

Pathways to Wellness

Integrating Refugee Health and Well-being

Creating pathways for refugee survivors to heal



KAREN VERSION

DEMOGRAPHIC INFORMATION

NAME: _____

DATE OF BIRTH: _____

ADMINISTERED BY: _____

DATE OF SCREEN: _____

DATE OF ARRIVAL: _____ GENDER: _____

HEALTH ID #: _____

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Pathways to Wellness: Integrating Community Health and Well-being is a project of Lutheran Community Services Northwest, Asian Counseling and Referral Services, Public Health Seattle & King County, and Dr. Michael Hollifield. For more information, please contact Beth Farmer at 206-816-3252 or bfarmer@lcsnw.org.

ID #/ လံာ်အုၣ်သးနီၣ်ဂံၢ်: _____

DATE/ နံၤသီ: ____/____/____

REFUGEE HEALTH SCREENER-15 တၢ်မၤကွၢ်ပုၤဘၣ်ကီၢ်ဘၣ်ခဲအတၢ်အိၣ်ဆူၣ်အိၣ်ချ - ၁၅

Instructions: Using the scale beside each symptom, please indicate the degree to which the symptom has been bothersome to you over the past month. Place a mark in the appropriate column. If the symptom has not been bothersome to you during the past month, circle "NOT AT ALL."

တၢ်န့ၣ်ကျဲတဖၣ်- စူးကါနီၣ်ထီၣ်လၢအအိၣ်လၢ တၢ်ပနီၣ်တဖၣ်အကပၤစုၣ်စုၣ်ဝံၤ, ဝံသးစူၤပာ်ဖျါထီၣ် မ့ၢ်တၢ်ပနီၣ်တဖၣ်အံၤမၤတံၢ်တၢ်နၤလၢအပူၤကွၢ်တလၢ လၢအပတီၢ်ထဲလဲၣ်. တၢ်နီၣ်ဖဲကဘျဲးပၤအကျိၤလၢအကြၢးဝဲဘၣ်ဝဲအပူၤတက့ၢ်. ဖဲအပူၤကွၢ်တလၢ, တၢ်အပနီၣ်တဖၣ်မ့ၢ်တမၤတံၢ်တၢ်နၤလၢ လၢလၢအပူၤကွၢ်သၢပျၢၤအယီ, ကဝီၤယာ် “နီတစး” တက့ၢ်.



SYMPTOMS တၢ်ပနီၣ်တဖၣ်	NOT AT ALL နီတစး	A LITTLE BIT တစးတစး	MODE- RATELY ဖဲအ ကြၢး	QUITE A BIT အါတစး	EX- TREMELY အါဒိၣ်မး
1. Muscle, bone, joint pains ၁. ယုၢ်ညၣ်, ယံ, အဆၢတဖၣ်ဆါ	0	1	2	3	4
2. Feeling down, sad, or blue most of the time ၂. တူၢ်ဘၣ်လၢအသးဂံၢ်ဘါစၢ်, သး အုး, မ့တမ့ၢ် သးဘၣ်ဖှီၣ်အါဒိၣ်တက့ၢ်	0	1	2	3	4
3. Too much thinking or too many thoughts ၃. ဆိကမိၣ်တၢ်အါတလၢ(မ့) တၢ်ဆိကမိၣ်အါတလၢ	0	1	2	3	4
4. Feeling helpless ၄. တူၢ်ဘၣ်လၢတၢ်မၤစၢၤတအိၣ်	0	1	2	3	4
5. Suddenly scared for no reason ၅. သတူၢ်ကလၢာ်ပျံတၢ်ဖုးတၢ်လၢတအိၣ်ဒီးတၢ်ဂ့ၢ်နီတမံၤ	0	1	2	3	4
6. Faintness, dizziness, or weakness ၆. သးသပုၤ, ခိၣ်မူၤခိၣ်တယူၤ, မ့တမ့ၢ် ဂံၢ်ဘါစၢ်	0	1	2	3	4
7. Nervousness or shakiness inside ၇. ပျံတၢ်သးတဂၢ် ဒီး တၢ်ကနိးကစုၣ်လၢအပူၤ	0	1	2	3	4
8. Feeling Restless, can't sit still ၈. တူၢ်ဘၣ်လၢတအိၣ်ဘွဲးအိၣ်သါဘၣ်, အိၣ်တတူၤလီၤ တီၤလီၤ	0	1	2	3	4
9. Crying easily ၉. ဟီၣ်ညီ	0	1	2	3	4

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DATE/ နံၤသီ: ____/____/____

The following symptoms may be related to traumatic experiences during war and migration. How much in the past month have you:

တၢ်ဆါက့ၢ်ဂီၤပနီၣ်လၢအစီၣ်ထွဲတဖၣ်ဘၣ်သ့ၣ်သ့ၣ်ဘၣ်သးတၢ်လဲၤခီဖျိလၢအဘၣ်သးဒီးတၢ်ဒုးတၢ်ယၤဒီးတၢ်သုးလီၤသုးကျဲတဖၣ်လၢအမၤဘၣ်ဒီန့ၣ်န့ၣ်သး. ဝဲအပူၤကွၢ်တလၢနတူၢ်ဘၣ်ဆံးအါလဲၣ်-

10. Had the experience of reliving the trauma; acting or feeling as if it were happening again? ၁၀. နအိၣ်ဒီးတၢ်လဲၤခီဖျိလၢအမၤသ့ၣ်နီၣ်ထီၣ်က့ၢ်တၢ်လၢအမၤဘၣ်ဒီန့ၣ်န့ၣ်သးလၢ နသးပူၤနီၣ်တၢ်တဖၣ်, လၢအမၤအသး မ့တမ့ၢ် နတူၢ်ဘၣ်ဒီသီးတၢ်အံၤကဟဲထီၣ်ကဒီး အသီတဘျီဧါ.	0	1	2	3	4
11. Been having PHYSICAL reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma? ၁၁. တၢ်မၤအသးဒီးနနီၣ်ခိက့ၢ်ဂီၤတမံၤမံၤ (အဒိ - ကပၤကဝါပြီ, သးစံၣ်ချ့) ဝဲနသ့ၣ်နီၣ်ထီၣ်က့ၢ်တၢ်လၢအမၤဘၣ်ဒီန့ၣ်န့ၣ်သးလၢနသးပူၤနီၣ်တသ့ဘၣ်တဖၣ်ဧါ.	0	1	2	3	4
12. Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)? ၁၂. နတူၢ်ဘၣ်လၢနသးဘၣ်ဒီခိမးတုၤဒ်လဲၣ်နထုတရုထီၣ်(အဒိ, သးအးဘၣ်ဆၣ် ဟီၣ်တနီၣ်, တၢ်တူၢ်ဘၣ်လၢအိၣ်ဒီးတၢ်အဲၣ်တၢ်ကွံတသ့) ဘၣ်န့ၣ်ဧါ.	0	1	2	3	4
13. Been jumpier, more easily startled (for example, when someone walks up behind you)? ၁၃. နဖုး မ့တမ့ၢ် နဖုးသံၣ်ဂီၢ်သံၣ်ညီ (အဒိ, ဝဲပူၤတဂၤဂၤဟးလၢနလီၤခံအခါ) ဧါ.	0	1	2	3	4

14. Generally over your life, do you feel that you are:

၁၄. ညီၣ်လၢနတၢ်အိၣ်မူအပူၤ, မ့ၢ်နတူၢ်ဘၣ်လၢနမ့ၢ်-

Able to handle (cope with) anything that comes your way

ယကွၢ်ဆၢၣ်မဲၣ်တၢ်တမံၤလၢလၢအဟဲဘၣ်ယၤသ့1

Able to handle (cope with) most things that come your way

ယကွၢ်ဆၢၣ်မဲၣ်တၢ်အါမံၤလၢအဟဲဘၣ်ယၤသ့2

Able to handle (cope with) some things, but not able to cope with other things

ယကွၢ်ဆၢၣ်မဲၣ်တၢ်ဂ့ၢ်တနီၣ်သ့, ဘၣ်ဆၣ်ယကွၢ်ဆၢၣ်မဲၣ်တၢ်ဂ့ၢ်အဂၤတဖၣ်တသ့.....3

Unable to cope with most things

ယကွၢ်ဆၢၣ်မဲၣ်တၢ်ဂ့ၢ်အါတက့ၢ်တသ့ဘၣ်4

Unable to cope with anything

ယကွၢ်ဆၢၣ်မဲၣ်တၢ်ဂ့ၢ်တသ့နီၣ်တမံၤ5

ADD TOTAL SCORE OF ITEMS 1-14: _____

ID #/ လိပ်စာအုပ်သုံးနံပါတ်: _____

DATE/ နံပါတ်: ____/____/____

15.

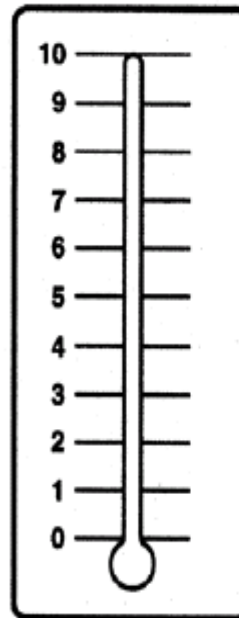
၁၅.

Distress Thermometer

တၢ်သုၣ်တၢ်သးဂီၤတၢ်ဘၣ်ယိၣ်သမိမံထၢၣ်

FIRST: Please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.

အခိၣ်ထံး- ဝံသးစ့ၤကဝီၤယၢ် နီၣ်ဂံၢ်ဖျၢၣ် (၀ - ၁၀) လၢအတၢ်ဖျါထီၣ်ဘၣ်ယး လၢအပူၤကွၢ် တၢ်တူၤမ့ၢ်မဆါတနီၤအံၤ နတၢ်သုၣ်တၢ်သးဂီၤ အပတီၢ်အိၣ်ထဲလဲၣ်န့ၣ်လီၤ.



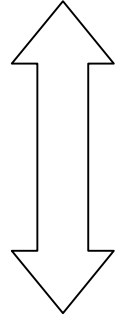
Extreme distress

တၢ်သုၣ်တၢ်သးဂီၤ
အါတလၢ

No distress

တၢ်သုၣ်တၢ်သးဂီၤတအိၣ်

"I feel as bad as I
ever have"
“ယတူၢ်ဘၣ်တမုၢ်ၣ်
ယတူၢ်ဘၣ်ညီၣ်န့ၢ်အသိး”



"Things are good"
“တၢ်ခဲလၢၢ်မၤအသးဂ့ၤဂ့ၤ
ၤကစီၣ်”

SCORING

Screening is **POSITIVE** if:

1. Total score of items 1 to 14 is ≥ 12 OR
2. Distress Thermometer is ≥ 5

Self-Administered: _____

Not Self-Administered: _____

CIRCLE ONE:

SCREEN NEGATIVE

**SCREEN POSITIVE
REFER FOR SERVICES**