

**K10+**

Msaili: \_\_\_\_\_

Namba ya msaili: \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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_____ / _____ / _____			Mwanamume <input type="checkbox"/> Mwanamke <input type="checkbox"/>
Anwani:			

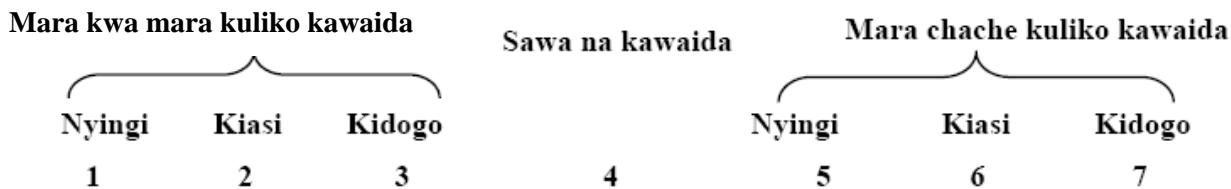
Maswali yafuatayo ni kuhusu jinsi ulivyo kuwa unajisikia katika kipindi cha siku 30 zilizopita. Kwa kila swali, tafadhali weka alama ya duara katika namba unayo dhani inaeleza mara ngapi ulijihisi hivi.

**Q1. Katika mwezi ule, mara ngapi ulijihisi...**

Wakati      Kila      Wakati      Kamwe  
wote          mara          mwingine

a. ...kuchoka bila sababu?	1	2	3	4	5
b. ...kuwa na wasiwasi?	1	2	3	4	5
c. ...kuwa na wasiwasi kiasi kwamba hakuna kitakacho kutuliza?	1	2	3	4	5
d. ...huna matumaini?	1	2	3	4	5
e. ...una wahaka au kutokuwa na makini?	1	2	3	4	5
f. ...una wahaka mpaka ulikuwa huwezi kutulia?	1	2	3	4	5
g. ...kutokuwa na furaha?	1	2	3	4	5
h. ...kutokuwa na furaha kiasi kwamba hukuwa na kitu kilicho weza kukufurahisha?	1	2	3	4	5
i. ...kila kitu kilikuwa tabu kwako?	1	2	3	4	5
j. ...kutokuwa na thamani?	1	2	3	4	5

- 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 kawaiada, au mara chache kuliko kawaida? (Kama ujawahi kuhihi hizi hisa, weka duara kuzunka namba “4”)



Maswali yafuatayo yanaauliza 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 zaku nusu au chache kuliko kawaida kwa ajili ya hisi hisia?

(Siku) \_\_\_\_\_

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

(Mara) \_\_\_\_\_



- Q6.** Katika kipindi cha siku 30 zilizopita, je ni mara ngapi maradhi ya mwili yamekuwa chanzo cha hizi hisia?



**Asante kwa kujibu maswali hayo.**

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### **Acknowledgements**

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