት-ትምህርቲ ጽቡቕ ምስራሕ/ጽቡቕ ነጥቢ ኣብ ምምጻእ ምጽጋም?				
5	Difficulty performing domestic tasks since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ናይ ዘቤታዊ ዕዮታት ንምስራሕ ምጽጋም?				
6	Difficulty falling asleep or staying awake since your traumatic experiences? ካብቲ ናይ ስነ-አእምሮ-ዊ ስቃይ/ሰንብራት ንዳሓር ንምድቃስ ምጽጋም ወይ ናይ ዘይምንቃሕ ጸገም?				