



WHOQOL-BREF



PROGRAMME ON MENTAL HEALTH
 WORLD HEALTH ORGANIZATION
 GENEVA

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	Equations for computing domain scores	Raw score	Transformed scores*	
			4-20	0-100
Domain 1	$(6-Q3) + (6-Q4) + Q10 + Q15 + Q16 + Q17 + Q18$ / + / + / + / + / + /	=		
Domain 2	$Q5 + Q6 + Q7 + Q11 + Q19 + (6-Q26)$ / + / + / + / + /	=		
Domain 3	$Q20 + Q21 + Q22$ / + / + /	=		
Domain 4	$Q8 + Q9 + Q12 + Q13 + Q14 + Q23 + Q24 + Q25$ / + / + / + / + / + / + /	=		

* Please see Table 4 on page 10 of the manual, for converting raw scores to transformed scores.

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MAERERENA NEMI SEMUNHU

Musati matanga tinokumbira kukubvunza mibvunzo mishomana maererena nemi semunhu. Isai denderedzwa kana kunyora mhinduro yenyu panzvimbo yakapihwa.

Uri munhuyi? Munhurume Munhukadzi
 Tiudzewo musu wekuzvarwa? _____ / _____ / _____
 Musi wekuberekwa/wekuzvarwa Zuva / Mwaka / Gore

Chikoro wakagumira paghiredhi ripi? Handina kuenda kuchikoro
 Wakasvika papi chikoro? Chikoro chePuraimari
 Chikoro cheSekondari
 Yunivesiti kana Koreji

Wakaroorwa kana kuroorwa here? Ndirindega Takaparadzana
 Ndakaroorwa(rwa) Takarambana
 Kugara setakaroorwa nemurume/mukadzi

Uri kurwara here iko zvino? Hongu Kwete
 Unorwara here?

Kana pane zviri kunetsa pahutano kana muviri wako, unofunga kuti chirwere rudzii?.....

Zvekuita

Fomu rino remibvinzo, rinechinangwa chekubvunza nekunzwisisa kuti hupenyu hwako, hutano, uye zvimwe zvinoenderana nekurarama kwako muhupenyu zvinokugutsa sei. **Pindura mibvunzo iyi yose.** Kana usingazivi mhinduro, sarudza mhinduro yanofungidzira kuti iri pedo nezvaunofunga. Iyi inogona kuva mhinduro yako yekutanga.

	Kwete	Nguva pfupi	Nguva dziri pakati	Nguva dzakawanda	Nguva dzose
	1	2	3	4	5
Vanhu vanokupa rubatsiro rwaunotarisa here?					

Isa denderedzwa panhamba inoyenderana nerubatsiro rwaunowana kubva kuhama mumavhiki maviri apfuura. Semuenzaniso, kana uchipihwa rubatsiro rwakawanda, unoisa denderedzwa pa nhamba 4.

Tapota verenga mubvunzo, woteerera zvaurikunzwa mumuviri. Chinyorai denderedzwa pachikero chinoratidza mhindura iri padyo kutsanangura zvamunonzwa kana kufunga.

		Handigutsikane chose	Handigutsikane	Zviri pakati	Ndinogutsikana	Ndinogutsikana chose
1(G1)	Unogutsikana sei neupenyu hwako?	1	2	3	4	5
		Handigutsikane chose	Handigutsikane	Zviri pakati	Ndinogutsikana	Ndinogutsikana chose
2 (G4)	Uri kugutsikana zvakadii nehutano hwako?	1	2	3	4	5

Mibvunzo inotevera pazasi, inobvunza kuti zvinhu izvi zvakaitika **kangani** mumasvondo maviri apfuura.

		Kana	Zvishoma	Zviripakati	Zvikuru	Zvikuru chose
3 (F1.4)	Unotadziswa kuita zvaunoda kuita nekurwadza kwemuviri zvakadii?	1	2	3	4	5
4(F11.3)	Unoda mishonga yekuchipatara zvakadii muhupenyu hwako mazuva ose?	1	2	3	4	5
5(F4.1)	Unofara nekunakirwa nehupenyu hwako zvakadii?	1	2	3	4	5
6(F24.2)	Unofunga zvakadii kuti hupenyu hwako haunatsananguro?	1	2	3	4	5
		Kana	Zvishoma	Zviri pakati	Zvikuru	Zvikuru kuru
7(F5.3)	Pfungwa dzako hadzi mhanye-mhanye here kana uchiita zvinhu ?	1	2	3	4	5
8 (F16.1)	Unonzwa kuchengetedzeka here muupenyu hwako	1	2	3	4	5
9 (F22.1)	Paunogara pancutano hwakadii?	1	2	3	4	5

Mubvunzo unotevera urikubvunza kuti wakagona zvakadii kuita kana kupedza zvinhu zvawakatanga mumavhiki maviri apfuura?

		Kana	Zvishoma	Zviripakati	Zvikuru	Zvikuru kuru
10(F2.1)	Unonzwa simba mumuviri wako zuva ne zuva here?	1	2	3	4	5
11 (F7.1)	Unokwanisa kugamuchira muviri wako sezvauri here?	1	2	3	4	5
12(F18.1)	Unemari yakakwana here kutenga zvaunoda muhupenyu?	1	2	3	4	5
13(F20.1)	Une anokupa kana pakanyorwa mazano ekuchengetedza utano here?	1	2	3	4	5
14(F21.1)	Unowana nguva yekutandara nekuita zvinozorodza zvakadii?	1	2	3	4	5

		Zvinonetsa	Handinyatsogene	Zviripakati	Ndinogona	Ndinogonesesa
15 (F9.1)	Unogona kufamba nekutenderera zvakadii nemuviri nehutano hwako?	1	2	3	4	5

Mubvunzo unotevera urikubvunza kuti **unofara kana kugutsikana nehupenyu** hwako mumavhiki maviri apfuura zvakadii?

		Handigutsikane chose	Handigutsikane	Zviri pakati	Ndinogutsikana	Ndinogutsikana chose
16 (F3.3)	Unogutsikana zvakadii nekurara pamwe nekuwana hope husiku?	1	2	3	4	5
17 (F10.3)	Unogutsikana zvakadii nekugona kwako kuita mabasa epamba sekubika, kugeza nekusuka ndiro?	1	2	3	4	5
18(F12.4)	Unogutsikana zvakadii nekugona kwako kuita basa?	1	2	3	4	5
19 (F6.3)	Unogutsikana zvakadii nezvauri semunhu?	1	2	3	4	5
20(F13.3)	Unogutsikana zvakadii nekuwadzana nehama neshamwari muhupenyu hwako?	1	2	3	4	5
21(F15.3)	Unogutsikana zvakadii nenyaya dzepabonde?	1	2	3	4	5
22(F14.4)	Unogutsikana zvakadii nerubatsiro rwaunowana kubva kushamwari?	1	2	3	4	5
23(F17.3)	Unogutsikana zvakadii nempa yaunogara kana magariro ako?	1	2	3	4	5
24(F19.3)	Unogutsikana zvakadii nekugona kuwana rubatsiro kubva kunzvimbo dzechutano?	1	2	3	4	5
25(F23.3)	Unogutsikana zvakadii nechekufambisa?	1	2	3	4	5

Mubvunzo unotevera urikubvunza kuti wakanzwa kana kuita zvimwe zvinhu **kwenguva yakareba** sei pa mavhiki maviri apfuura?

		Kana	Zvirikure	Kazhinji	Kazhinji zhinji	Nguvadzose
26 (F8.1)	Unobatwa nepfungwa dzekusuwa, kufungisisa kana kufunganya zvakadii?	1	2	3	4	5

Wakabatsirwa here kunyora kana kupindura mibvunzo iyi?

Zvakakutorera nguva yakadii kupindura mibvunzo iyi yose?

Panzvimwe here zvaungade kunyora zvineukama nemibvunzo iyi?

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TATENDA NERUBATSIRO RWAMATIPA