

World Health Organisation Quality of Life instrument (WHOQOL-BREF)

THE WORLD HEALTH ORGANIZATION
QUALITY OF LIFE (WHOQOL) –BREF
KISWAHILI

The following questions ask how you feel about your quality of life, health, or other areas of your life. I will read out each question to you, along with the response options. Please choose the answer that appears most appropriate. If you are unsure about which response to give to a question, the first response you think of is often the best one.

‘Maswali yafuatayo yanajaribu kuchunguza jinsi wewe unavyohisi hali yako ya afya na maisha yako kwa jumla. Nitakusomea maswali na vile vile hiari za majibu ambazo unazo. Tafadhali chagua jibu ambayo inalingana na maoni yako au ni karibu na jibu lako’

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last four weeks.

‘Ukijibu maswali tafadhali jaribu ukumbuke kanuni, ridhaa, na shaka zako. Vile vile tungeuliza ukijibu wasali ukumbuke vitu ambazo zimefanyika maishani mwako kuanzia sasa na kurudi nyuma wiki nne vilizo pita’

Codes:

Very poor (**Mbaya sana**)

Poor (**Mbaya**)

Neither poor nor good (**Sio mbaya wala sio mzuri**)

Good (**Nzuri**)

Very good (**Nzuri sana**)

1. How would you rate your quality of life?

Je, ukikaripia hali ya maisha yako, je waweza kusemaje?

1 2 3 4 5

Codes:

Very dissatisfied (**Hai ridhishi sana**)

Dissatisfied (**Hai ridhishi**)

Neither satisfied nor dissatisfied (**Hai ridhishi wala haipendezi**)

Satisfied (**Inaridhisha**)

Very satisfied (**Inaridhisha sana**)

2. How satisfied are you with your health?

Je, unaridhiswa na hali yako ya afya?

1 2 3 4 5

The following questions ask about how much you have experienced certain things in the last four weeks.

‘Maswali yafuatayo yana jaribu kupima maarifa zako kuhusu vitu mbali mbali katika wiki nne zilizo pita’

Not at all (**Hakuna hata kidogo**)

A little (**Kidodgo**)

A moderate amount (**Kadiri**)

Very much (**Sana**)

An extreme amount (**Kabisa**)

3. To what extent do you feel that physical pain prevents you from doing what you need to do?

Ni kwa kiasi gani ambayo unaona kwamba maumivu ya mwili imekuzuiya kufanya vitu ambazo ungependa kuyafanya?

5 4 3 2 1

4. How much do you need any medical treatment to function in your daily life?

Ni kwa kiasi gani ambayo unahitaji matibabu katika maisha yako ya kila siku?

5 4 3 2 1

5. How much do you enjoy life?

Ni kwa kadiri/kiasi gani ambayo wewe unafurahia maisha?

1 2 3 4 5

6. To what extent do you feel your life to be meaningful?

Ni kwa kiasi gani ambayo wewe unaona kwamba maisha yako ina muhimu?

1 2 3 4 5

Codes:

Not at all (**Hakuna hata kidogo**)

A little (**Kidodgo**)

A moderate amount (**Kadiri**)

Very much (**Sana**)

An extreme amount (**Kabisa**)

7. How well are you able to concentrate?

Ni kwa kiasi gani ambayo wewe unaweza kukaza fikira ju ya jambo?

1 2 3 4 5

8. How safe do you feel in your daily life?

Ni kwa kiasi gani ambayo wewe unahisi usalama wako katika shughli zako za kila siku?

1 2 3 4 5

9. How healthy is your physical environment?

Je, sifa za mazingira yako unayaonaje?

1 2 3 4 5

The following questions ask about how completely you experience or were able to do certain things in the last four weeks.

Maswali yanayofuata yanalyza uwezo wako wakupima maarifa yako au kufanya vitu fulani kwa wiki nne zilizopita.

Codes:

Not at all (**Hakuna hata kidogo**)

A little (**Kidodgo**)

A moderate amount (**Kadiri**)

Very much (**Sana**)

An extreme amount (**Kabisa**)

10. Do you have enough energy for everyday life?

Je, una nguvu ya kutosha kufanya shughli za kawaida za kila siku?

1 2 3 4 5

11. Are you able to accept your bodily appearance?

Je, una ridhika na umbo lako au hali yako ya kimwili?

1 2 3 4 5

12. Have you enough money to meet your needs?

Je, una pesa za kutosha kutimiza mahitaji yako?

1 2 3 4 5

13. How available to you is the information that you need in your day-to-day life?

Je, maelezo ambazo unazotaka katika maisha yako ya kila siku unayapata?

1 2 3 4 5

14. To what extent do you have the opportunity for leisure activities?

Je, ni kwa kiasi gani ambayo unapata nafasi ya kupumzika na kufaragha?

1 2 3 4 5

Codes:

Very poor (**Mbaya sana**)
Poor (**Mbaya**)
Neither poor nor good (**Sio mbaya wala sio mzuri**)
Good (**Nzuri**)
Very good (**Nzuri sana**)

15. How well are you able to get around?
Je, ni kwa kiasi gani ambayo unaweza kuwasiliana/kutembea?

1 2 3 4 5

Codes:

Very dissatisfied (**Hai ridhishi sana**)
Dissatisfied (**Hai ridhishi**)
Neither satisfied nor dissatisfied (**Hai ridhishi wala haipendezi**)
Satisfied (**Inaridhisha**)
Very satisfied (**Inaridhisha sana**)

16. How satisfied are you with your sleep?
Je, ni kwa kiasi gani ambayo unaridhishwa na uwezo wako wa kulala?

1 2 3 4 5

17. How satisfied are you with your ability to perform your daily living activities?
Je, ni kwa kiasi gani ambayo wewe unaridhishwa na uwezo wako wa kjiendelea katika maisha yako ya kila siku?

1 2 3 4 5

18. How satisfied are you with your capacity for work?
Je, ni kwa kiasi gani ambayo wewe unaridhishwa na uwezo wako wa kufanya kazi?

1 2 3 4 5

19. How satisfied are you with yourself?
Je, ni kwa kiasi gani ambayo unaridhishwa na maisha yako?

1 2 3 4 5

20. How satisfied are you with your personal relationships?
Je, ni kwa kiasi gani ambayo unaridhishwa na uhusiano yako na watu wengine?

1 2 3 4 5

21. How satisfied are you with your sex life?
Je, ni kwa kiasi gani ambayo unaridhishwa na maisha yako ya kimapenzi?

1 2 3 4 5

22. How satisfied are you with the support you get from your friends?

Je, ni kwa kiasi gani ambayo unridhishwa na usaidizi ambayo unyata kutoka marafiki zako?

1 2 3 4 5

23. How satisfied are you with the conditions of your living place?

Je, ni kwa kiasi gani ambayo unridhishwa na hali ya makao ambayo unaishi?

1 2 3 4 5

24. How satisfied are you with your access to health services?

Je, ni kwa kiasi gani ambayo unridhishwa na uwezo wa kupata huduma za matibabu?

1 2 3 4 5

25. How satisfied are you with your transport?

Je, ni kwa kiasi gani ambayo unridhishwa na huduma za usafirishaji?

1 2 3 4 5

The following question refers to how often you have felt or experienced certain things in the last four weeks.

'Swali linalofuata linahusu mara ngapi wewe umehisi au kuarifu vitu mbali mbali katika wiki nne zilizo pita'

Never (**Hakuna hata kidogo**)

Seldom (**Kidogo**)

Quite often (**Mara kwa mara**)

Very often (**Sana**)

Always (**Kila mara**)

26. How often do you have negative feelings such as blue mood, despair, anxiety, depression?

Je, kuhisi ya kuwa na hali ya moyo mzito, taruki au wasi wasi huja kwako mara ngapi?

5 4 3 2 1

Do you have any comments about the assessment?

Je, una maoni yeyote kuhusu maswala ambayo yameulizwa?

The World Health Organization Quality of Life (WHOQOL)-BREF

© World Health Organization 2004

All rights reserved. Publications of the World Health Organization can be obtained from Marketing and Dissemination, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel: +41 22 791 2476; fax: +41 22 791 4857; email: bookorders@who.int). Requests for permission to reproduce or translate WHO publications—whether for sale or for noncommercial distribution—should be addressed to Publications, at the above address (fax: +41 22 791 4806; email: permissions@who.int).

This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. In the event of any inconsistency between the English and the translated version, the original English version shall be the binding and authentic version.