



PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15) Swahili 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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Pathways to Wellness: Integrating Refugee Health and Well-Being is a project of Lutheran Community Services Northwest, Asian Counseling and Referral Service, Public Health Seattle & King County, and Michael Hollifield, M.D. of Pacific Institute for Research & Evaluation. For more information, please contact The *Pathways* Project at 206-816-3253 or pathways@lcsnw.org.

DATE / TAREHE:

MAELEKEZO: Ukitumia kipimo kando ya kila dalili, tafadhali ainisha kiwango ambacho dalili imekuwa ikikusumbua mwezi uliopita. Weka alama katika safu hisika. Kama dalili haijawahi kukusumbua wakati wa mwezi uliopita, weka mduara “SI HATA KIDOGO.”

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.”

					
DALILI ZA AFYA SYMPTOMS	HAJANIS-UMBUA HATA KIDOGO NOT AT ALL	IMENIS-UMBUA KIDOGO TU A LITTLE BIT	IMENIS-UMBUA KIASI MODERATELY	IMENIS-UMBUA KIDOGO KIASI QUITE A BIT	IMENIS-UMBUA KABISA EXTREMELY
1. Maumivu ya misuli, mifupa, viungo Muscle, bone, joint pains	0	1	2	3	4
2. Kusikia vibaya, huzuni, au kuwa na moyo mzito wakati mwingi Feeling down, sad, or blue most of the time	0	1	2	3	4
3. Kufikiria sana au mawazo mengi Too much thinking or too many thoughts	0	1	2	3	4
4. Kujisikia kama sijiwezi Feeling helpless	0	1	2	3	4
5. Kuogopa ghafla bila sababu Suddenly scared for no reason	0	1	2	3	4
6. Kuzirai, kizunguzungu, au udhaifu Faintness, dizziness, or weakness	0	1	2	3	4
7. Wkuwa na wasiwasi ama kutetemeka ndani Nervousness or shakiness inside	0	1	2	3	4
8. Kutojisikia mtulivu, huwezi kukaa tulivu Feeling restless, can't sit still	0	1	2	3	4
9. Kulia kwa urahisi Crying easily	0	1	2	3	4

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Dalili zifuatazo zinaweza kuhusiana na uzoefu kiwewe wakati wa vita na uhamiaji. Ni kwa kiasi gani katika kipindi cha mwezi uliopita wewe:

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

					
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10. Ulikuwa na uzoefu wa kurudiwa kiwewe; kutenda au kuhisi kama ilikuwa inafanyika tena?

Had the experience of reliving the trauma; acting or feeling as if it were happening again?

0 1 2 3 4

11. Umekuwa na mjibizo wa KIMWILI (kwa mfano, kutokwa na jasho, moyo kupiga haraka) wakati ukikumbushwa kuhusu kiwewe?

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. Ulijisikia ganzi kihisia (kwa mfano, kusikia huzuni lakini huwezi kulia, kushindwa kuwa na hisia za upendo)?

Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?

0 1 2 3 4

13. Umekuwa ukigutushwa sana, kushtuliwa kwa urahisi zaidi (kwa mfano, wakati mtu anatembea nyuma yako)?

Been jumpier, more easily startled (for example, when someone walks up behind you)?

0 1 2 3 4

DATE / TAREHE:

14. Kwa ujumla kuhusu maisha yako, je unajisikia kwamba:

Circle the one best response below. Do you feel that you are:

Una uwezo wa kushughulikia (kukabiliana na) kitu chochote

Able to handle (cope with) anything

0**Una uwezo wa kushughulikia (kukabiliana na) mambo mengi**

Able to handle (cope with) most things

1**Una uwezo wa kushughulikia (kukabiliana na) baadhi ya vitu, lakini huwezi kukabiliana na vitu vingine**

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

2**Huwezi kukabiliana na vitu vingi**

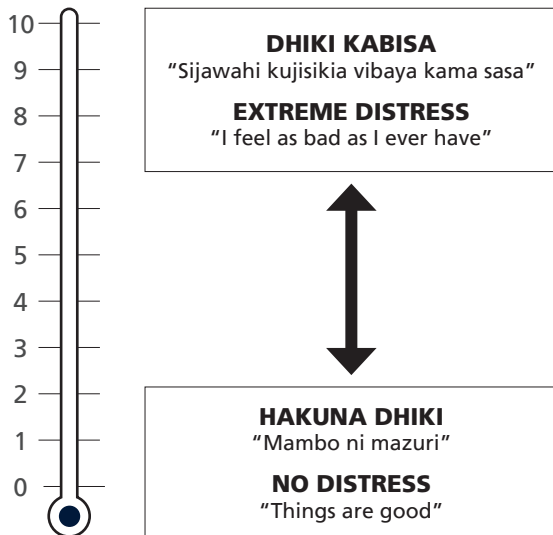
Unable to cope with most things

3**Huwezi kukabiliana na chochote**

Unable to cope with anything

4**Add Total Score of items 1–14****15. Kipimajoto cha Dhiki**

Distress Thermometer



Tafadhali tia mduara nambari (0-10) ambayo inafafanua bora ni kwa jinsi gani umekuwa na dhiki katika wiki iliyopita ikiwa ni pamoja na leo.

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

SCORINGSCREENING IS POSITIVE IF: **1** ITEMS 1–14 IS ≥ 12 OR **2** DISTRESS THERMOMETER IS ≥ 5

CHECK ONE:

☐**POSITIVE**☐**NEGATIVE**☐**SELF-ADMINISTERED**☐**NOT SELF-ADMINISTERED**