Refugee Health Screener-15 (RHS-15)

Russian Version

Bilingual versions of the RHS-15 have been translated by an iterative process involving experts in the field, professional translators, and members of the refugee community so that each question is asked correctly according to language and culture. The English text is provided for reference only; using the English alone negates the sensitivity of this instrument.

DEMOGRAPHIC INFORMATION

Name: _____ Date of Birth: _____

Gender: _____ Date of Arrival: _____ Health ID: _____

Administered by: _____ Date of Screen: _____

Developed by the *Pathways to Wellness* project and generously funded by Robert Wood Johnson Foundation, Bill and Melinda Gates Foundation, United Way of King County, Medina Foundation, The Seattle Foundation, Boeing Employees Community Fund and M.J. Murdock Charitable Trust.

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ID# / Идентификационный №:

DATE / Дата

ОПРОСНИК ЗДОРОВЬЯ ИММИГРАНТОВ - 15

REFUGEE HEALTH SCREENER-15 (RHS-15)

PATHWAYS TO WELLNESS
Integrating Refugee Health and Well-Being

Инструкция: Используя шкалу напротив каждого симптома, пожалуйста, определите степень, в которой симптом беспокоил Вас в течение последнего месяца. Поставьте галочку в соответствующей колонке. Если симптом не беспокоил Вас в течение последнего месяца, обведите «СОВСЕМ НЕ БЕСПОКОИЛ».

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."

СИМПТОМЫ SYMPTOMS	СОВСЕМ НЕ БЕСПОКОИЛ *NOT AT ALL*	НЕМНОГО *A LITTLE BIT*	СРЕДНЕ *MODERATELY*	БЕСПОКОИЛ ДОСТАТОЧНО СИЛЬНО *QUITE A BIT*	ОЧЕНЬ СИЛЬНО *EXTREMELY*
1. **Боли в мышцах, костях, суставах** Muscle, bone, joint pains	0	1	2	3	4
2. **Плохое настроение, печаль, уныние** Feeling down, sad, or blue most of the time	0	1	2	3	4
3. **Много мыслей в голове. Постоянно думаете о разных проблемах** Too much thinking or too many thoughts	0	1	2	3	4
4. **Ощущение своей беспомощности** Feeling helpless	0	1	2	3	4
5. **Неожиданный страх без видимой причины** Suddenly scared for no reason	0	1	2	3	4
6. **Головокружения, слабость, предобморочное состояние** Faintness, dizziness, or weakness	0	1	2	3	4
7. **Состояние нервозности, ощущаете дрожь в теле** Nervousness or shakiness inside	0	1	2	3	4
8. **Беспокойство, состояние неусидчивости** Feeling restless, can't sit still	0	1	2	3	4
9. **Часто хочется плакать** Crying easily	0	1	2	3	4

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Следующие ниже перечисленные симптомы могут быть связаны с травматическими событиями, пережитыми во время войны, в результате религиозных преследований или во время процесса переселения из одной страны в другую. Как часто в течение последнего месяца Вы:

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

СИМПТОМЫ SYMPTOMS	СОВСЕМ НЕ БЕСПОКОИЛ *NOT AT ALL*	НЕМНОГО *A LITTLE BIT*	СРЕДНЕ *MODERATELY*	БЕСПОКОИЛ ДОСТАТОЧНО СИЛЬНО *QUITE A BIT*	ОЧЕНЬ СИЛЬНО *EXTREMELY*
10. Вновь переживаете травматическое событие, реагируете и чувствуете себя, как будто это случается с Вами опять? Had the experience of reliving the trauma; acting or feeling as if it were happening again?	0	1	2	3	4
11. Ощущаете физиологическую реакцию (например, потливость, учащенное сердцебиение) при упоминании о травматическом событии? Been having physical reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma?	0	1	2	3	4
12. Ощущаете эмоциональную пустоту (чувствуете печаль, но не можете плакать, не в состоянии переживать нежные чувства)? Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	0	1	2	3	4
13. Легко вздрагиваете и пугаетесь (например, когда кто-то подходит к Вам сзади)? Been jumpier, more easily startled (for example, when someone walks up behind you)?	0	1	2	3	4

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14. Обведите кружком один наиболее правильный ответ. Чувствуете ли Вы, что:
Circle the one best response below. Do you feel that you are:

Вы способны справиться с чем угодно Able to handle (cope with) anything	**0**
Вы способны справиться с большинством задач Able to handle (cope with) most things	**1**
Вы способны справиться с некоторыми, но не со всеми вещами Able to handle (cope with) some things, but not able to cope with other things	**2**
Вы не способны справиться с большинством вещей в Вашей жизни Unable to cope with most things	**3**
Вы не способны справиться ни с чем Unable to cope with anything	**4**

Add Total Score of items 1–14 ☐

15. ТЕРМОМЕТР СТРЕССА
Distress Thermometer

Пожалуйста, обведите число (от 0 до 10), которое лучше всего определяет степень стресса, который Вы испытывали в течение последней недели, включая сегодняшний день.

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

SCORING SCREENING IS POSITIVE IF: ❶ ITEMS 1–14 IS ≥12 OR ❷ DISTRESS THERMOMETER IS ≥5

CHECK ONE: ☐ **POSITIVE** ☐ **NEGATIVE** ☐ SELF-ADMINISTERED ☐ NOT SELF-ADMINISTERED

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