PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15)
Kinyarwanda 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: _____

ISUZUMA RY'UBUZIMA BW'IMPUNZI-15 (RHS-15)
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AMABWIRIZA: Ifashishe igipimo kiri iruhande rwa buri kimenyetso, maze ugaragaze urugero ikimenyetso cyakugaragayeho <u>mu gihe cy'ukwezi gushize</u>. Shyira ikimenyetso mu nkingi iboneye. Niba ikimenyetso kitarakubangamira mu gihe cy'ukwezi gushize, shyira uruziga kuri "NTA NA GATO".

INSTRUCTIONS: Using the scale beside each symptom, please indicate the degree to which the symptom has been bothersome to you <u>over the past month</u>. Place a mark in the appropriate column. If the symptom has not been bothersome to you during the past month, circle "NOT AT ALL."

IBIMENYETSO SYMPTOMS	NTA NA GATO *NOT AT ALL*	GAKE CYANE *A LITTLE BIT*	MU RUGERO *MODERATELY*	MU BURYO BUGARAGARA *QUITE A BIT*	CYANE *EXTREMELY*
1. **Imikaya, amagufa, Ububabare mu ruhiniro** Muscle, bone, joint pains	0	1	2	3	4
2. **Kumva wacitse intege, ubabaye, cyangwa utishimye kenshi.** Feeling down, sad, or blue most of the time	0	1	2	3	4
3. **Gutekereza cyane cyangwa kurengwa n'ibitekerezo.** Too much thinking or too many thoughts	0	1	2	3	4
4. **Kumva ntacyo ugishoboye** Feeling helpless	0	1	2	3	4
5. **Kugira ubwoba utazi aho buturuka** Suddenly scared for no reason	0	1	2	3	4
6. **Kuraba, kugira isereri cyangwa gucika intege** Faintness, dizziness, or weakness	0	1	2	3	4
7. **Kubura amahoro cyangwa gutengurwa** Nervousness or shakiness inside	0	1	2	3	4
8. **Kumva udatuje, umutima utari hamwe** Feeling restless, can't sit still	0	1	2	3	4
9. **Kurira byoroshye** Crying easily	0	1	2	3	4

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Ibimenyetso bikurikira bishobora kuba bifitanye isano n'ihungabana riturutse ku ntambara cyangwa guhunga. Mu kwezi gushize, ni ku ruhe rwego:

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

IBIMENYETSO SYMPTOMS	NTA NA GATO NOT AT ALL	GAKE CYANE A LITTLE BIT	MU RUGERO MODERATELY	MU BURYO BUGARAGARA QUITE A BIT	CYANE EXTREMELY
10. Wabaye nk'uwongera kunyura mu bihe byaguhungabanyije; ukitwara cyangwa ukumva ari nk'aho byongeye kukubaho? Had the experience of reliving the trauma; acting or feeling as if it were happening again?	0	1	2	3	4
11. Ujya ugira ibimenyetso BIGARAGARA KU MUBIRI (urugero: kubira ibyuya, umutima ugatera cyane) igihe habaye ikintu kikwibutsa cy'ihungabana? 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. Ujya wumva wazinutswe ikintu icyo ari cyo cyose (urugero: kumva ubabaye ariko ntubashe kurira, kumva udashobora gukunda)? Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	0	1	2	3	4
13. Urashikagurika, ugakangwa n'ubusa (urugero: igihe umuntu ari kukugenda inyuma)? Been jumpier, more easily startled (for example, when someone walks up behind you)?	0	1	2	3	4

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14. **Shyira uruziga ku imwe muri izi nteruro isobanura uko niyumva:**
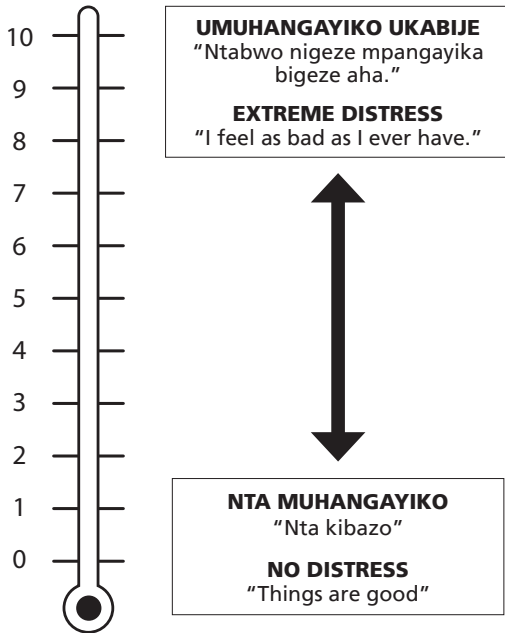Circle the one best response below. Do you feel that you are:

Ushobora kwihanganira ikintu icyo ari cyo cyose Able to handle (cope with) anything	0
Ushobora kwihanganira ibintu byinshi Able to handle (cope with) most things	1
Ushobora kwihanganira bimwe, ariko ibindi ukaba utabyihanganira Able to handle (cope with) some things, but not able to cope with other things	2
Ntushobora kwihanganira ibintu byinshi Unable to cope with most things	3
Nta kintu na kimwe ushobora kwihanganira Unable to cope with anything	4

Add Total Score of items 1–14

15. **Igipimo cy'umuhangayiko**
Distress Thermometer

10
9
8
7
6
5
4
3
2
1
0

UMUHANGAYIKO UKABIJE
"Ntabwo nigeze mpangayika bigeze aha."

EXTREME DISTRESS
"I feel as bad as I ever have."

NTA MUHANGAYIKO
"Nta kibazo"

NO DISTRESS
"Things are good"

Shyira uruziga ku mubare (0 –10) ugaragaza neza urwego rw'umuhangayiko wagize mu cyumweru gishize, ubariyemo n'uyu munsi.

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

Lutheran Immigration
and Refugee Service