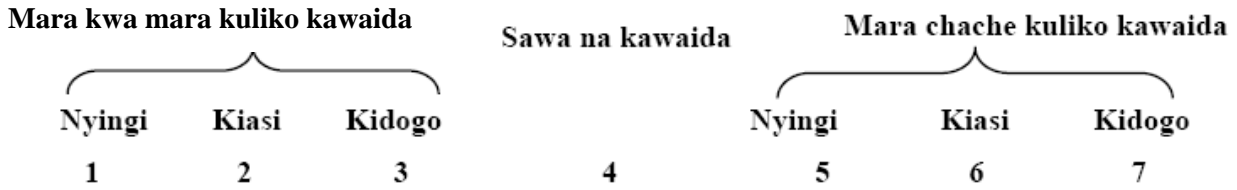


Q2. Maswali kumi yaliyopita yali uliza kuhusu hali uliyo hisi katika kipindi cha siku 30 zilizopita. Ukiangalia hizi hisia, je zimekutokea mawa kwa mara kuliko kawaida, au sawa na kawaida, au mara chache kuliko kawaida? (Kama ujawahi kuhisi hizi hisia, weka duara kuzunka namba “4”)



Maswali yafuatayo yanauliza kuhusu hisia zime kuathiri vipi katika kipindi cha siku 30 zilizopita. Uhitaji kujibu haya maswali kama umejibu "kamwe" kwenye maswali yote kumi yaliyopita kuhusu hisia zako.

Q3. Je katika hizo siku 30 zilizopita, kuna siku ngapi ambazo ulishindwa kufanya kazi zako zakawaida kabisa kwa ajili ya hizi hisia?

(Siku) _____

Q4. Bila kuhisabu siku ulizoandika kwenye Q3, siku ngapi katika kipindi cha siku 30 zilizopita uliweza kufanya kazi zako nusu au chache kuliko kawaida kwa ajili ya hizi hisia?

(Siku) _____

Q5. Katika kipindi cha siku 30 zilizopita, je mara ngapi ulimwona dakatari au mtaalam wa afya kuhusu hizo hisia?

(Mara) _____

	Wakati wote	Kila mara	Wakati mwingine	Mara chache	Kamwe
Q6. Katika kipindi cha siku 30 zilizopita, je ni mara ngapi maradhi ya mwili yamekuwa chanzo cha hizi hisia?	1	2	3	4	5

Asante kwa kujibu maswali hayo.

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