

TAKAITACCEN MA'AUNIN INGANCIN RAYUWA NA HUKUMAR LAFIYA TA DUNIYA.

1. Ingancin rayuwar ka/ki ya kai wane mataki?	Yayi muni sosai.	Yayi muni.	Ba yabo, ba fallasa.	Yayi kyau.	Yayi kyau sosai.
2. Ya gamsuwar ka/ki take game da lafiyar ka/ki?	Ban gamsu ba sosai.	Ban gamsu ba.	Ba yabo, ba fallasa.	Na gamsu.	Na gamsu sosai.

Tambayoyi na gaba an yi su ne game da wasu abubuwan da ka/ki ka fuskanta cikin sati 2 da suka wuce;

	A,a/ (Ko kadan).	Kadan.	Wasu lokutan.	Sosai.	Sosai da sosai.
3. Ciwon jiki yana hana ka/ki yin wani abu da ka/ki ke son yi.	1	2	3	4	5
4. Kana buqatar taimakon likita/magani kafin ka/ki gabatar da rayuwar ka ta yau da kullum.	1	2	3	4	5
5. Ka/ki na jin dadin rayuwa	1	2	3	4	5
6. Ka/kin a jin rayuwar ka/ki tana da muhimmanci.	1	2	3	4	5
7. Ka/kin a samun nutsuwa.	1	2	3	4	5
8. Ka/kin a cikin tsaro da aminci.	1	2	3	4	5
9. Muhallin ka/ki yana da tsafta kuma ba wata barazana.	1	2	3	4	5

Tambayoyi nag aba an yi su ne game da yadda ka/ki ka fuskanci ko ka/ki ke aiwatar da wasu abubuwan a sati 2 da suka wuce;

	A'a/ ko kadan	Kadan	Wasu lokutan.	Sosai.	Sosai da sosai.
10. Ka/kin a jin qarfi a jikin ka/ki domin aiwatar da rayuwar yau da kullum	1	2	3	4	5

11. Ka/kin gamsu da yanayin halittar jikin ka/ki.	1	2	3	4	5
12. Ka/ki na samun isasshen kudi domin biyan buqatun ka/ki.	1	2	3	4	5
13. Ka/ki na samun labarun/sanarwar da ka/ki ke buqata a rayuwar ka/ki ta yau da kullum.	1	2	3	4	5
14. Ka/ki na samun damar aiwatar da harkoki na walwala.	1	2	3	4	5
15. Ka/kin a iya fita kidan kewayakai/ke kadai.	1	2	3	4	5

Tambayoyi na gaba an yi su ne akan yanda ka/ki ke jin dadi ko gamsuwa game da wasu bangarori na rayuwa;

	Sosai bana samun gamsuwa.	Bana samun gamsuwa.	Ba yabo, ba fallasa.	Ina samun gamsuwa.	Ina samun gamsuwa.
16. Ya barcin ka/ki.	1	2	3	4	5
17. Ya gamsuwar ka/ki game da yanda ka/ki ke iya ayyukan ka/ki na yau da kullum.	1	2	3	4	5
18. Ya gamsuwar ka/ki wajen yawan aikin da ka/ki ke gabatarwa.	1	2	3	4	5
19. Ya gamsuwar ka/ki da kan ka/ki a matsayin ka/ki na mutum.	1	2	3	4	5
20. Ya gamsuwar ka/ki wajen mu'amalar ka/ki.	1	2	3	4	5
21. Ya gamsuwar ka/ki wajen jima'i/fitar da sha'awa.	1	2	3	4	5
22. Ya gamsuwar ka/ki da irin taimakon da ka/ki ke samu daga abokan ka/qawayenki.	1	2	3	4	5
23. Ya gamsuwar ka/ki da muhallin da ka/ki ke zaune.	1	2	3	4	5

24. Ya gamsuwar ka/ki wajen samun kulawar lafiyar ka/ki.	1	2	3	4	5
25. Ya gamsuwar ka/ki da irin abun sufurin da ka/ki ke amfani da shi.	1	2	3	4	5

Tambaya ta gaba an yi ta ne game da yawan jin wasu abubuwa a cikin zuciyar ka/ki sati 2 da suka wuce.

26. Sau nawa ka/ki ke jin ka/ki cikin yanayi marar dadi kamar dacin rai, rashin tabbas, fargaba, damuwa.	Ko sau daya ban ji haka ba	Na kan ji haka jefi-jefi.	Lokuta masu dan yawa.	Na kan ji haka sosai.	Na kan ji haka kowane lokaci.
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Wani ya taimaka ma/mi ki wajen cike wannan takarda.....

Tsawon wane lokaci ka/ki ka dauka wajen cike wannan takarda.....

Ka/kin a da wani qarín bayani? .....

MUN GODE.

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