



PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15) Tigrinya 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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ID#

መርመራ ጥዕና ስደተኛታት-15 (RHS-15)

REFUGEE HEALTH SCREENER-15 (RHS-15)



DATE:

መምርሰታት:- ኣብ ጎኒ እቲ ነፍሲ ወከፍ ምልክት ሕማም ሰፊሩ ዘሎ መምዘኒ ዓቀን ርኢኻ/ኺ : እቲ ዝስምዓካ/ኪ ወይ ዝረኣየካ/ኪ ዘሎ ጠንቂ ሕማም ኣብዚ ዝሓለፈ ወርሒ ክሳብ ክንደይ ከምዘሻቐለካ/ኪ ኣመልክት/ቲ። እንተድኣ እቲ ጠንቂ ሕማም ኣብዚ ዝሓለፈ ወርሒ ዘየሻቐለካ/ኪ ኮይኑ ኣብ "ብፍጹም" ዝብል ዓንኬል ኣመልክት/ቲ።

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."

ጠንቅታት SYMPTOMS					
	ፈጹም NOT AT ALL	ቆሩብ A LITTLE BIT	ብምጠኑ MODERATELY	ብርቕዕ QUITE A BIT	ብጠዕም EXTREMELY
1. ጭዋዳ፣ ዓጽሚ፣ ቃንዝ መላግቦ ኣዕጽምቲ Muscle, bone, joint pains	0	1	2	3	4
2. ምቕዛን፣ ምጉሃይ፣ መብዝሕትኡ ግዜ ዘይምሕጻስ Feeling down, sad, or blue most of the time	0	1	2	3	4
3. ብዙሕ ምሕሳብ፣ ወይ ብሓሳብ ምህውታት Too much thinking or too many thoughts	0	1	2	3	4
4. ትሑት ዓቕሚ ክሰምዓካ/ኪ ከሎ Feeling helpless	0	1	2	3	4
5. ብዘይምክንያት ሃንደበታዊ ፍርሂ Suddenly scared for no reason	0	1	2	3	4
6. ርእሰኻ ጽርውሩው ክብለካ/ኪ፣ ሃለዋትካ/ኪ ኣጥፊእካ/ኪ ምውዳቕ ወይ ሓይልኻ/ኺ ምስ ዝጠልመካ/ኪ Faintness, dizziness, or weakness	0	1	2	3	4
7. ሸቕልቀል ምባል ወይ ብውሽጥኻ/ኺ ዘይምርግጋእ Nervousness or shakiness inside	0	1	2	3	4
8. ዘይምቕሳን፣ ሸገርገር ወይ ሓፍ-ኮፍ ምባል Feeling restless, can't sit still	0	1	2	3	4
9. ብቕሊሉ ምብካይ Crying easily	0	1	2	3	4

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እዘም ዝሰዕብ ምልክታት ምስ ተመኩሮ ናይ ግዜ ኩናትን ስደትን ስቅያት ዝተተሓሓዙ ክኾኑ ይኽእሉ እዮም። ኣብ ዝሓለፈ ወርሒ ክንደይ ካብዘም ዝሰዕቡ ኢጋጢ ሞምኻ/ኺ?

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

ጠንቅታት SYMPTOMS	ራዲ ምን NOT AT ALL	ቆራብ A LITTLE BIT	ብምጠኑ MODERATELY	ብርቆ QUITE A BIT	ብጠዕራ EXTREMELY
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10. ብስምዒት ወይ ብግብሪ እቲ ዘሕለፍኩ/ኩሮ ስቅያት ከም እንደገና ከምዚ ሕጂ ዝኸውን ዘሎዶ ኮይኑ ይስምዓካ/ኪ?

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

	0	1	2	3	4
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11. ነቲ ዘሕለፍኩ/ኩሮ ስቅያት ክትዝክር/ሪ ኮላኻ/ኺ: ኣካላዊ ግብረመልሲ (ንኣብነት ምርጻፍ፡ ተረግታ ልቢ ምንጎር) ይስምዓካ/ኪ ዶ?

Been having physical reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma?

	0	1	2	3	4
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12. ናይ ስምዒት ምድንዛዝ (ንኣብነት ጉሂኻ ዘይምብካይ ፡ ፍቅራዊ ስምዒት ዘይምህላው) ኣለካ/ኪ ዶ?

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

	0	1	2	3	4
--	----------	----------	----------	----------	----------

13. ብቐሊሉ ትሰንብድ/ዲ ዶ? (ንኣብነት ሰብ ብድሕሬኻ/ኺ እንተመጸ)?

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

	0	1	2	3	4
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14. እኔ ዝበለጸ መልሲ ካብዚ ኣብ ታሕቲ ዘሎ ምልክት ግበረሉ። እንታይ ይስምዓኩም፡-

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

ምስ ዘጋጥሙ ኩነታት ክጻወር ይክእል እየ። Able to handle (cope with) anything	0
ምስ መብዛሕትኡ ዘጋጥም ኩነታት ክጻወር ይክእል እየ። Able to handle (cope with) most things	1
ኣብ ሂወተይ ዘጋጥሙ ሓደ ሓደ ኩነታት ክጻወርም ይክእል እየ። ሓደ ሓደ ኩነታት ድማ ክጻወርም ኣይክእልን እየ። Able to handle (cope with) some things, but not able to cope with other things	2
ኣብ ሂወተይ ዘጋጥሙኒ መብዛሕትኡም ኩነታት ክጻወርም ኣይክእልን እየ። Unable to cope with most things	3
ኣብ ሂወተይ ዘጋጥሙኒ ዝኹኑ ኩነታት ክጻወርም ኣይክእልን እየ። Unable to cope with anything	4

Add Total Score of items 1–14

15. ናይ ጭንቀት መምዘኒ ቴርሞሙተር
DISTRESS THERMOMETER



ካብ ዝሓለፈ ሰሙን ክሳብ ሎሚ ማዕረ ክንደይ ክም ዝተጨነቐካ/ኪ ካብ 0 ክሳብ 10 (ካብ ጭንቀት የለን ክሳብ ጽንኩር) ዘሎ ቁጽሪ ብምክባብ ኣመልኪት/ቲ።

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 \geq 12 OR **2** DISTRESS THERMOMETER IS \geq 5

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

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