

ከዚህ በታች የሰሜቶችና የጠባይ ምሳሌዎች አሉ። የተጠቀሱት ስሜቶችና ጠባዮች፣ በአሁኑ ጊዜና ባለፈው ወር ምን ያህል እንደተሰማህና/፣ ለማሻና በእንደዚህም ሁኔታ መመላለስ ህን/ሽን አመልክት/ቺ። ከመልስህ/ሽ ጋር የሚስማማውን ክብ አጥቁር/ራ።

● = ሆኖ አያውቅም

● = እንዳንደ ጊዜ

● = በርካታ ጊዜ

● = ሁሉ

		●	●	●	●	
		ፈጽሞ	እንዳንደ	በርካታ	ሁሉ	
1	Suddenly scared for no reason	ዝም ብዬ የፍርሃት ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Feeling restless, can't sit still	መቁነጥነጥ፣ አርፎ አለመቀመጥ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Becoming angry easily	ቶዬ መቆጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Drinking alcohol when I go out in the weekend	በዕረፍት ቀን(ትዳሜና እሁድ) አልክሆል መጠጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Feeling fearful	ጭንቀት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Blaming myself for things	ስለ ነገሮች ራስን መወንጀል	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Bullying or threatening others	ሌጌችን መልክፍና ማስፈራራት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Smoking cigarettes	ሲጋራ ማጨስ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Faintness, dizziness or weakness	የራስ ማጥወልወል ወይም ድካም	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Crying easily	ቶዬ ማልቀስ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Destroying or breaking things that belong to others	የሌጌችን ዕቃ ማበላሸት ወይም መስበር	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Nervousness or shakiness inside	መበላጨት ወይም ከውስጥ መንቀጥቀጥ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Loss of sexual interest	ሥጋዊ ግንዳነትን በተመለከተ ስሜት ማጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Starting fights	ጥልን መቆስቆስ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Feeling low in energy, slowed down	ኃይል ማጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Heart pounding or racing	ልብ በኃይል ሲመታ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Poor appetite	የምግብ ፍላጎትን ማጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Intentionally hurting someone	ሌላውን አውቆ ማሳመም	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Trembling	መንቀጥቀጥ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Difficulty falling asleep, staying asleep	ዕንቅልፍ የማጣት ችግር ወይም አዘውትሮ ከእንቅልፍ መንቃት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Arguing often	አዘውትሮ መጨቃጨቅ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Feeling tense or keyed up	የውጥረት ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Feeling hopeless about the future	ስለ መጨው ጊዜ ተስፋ የመቁረጥ ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Feeling no interest in things	ስለ ነገራት ሁሉ ግድ አለመስዳት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Drinking alcohol during the week	በሳምንቱ ውስጥ አልክሆል መጠጣት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Headaches	የራስ ምታት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Feeling blue	የሐዘን ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Using sleeping pills or sedatives	የእንቅልፍ ወይም የማስታገሻ መድኃኒቶችን መጠቀም	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Spells of terror or panic	የጭንቀትና ምክንያት የሌለው የፍርሃት ጥቃት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Feeling lonely	የብቸኝነት ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	Thoughts of ending my life	የራስን ሕይወት የማጥፋት ሃሳቦች	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	Feeling of being trapped or caught	ወጥመድ ውስጥ ወይም እሥራት ውስጥ እንደገባህ ሆኖ ሲሰማህ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Worrying too much about things	ነገራትን ማውጠንጠን (ከመጠን በላይ በነገሮች ላይ ችክ ማለት)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Stealing things	ዕቃዎችን መስረቅ	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Feeling everything is an effort	ነገራትን ሁሉ በጣም አክብዶ የማየት ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Feelings of worthlessness	እኔ ምንም አልጠቅምም የማለት ስሜት	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	Using drugs (hash, XTC, speed, coke, LSD)	አደንዛኝ ዕፅ መጠቀም (ሃሺሽ ወይም ዕፅፋሪስ, ኤክስ.ቲ.ቲ.ቲ., ስፒድ, ኮኬይን, ኤል.ኤ.ኤ.ቲ.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

መመሪያ : ከዚህ በታች በአንድ ሰው ሕይወት ሊፈጸሙ የሚችሉ ገጠመኞች ተዘርዝረው ይገኛሉ።

የተጠቀሰው ጉዳይ አጋጥሞ ህ/ሽ ከሆነ **አዎ** በሚለው ሥር የሚገዳውን ክብ አጥቁ ር/ሪ።
(ያላጋጠመ ህ/ሽ ጉዳይ ከሆነ ግን **የለም** በሚለው ሥር የሚገዳውን ክብ አጥቁ ር/ሪ።)

አስተያየቶችን በዘርዘሩ መጨረሻ “**ተጨማሪ ሃታታ**” በሚለው ሥር መጻፍ ትችላላህ/ትችላለሽ።

		Yes አዎን	No የለም
	Stressful life events concerning the family		
	በትዳር፣ በቤተ ሰብ፣ በዘመዶችና በትውውቆች ዙሪያ የተፈጸሙ ከባድ ሁኔታዎች።		
1	Have there been drastic changes in your family during the last year?	<input type="radio"/>	<input type="radio"/>
2	Have you ever been separated from your family against your will? (By a stranger, police officer, soldier, fleeing your homeland)	<input type="radio"/>	<input type="radio"/>
3	Has someone died in your life that you really cared about?	<input type="radio"/>	<input type="radio"/>
	Experiences with illness, accidents and disasters		
	ሕመም፣ አደጋና የተፈጥሮ መናወጥ		
4	Have you had a life threatening medical problem?	<input type="radio"/>	<input type="radio"/>
5	Have you been involved in a serious accident? (for example involving a car)	<input type="radio"/>	<input type="radio"/>
6	Have you ever been involved in a disaster? (For example: flood, hurricane, fire, tornado, avalanche, earthquake, hostage situation, chemical disaster?)	<input type="radio"/>	<input type="radio"/>
	War		
	ጦርነት		
7	Have you ever experienced a war or an armed military conflict going on around you in your country of birth?	<input type="radio"/>	<input type="radio"/>
	Physical and sexual mistreatment		
	አካላዊና የታዊ ጉዳት		
8	Has someone ever hit, kicked, shot at or some other way tried to physically hurt you?	<input type="radio"/>	<input type="radio"/>
9	Did you ever see it happen to someone else in real life? (Not just on television or in a film)?	<input type="radio"/>	<input type="radio"/>
10	Has someone ever tried to touch your private sexual parts against your will or forced you to have sex?	<input type="radio"/>	<input type="radio"/>
	Other		
	ተጨማሪ		
11	Did you experience any other very stressful life events where you thought that you were in great danger?	<input type="radio"/>	<input type="radio"/>
12	Did you experience any other very stressful life event where you thought that someone else was in great danger?	<input type="radio"/>	<input type="radio"/>
13	አልተጠቀሰም ነገር ግን በዚህ ነገር ስላለፍኩኝ በጣም መጥፎ ይሰማኛል . Not listed above but you found the event very frightening : .		

“ተጨማሪ ሃታታ” Comments :