PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15)

Amharic 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. Production of the Amharic RHS-15 was made possible by the Maryland Department of Health and Mental Hygiene.

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.

ID#

DATE:

የስደተኛ ጤና ማጣሪያ (RHS-15)

REFUGEE HEALTH SCREENER-15 (RHS-15)

PATHWAYS TO WELLNESS
Integrating Refugee Health and Well-Being

መመሪያዎች፥ በእያንዳንዱ ስሜቶች አጠገብ የሚገኘውን መመዘኛ በመጠቀም፣ እባክዎን ባለፈው ወር ውስጥ የነበረውን የሕመምዎን ደረጃ በተገቢው ዓምድ ውስጥ ምልክት ያድርጉ። ባለፈው ወር ውስጥ ሕመሙ ያመመዎት ካልነበረ፣ "በፍጹም" በሚለው አካያ ይክበቡ።

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."

ስሜቶች **SYMPTOMS**	በፍጹም *NOT AT ALL*	ትንሽ *A LITTLE BIT*	በመጠኑ *MODERATELY*	ከፍተኛ *QUITE A BIT*	ከፉኛ *EXTREMELY*
1. **የጡንቻ (ጅማት)፣ የአጥንቶች መጋጠሚያ ሕመሞች** Muscle, bone, joint pains	**0**	**1**	**2**	**3**	**4**
2. **አብዛኛውን ጊዜ የመጫጫን ስሜት፣ የማዘን፣ ወይም ደስተኛ አለመሆን** Feeling down, sad, or blue most of the time	**0**	**1**	**2**	**3**	**4**
3. **ከሚገባ በላይ አብዝቶ ማሰብ ወይም ማውጣት ማውረድ** Too much thinking or too many thoughts	**0**	**1**	**2**	**3**	**4**
4. **መፍትሔ የማጣት ስሜት** Feeling helpless	**0**	**1**	**2**	**3**	**4**
5. **ያለምንም ምክንያት በድንገት መፍራት** Suddenly scared for no reason	**0**	**1**	**2**	**3**	**4**
6. **የመውደቅ ስሜት፣ የማዞር ወይም ድካም ስሜት** Faintness, dizziness, or weakness	**0**	**1**	**2**	**3**	**4**
7. **ከውስጥ የመሸበርና የመርበትበት ስሜት** Nervousness or shakiness inside	**0**	**1**	**2**	**3**	**4**
8. **አለመረጋጋት፣ የመቁነጥነጥ ስሜት** Feeling restless, can't sit still	**0**	**1**	**2**	**3**	**4**
9. **በቀላሉ ማልቀስ፣ ሆደባሻነት** Crying easily	**0**	**1**	**2**	**3**	**4**

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. Production of the Amharic RHS-15 was made possible by the Maryland Department of Health and Mental Hygiene.

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.

ID#

DATE:

የስደተኛ ጤና ማጣሪያ (RHS-15)

REFUGEE HEALTH SCREENER-15 (RHS-15)

PATHWAYS TO WELLNESS
Integrating Refugee Health and Well-Being

የሚከተሉት ስሜቶች፣ በጦርነት ውይም በስደት ወቅት ካጋጠሙዎት፣ አሰቃቂ ሁኔታዎች ጋር ሊዛመዱ ይችላሉ። ባለፈው ወር ውስጥ የሚከተሉት ስሜቶች ምን ያህል ተከስተው ያውቃሉ፥

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

ስሜቶች **SYMPTOMS**	በፍጹም *NOT AT ALL*	ትንሽ *A LITTLE BIT*	በመጠኑ *MODERATELY*	ከፍተኛ *QUITE A BIT*	ከፉኛ *EXTREMELY*
10. **ያሳለፉት አሰቃቂ ግዜ በአእሙሮዎ እየተመላለሰ አሁንም ያስቸግርዎታል?** Had the experience of reliving the trauma; acting or feeling as if it were happening again?	**0**	**1**	**2**	**3**	**4**
11. **ያሳለፉትን አሰቃቂ ሁኔታ ሲያስታውሱ በሰውነትዎ ላይ ለምሳሌ የልብ ምት መጨመር ወይም የማላብ ስሜት ይሰማዎታል?** 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. **ስሜትዎ የደነዘዘ እንደሆነ ተሰምቶት ያውቃል (ለምሳሌ፣ ሃዘን ተሰምቶት ግን ማልቀስ አልቻሉም፣ የማፍቀር ስሜቶች ሊኖርዎት አለመቻል)?** Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	**0**	**1**	**2**	**3**	**4**
13. **ተደናግጠው፣ በቀላሉ ተጨንቀው ያውቃሉ (ለምሳሌ፣ አንድ ሰው ከኋላዎ እየተራመደ ሲመጣ)?** Been jumpier, more easily startled (for example, when someone walks up behind you)?	**0**	**1**	**2**	**3**	**4**

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. Production of the Amharic RHS-15 was made possible by the Maryland Department of Health and Mental Hygiene.

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.

ID#

DATE:

የስደተኛ ጤና ማጣሪያ (RHS-15)

REFUGEE HEALTH SCREENER-15 (RHS-15)

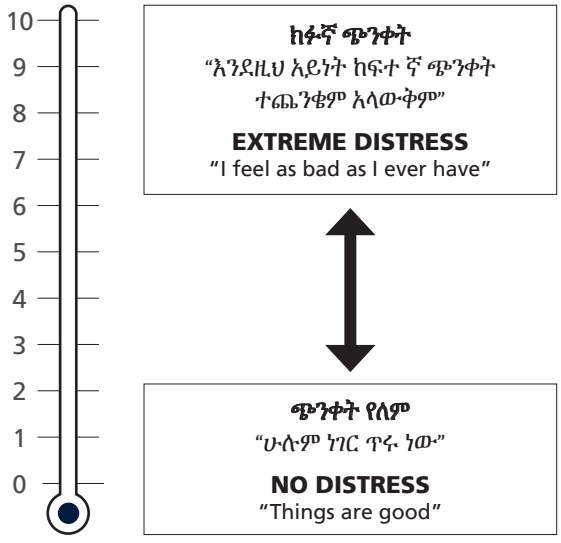
PATHWAYS TO WELLNESS
Integrating Refugee Health and Well-Being

14. ባጠቃላይ በሕይወትዎ፣ ስለሚከተሉት የሚሰማዎት ምንድን ነው፥
Circle the one best response below. Do you feel that you are:

የሚያጋጥምዎትን ማንኛውንም ነገር ሊቋቋሙት፣ ሊወጡት እንደሚችሉ Able to handle (cope with) anything	**0**
የሚያጋጥሙዎትን አብዛኞቹን ነገሮች ሊቋቋሙት፣ ሊወጡት እንደሚችሉ Able to handle (cope with) most things	**1**
አንዳንድ ነገሮችን መቋቋም፣ መወጣት እንደሚችሉ፣ ግን ሌሎች ነገሮችን፣ ሊቋቋሙ እንደማይችሉ Able to handle (cope with) some things, but not able to cope with other things	**2**
አብዛኞቹን ነገሮች መቋቋም እንደማይችሉ Unable to cope with most things	**3**
ማንኛውንም ነገር መቋቋም እንደማይችሉ Unable to cope with anything	**4**

Add Total Score of items 1–14 ____

15. የጭንቀት መለኪያ
Distress Thermometer



እባክዎን የዛሬውንም ጨምሮ ባለፈው ሳምንት ውስጥ የገጠመዎትን የጭንቀት ደረጃ በደንብ የሚገልጸው ቁጥር ላይ (0-10) ይክበቡ።

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