



PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15) Karen 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 / နံၤသီ:

တၢ်န့ၣ်ကျဲတဖၣ်- စူးကါနီၣ်ထီၣ်လၢအအိၣ်လၢ တၢ်ပနီၣ်တဖၣ်အကပၤစုၣ်စုၣ်ဝံၤ, ဝံသးစူးပၤဖျါထီၣ် မ့ၢ်တၢ်ပနီၣ်တဖၣ်အံၤမၤတံၢ်တၢ်နၢလၢအပူၤကွၢ်တလၢ လၢအပတီၢ်ထဲလဲၣ်. တၢ်နီၣ်ဖဲကဘျးပၤအကျါလၢအကြးဝဲဘၣ်ဝဲအပူၤတက့ၢ်. ဖဲအပူၤကွၢ်တလၢ, တၢ်အပ နီၣ်တဖၣ် မ့ၢ်တမၤတံၢ်တၢ်နၢလၢ လၢလၢအပူၤကွၢ်သၢပျၢၤအယီ, ကဝီၤယၢ် “နီတဲး” တက့ၢ်.

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.”

					
တၢ်ပနီၣ်တဖၣ် SYMPTOMS	နီတဲး NOT AT ALL	တဲးတဖျဲ A LITTLE BIT	ဖဲအကြး MODERATELY	အတဲး QUITE A BIT	အါၣ်ဖဲ EXTREMELY
၁. ယုၢ်ညဉ်, ယံ, အဆာတဖၣ်ဆါ 1. Muscle, bone, joint pains	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၂. တူၢ်ဘၣ်လၢအသးဂံၢ်ဘါစၢ်, သး အုး, မ့တမ့ၢ် သးဘၣ်ဖျိၣ် အါတက့ၢ် 2. Feeling down, sad, or blue most of the time	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၃. ဆိကမိၣ်တၢ်အါတလၢ(မ့) တၢ်ဆိကမိၣ်အါတလၢ 3. Too much thinking or too many thoughts	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၄. တူၢ်ဘၣ်လၢတၢ်မၤစၢၤတအိၣ် 4. Feeling helpless	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၅. သတူၢ်ကလၢ်ပျံၤတၢ်ဖးတၢ်လၢတအိၣ်ဒီးတၢ်ဂ့ၢ်နီတဲး 5. Suddenly scared for no reason	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၆. သးသပုၤ, ခိၣ်မူၤခိၣ်တယူၤ, မ့တမ့ၢ် ဂံၢ်ဘါစၢ် 6. Faintness, dizziness, or weakness	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၇. ပျံၤတၢ်သးတဂၢ် ဒီး တၢ်ကနီးကစုၣ်လၢအပူၤ 7. Nervousness or shakiness inside	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၈. တူၢ်ဘၣ်လၢတအိၣ်ဘျးအိၣ်သါဘၣ်, အိၣ်တတူၤလီၤ တီၤလီၤ 8. Feeling restless, can't sit still	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4
၉. ဟီၣ်ညီ 9. Crying easily	၀ 0	၁ 1	၂ 2	၃ 3	၄ 4

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တၢ်ဆါကွၢ်ဂီၤပနီၣ်လၢအစိၣ်ထွဲတဖၣ်ဘၣ်သ့ၣ်သ့ၣ်ဘၣ်သးတၢ်လဲၤခီဖျိလၢအဘၣ်သးဒီးတၢ်ဒုးတၢ်ယၢဒီးတၢ်သးလီၤသးကျဲတဖၣ်လၢအမၤဘၣ်ဒီးနသ့ၣ်နသး နှိ ဖဲအပူၤကွၢ်တလၢနတူၢ်ဘၣ်ဆဲးအါလဲၣ်-သး

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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၁၀. နအိၣ်ဒီးတၢ်လဲၤခီဖျိလၢအမၤသ့ၣ်နီၣ်ထီၣ် က့ၢ်တၢ်လၢအမၤဘၣ်ဒီးနသ့ၣ် နသးလၢ နသးပူၤနီၣ်တၢ်တဖၣ်, လၢအမၤအသး မ့တမ့ၢ် နတူၢ်ဘၣ်ဒီးသီးတၢ်အံၤကဟဲထီၣ်ကဒီး အသီတဘျီခါ.	၀	၁	၂	၃	၄	
10. Had the experience of reliving the trauma; acting or feeling as if it were happening again?	0	1	2	3	4	
၁၁. တၢ်မၤအသးဒီးနနီၣ်ခီကွၢ်ဂီၤတမံၤမံၤ (အဒိ - ကပၤကဝါဖြိ, သးစံၣ်ချ) ဖဲနသ့ၣ်နီၣ်ထီၣ်က့ၢ်တၢ်လၢအမၤဘၣ်ဒီးနသ့ၣ် နသးလၢနသးပူၤနီၣ်တသ့ဘၣ်တဖၣ်ခါ.	၀	၁	၂	၃	၄	
11. Been having physical reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma?	0	1	2	3	4	
၁၂. နတူၢ်ဘၣ်လၢနသးဘၣ်ဒီးခိၣ်မးတုၤဒၣ်လဲၣ်နထူတရုထီၣ်(အဒိ, သးအုးဘၣ်ဆၣ် ဟီၣ်တန့ၢ်, တၢ်တူၢ်ဘၣ်လၢအိၣ်ဒီးတၢ်အိၣ် တၢ်ကွဲတသ့) ဘၣ်န့ၣ်ခါ.	၀	၁	၂	၃	၄	
12. Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	0	1	2	3	4	
၁၃. နဖုး မ့တမ့ၢ် နဖုးသံပျီၣ်သံညီ (အဒိ, ဖဲပုၤတဂၤဂၤဟးလၢနလီၢ်ခဲအခါ) ခါ.	၀	၁	၂	၃	၄	
13. Been jumpier, more easily startled (for example, when someone walks up behind you)?	0	1	2	3	4	

၁၄. ၁၄.ကွၢ်ယၢ်တၢ်စံးဆၢလၢအဂ့ၢ်ကတၢၢ်လၢလၢ်တက့ၢ်.မ့ၢ်နတူၢ်ဘၣ်လၢန-
14. Circle the one best response below. Do you feel that you are:

ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်တမံၤလၢ်လၢ်သ့ Able to handle (cope with) anything	၀ 0
ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်အါမံၤသ့ Able to handle (cope with) most things	၁ 1
ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်ဂ့ၢ်တနီၤသ့, ဘၣ်ဆၢၣ်ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်ဂ့ၢ်အဂၤတဖၣ်တသ့ Able to handle (cope with) some things, but not able to cope with other things	၂ 2
ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်ဂ့ၢ်အါတက့ၢ်တသ့ဘၣ် Unable to cope with most things	၃ 3
ယ(ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်)တၢ်ဂ့ၢ်အါတသ့နီၤတမံၤ Unable to cope with anything	၄ 4

Add Total Score of items 1-14

15. တၢ်သ့ၣ်ကိၢ်သးဂီၤတၢ်ဘၣ်ယိၣ်သမိမံထၢၣ် Distress Thermometer



- ဝံသးကွၢ်ကတၢၢ်ယၢ် နီၣ်ဂံၢ်ဖျၢၣ်
(၀ - ၁၀) လၢအတဲဖျါထီၣ်ဘၣ်ယး လၢအပူၤကွၢ်
တန့ၢ်တုၤမ့ၢ်မဆါတနီၤအံၤ နတူၢ်သ့ၣ်ကိၢ်သးဂီၤ အပတီၢ်အိၣ်
ထဲလဲၣ်န့ၣ်လီၤ.

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: ① ITEMS 1-14 IS ≥ 12 OR ② DISTRESS THERMOMETER IS ≥ 5

CHECK ONE: ☐ POSITIVE ☐ NEGATIVE☐ SELF-ADMINISTERED☐ NOT SELF-ADMINISTERED