



PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15) Somali 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.

© 2013 Pathways to Wellness: Integrating Refugee Health and Well-Being

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.

TILMAAMO: Adoo isticmaalaya qiyaaska ku xigta calaamad kasta, fadlan muuji heerka calaamadu ay dhib kugu haysay bishii hore. Dhig calaamad meesha saxda ah. Haddii calaamaddu aanay dhib kugu hayn bishii hore, goobo gali "MAYA HABA YARAATEE."

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."

CALAAMADAHA SYMPTOMS					
	MAYA HABA YARAATEE NOT AT ALL	WAX YAR A LITTLE BIT	SI DHEXE MODERATELY	YARA BADAN QUITE A BIT	XAD DHAAF AH EXTREMELY
1. Xanuun muruqyo, lafaha, iyo xubnuhu meeshay iska-galaan Muscle, bone, joint pains	0	1	2	3	4
2. Ma caajisantahay, murugaysantahay waakhtiyada badankiis Feeling down, sad, or blue most of the time	0	1	2	3	4
3. Fikir badan ama fikrado badan Too much thinking or too many thoughts	0	1	2	3	4
4. Miyaad daremaysaa caawin la'aan Feeling helpless	0	1	2	3	4
5. Cabsi sabab la'aan Suddenly scared for no reason	0	1	2	3	4
6. Suuxid, wareerid tabar daro/tabar la'aan Faintness, dizziness, or weakness	0	1	2	3	4
7. Walwal, walbahaar, khalkhal, cabsi jirka gudhiisa ah Nervousness or shakiness inside	0	1	2	3	4
8. Miyaa daremaysaa nasasho la'aan aan la fariisan karin murugo awgeed Feeling restless, can't sit still	0	1	2	3	4
9. Si fudud u ooyaya 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.

© 2013 Pathways to Wellness: Integrating Refugee Health and Well-Being

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.

Calaamadaha soo socdaa waxa dhici karta inay la xidhiidhaan naxdin ama qarracan khibradeedsida dagaal ama guurid. Imisaad bishii hore la kulantay:

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

					
CALAAMADAHA SYMPTOMS	MAYA HABA YARAATEE NOT AT ALL	WAX YAR A LITTLE BIT	SI DHEXE MODERATELY	YARA BADAN QUITE A BIT	XAD DHAAF AH EXTREMELY

10. Marka aad dareemaysid in qibraad qaracan ah aad soo martay kugu dhici doonto mar kale?

Had the experience of reliving the trauma; acting or feeling as if it were happening again?

0 1 2 3 4

11. Markaad soo xasuusatid khibrada (tusaale, kugu soo dhacday wadnahu xoog) makuu boodboodaa, mana dhididaa qaracan awgiis?

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. Naxdintoo kaa tagta sida dareemaha oo kale (marka aad murug dareemeysid laakiin aanad ooyi karin, ama dareemeynin wax kalgacal/naxaris anan kugu jirin?)

Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?

0 1 2 3 4

13. Boodid, marka si fuduud u naxdid (sida qof marka uu gadaashaada socdo)?

Been jumpier, more easily startled (for example, when someone walks up behind you)?

0 1 2 3 4

14. Xariiq jawaabta ugu fiican ee hoose, miyaad dareentaa inaad:

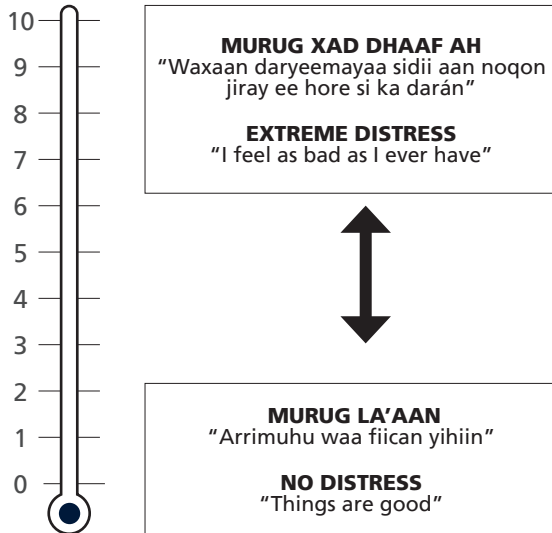
Circle the one best response below. Do you feel that you are:

Xamili karto (awoodo) wax kastoo Able to handle (cope with) anything	0
Xamili karto (awoodo) waxyaabaha badanaa Able to handle (cope with) most things	1
Xamili karto (awoodo) waxyaabaha qaarkood laakiin aanad awoodi karin wax kale Able to handle (cope with) some things, but not able to cope with other things	2
Waxa ugu badan aanad xamilikarin (awoodin) Unable to cope with most things	3
Waxba aanad xamili karin (awoodin) Unable to cope with anything	4

Add Total Score of items 1–14

15. Cabiraha Murugada Badan

Distress Thermometer



Fadlan goobo gali tirada (0-10) taasoo si fiican u sharxaysa inta murugo aad la kulmaysey toddobaadkii hore ooy maantu kujirto.

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