

Halkan hoose waxaa ku qoran tusaaleyaal dabecad iyo dareen ah. Waxaad caddaysaa inta jeer ee aad maanta ama **bishii iminka la soo dhaafay** dareenka meeshan ku qoran aad isku aragtay ama dabecad meesha ku qoran aad ku kacday. Goobaabinta ku habboon jawaabtaada madoobee.

● = marnaba

● = marmar

● = marar badan

● = badi markasta

			●	●	●	●
			marnaba	marmar	marar badan	badi markasta
1	In aan si sabab la'aan ah u cabsado	Suddenly scared for no reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Dareen sekkin-darro leh, in aan meel joogi karin	Feeling restless, can't sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Si dhakhso leh in aan u xanaaqo	Becoming angry easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Khamri baan cabbaa markii aan sabtida iyo axada fasax u baxo	Drinking alcohol when I go out in the weekend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Waan iska cabsadaa	Feeling fearful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Wax kasta eed baan iska saaraa	Blaming myself for things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Dadka kale baan dhibaa ama waan handadaa	Bullying or threatening others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Sigaar baan cabbaa	Smoking cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Wareer ama daciifnimo	Faintness, dizziness or weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Si dhakhso leh baan u ooyaa	Crying easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Alaabta dadka kale ayaan baabb'iyaa ama burburiyaa	Destroying or breaking things that belong to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Xanaaq ayaan dareemaa ama gudaha ayaan ka gariiraa	Nervousness or shakiness inside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Waxaa iga luntay xiisihii galmoodka	Loss of sexual interest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Waxaan bilaabaa dagaallo	Starting fights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Awwooda ama tabarta ayaa igu yar	Feeling low in energy, slowed down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Wadne garaac	Heart pounding or racing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Xiisihii aan cunnada u hayey baa iga yaraaday	Poor appetite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	In aan qofka si ula kac ah u xanuun u gaarsiiyo	Intentionally hurting someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Gariir	Trembling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Waa igu dhib inay hurdo iga timaado, ama marar badan baan hurdada ka toosaa	Difficulty falling asleep, staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Marar badan baan dadka la murmaa	Arguing often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Waxaan dareemaa giigsanaan	Feeling tense or keyed up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Mustaqbalka rajo-darro ayaa iga haysa	Feeling hopeless about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Waxkasta waan ka xiiso dhacay	Feeling no interest in things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Maalmaha todobaadka ee la shaqeeyo khamriga ayaan cabbaa	Drinking alcohol during the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Madax-xanuun	Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Waxaan dareemaa murugo	Feeling blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Waxaan isticmaalaa dawooyinka lagu seexdo ama kuwa dadka lagu dejiyo	Using sleeping pills or sedatives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Waxaa si kadis ah ii qabata cabsi ama baqdin argagax leh	Spells of terror or panic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Waxaan dareemaa cidlo	Feeling lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	Waxaan ku fekeray in aan nafta iska qaado	Thoughts of ending my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	Waxaan dareemaa in aan xiranahay ama jeel kujiro	Feeling of being trapped or caught	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Si xad dhaaf ah ayaan waxyaabaha uga fekeraa	Worrying too much about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Waxbaan xadaa	Stealing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Waxaan dareemaa in ay waxkastaa igu adag yihiin	Feeling everything is an effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Waxaan dareemaa in aanan qiimo lahayn	Feelings of worthlessness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	Waxaan isticmaalaa daroogo (xashiishad , XTC, speed, kookayn, LSD)	Using drugs (hash, XTC, speed, coke, LSD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Halkan hoose waxaa ku qoran liis ku saabsan dhacdooyinka shaqsigu bani-aadanka ah soo mari kara noloshiisa. Noo caddee bal in dhacdadadaas ay ku soo martay iyo inkale adiga oo goobaabinta yarta ah oo geeska kutaal dhexdeeda madow ka dhigaya. Haddii aad rabtid in aad warbixin dheeraad ah na siisid waxaad ku qori kartaa dhamaadka liiska qaybta lagu tilmaamey 'fahfaahin dheeraad ah'. Waad mahadsantahay.

		Yes/ Haa	No/ Maya
	<b>Dhacdooyin kaa yaabiyey oo isbeddel xaalada qoyska ah</b>		
	<b>Stressful life events concerning the family</b>		
1	Qoyskaaga, sannadkii iminka la soo dhaafey, ma kusoo maray isbeddel yaab leh?	<input type="radio"/>	<input type="radio"/>
2	Ma ku soo martay in dad aadan aqoon u lahayn, bilays ama askar, iwl., ay reerkaaga kaa wataan, adiga oo ka soo horjeeda arrintaas (tusaale ahaan: adiga oo dalkaaga ka soo qaxa) ?	<input type="radio"/>	<input type="radio"/>
3	Ma jiraa qof aad saa'id u jeclayd oo dhintay?	<input type="radio"/>	<input type="radio"/>
	<b>Shil / Cudur / Masiibo</b>		
	<b>Experiences with illness, accidents and disasters</b>		
4	Waligaa makugu dhacay cudur ama jirro nafta khatar galisa?	<input type="radio"/>	<input type="radio"/>
5	Shil aad u culusi ma ku soo maray (tusaale mid baabuur oo kale )?	<input type="radio"/>	<input type="radio"/>
6	Waligaa dhacdo masiibo ama balaayo ahi ma kuu soo martay (tusaale ahaan: daad, duufaana, dab, dabayl, daad-baraf, dhul-gariir, afduub, qarax warshad kiimiko ama <i>kernel reactor</i> )?	<input type="radio"/>	<input type="radio"/>
	<b>Dagaal ama cadaadin siyaasadeed</b>		
	<b>War</b>		
7	Weli ma ku soo martay dagaal ama khilaaf kale ee hub la isticmaalayo oo dalkaaga hooyo ka dhacay	<input type="radio"/>	<input type="radio"/>
	<b>Garaac ama jirdil / Nin-nimadaada ama naagnimadaada oo si xun loo isticmaalo</b>		
	<b>Physical and sexual mistreatment</b>		
8	Waligaa qof si xoog badan ma kuu garaacay, ma ku laadey, xabab ma kugu dhufatay ama si kale jirkaaga ma u xanuujiyey?	<input type="radio"/>	<input type="radio"/>
9	Waligaa si 'run' ah ma u aragtay (lagama wado talefisiyoon ama filin) iyada oo qofkale lagu samaynayo sidaas?	<input type="radio"/>	<input type="radio"/>
10	Waligaa adiga oo ka soo horjeeda qof gudahaaga (galmoodkaada) ma taabtay, mise waligaa qof ma kugu khasbay in aad galmood la samayso ( ma lagu kufsaday)	<input type="radio"/>	<input type="radio"/>
	<b>Waxyaabo kale</b>		
	<b>Other</b>		
11	Waligaa dhacdo kale oo kaa yaabisaa ma ku soo martay, oo aad u malaysay in ay naftaadu khatar ku jirto?	<input type="radio"/>	<input type="radio"/>
12	Waligaa dhacdo kale oo kaa yaabisaa ma ku soo martay, oo aad u malaysay in ay qof kale naftiisu khatar ku jirto?	<input type="radio"/>	<input type="radio"/>
13	<b>Dhacdo aan halkan ku qornayn laakiinse aan aad u dhabsaday / Not listed above but you found the event very frightening om mee te maken : .....</b>		

Fahfaahin dheeraad ah / comments : .....