



# PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

## Refugee Health Screener-15 (RHS-15) Nepali 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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DATE / मिति:

निर्देशनहरू : प्रत्येक लक्षणलाई नाप्नका लागि संगै दिइएको नाप संख्यालाई प्रयोग गरेर, वितेका महिनामा तपाईंलाई पिरोल्ने गरेको लक्षणको मात्रालाई कृपया संकेत गर्नुहोस । कृपया उपयुक्त कालममा चिन्ह लगाउनुहोस । यदि सो लक्षण वितेको महिनामा तपाईंको निम्ति पिरलो नवनेका भए “एकदमै नभएको” भन्ने कालमलाई गोलो लगाउनुहोस ।

**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.”

लक्षणहरू SYMPTOMS					
	एकदमै नभएको NOT AT ALL	अलि कति मात्र A LITTLE BIT	सामान्य कतिमल MODERATELY	धेरै न QUITE A BIT	अति सार EXTREMELY
१. मासपेशी, हड्डी, जार्नी दुख्नु 1. Muscle, bone, joint pains	०	१	२	३	४
२. धेरै जसो समय भोक्रिनु, उदास हुनु वा निन्याउरोपन आउनु 2. Feeling down, sad, or blue most of the time	०	१	२	३	४
३. धेरै सोची राख्नु वा धेरै सोचाइहरू आइ राख्नु 3. Too much thinking or too many thoughts	०	१	२	३	४
४. असहाय भएको महशुस हुनु 4. Feeling helpless	०	१	२	३	४
५. कारण बिना नै एक्कासी तर्सनु 5. Suddenly scared for no reason	०	१	२	३	४
६. मुर्छापनु, रिगटा लाग्नु वा कमजोरी हुनु 6. Faintness, dizziness, or weakness	०	१	२	३	४
७. भित्रवाट अतालिनु वा हल्लनु 7. Nervousness or shakiness inside	०	१	२	३	४
८. वेचैनी महशुस गर्नु, स्थिर भएर बस्न नसक्नु 8. Feeling restless, can't sit still	०	१	२	३	४
९. सजिलै रुनु 9. Crying easily	०	१	२	३	४

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तल दिएका आघातजन्य लक्षणहरु युद्धको बेला र आप्रवासको बेला संग सम्बन्धित हुन सक्छ । तपाईंलाई यस्तो बितेको महिनामा कति भयो

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

लक्षणहरु SYMPTOMS					
	एकदमै नभएको NOT AT ALL	अलि कति मात्र A LITTLE BIT	सामान्य किसिमले MODERATELY	धेरै न QUITE A BIT	अति सार EXTREMELY
१०. के तपाईंलाई यो फेरि हुँदै छ भन्ने जस्तो गरी आघात (ट्रामा) को भ्रमको, क्रिया वा भावनाको अनुभूति भएको थियो?	०	१	२	३	४
10. Had the experience of reliving the trauma; acting or feeling as if it were happening again?	0	1	2	3	4
११. आघात (ट्रामा) को वारेमा संझाइ दिदा के तपाईंलाई शारीरिक प्रतिक्रियाहरु (उदाहरणका लागि पसिनाले भिज्नुभएको, मुटु छिटो छिटो चलेर धुक धुक गर्ने) हुने गरेका थिए ?	०	१	२	३	४
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
१२. के तपाईं भावनात्मक रूपले चेतनाशून्य (उदाहरणका लागि उदास हुने तर रुन नसक्ने, प्रेमका भावनाहरु जगाउन असमर्थ हुने) भएको महशुस गर्नु भएको छ ?	०	१	२	३	४
12. Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	0	1	2	3	4
१३. के तपाईं जुरुक्क उठ्ने लिने वा त्यसै भस्किने (उदाहरणका लागि जब कोही मानिस तपाईंको पछाडि हिंड्दछ) खालको हुनु भएको थियो ?	०	१	२	३	४
13. Been jumpier, more easily startled (for example, when someone walks up behind you)?	0	1	2	3	4

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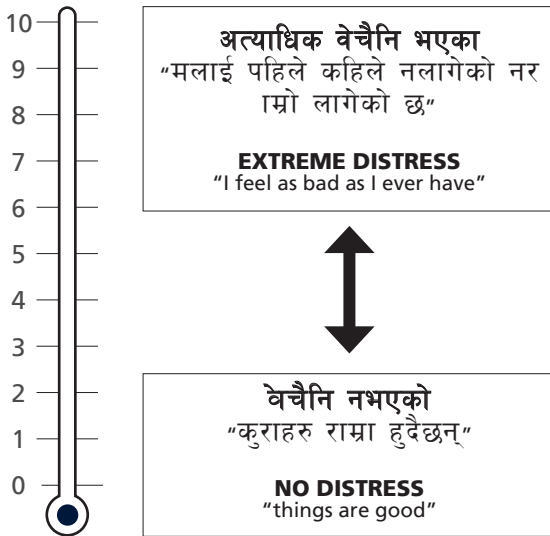
१४. तल दिइएको उत्कृष्ट जवाफलाई गोलो लगाउनुहोस् । के तपाईंलाई यस्तो हुन्छ भन्ने लाग्दछ :

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

कुनै पनि कुरालाई सम्हाल्न (सामना गर्न) सक्न Able to handle (cope with) anything	० 0
अधिकांश कुराहरूलाई सम्हाल्न (सामना गर्न) सक्ने Able to handle (cope with) most things	१ 1
केही कुराहरूलाई सम्हाल्न (सामाना गर्न) सक्ने तर अरु धेरै कुराहरूको सामाना गर्ने नसक्ने Able to handle (cope with) some things, but not able to cope with other things	२ 2
धेरैजसो कुराहरूलाई सामाना गर्न नसक्न Unable to cope with most things	३ 3
कुनै पनि कुराहरूलाई सामाना गर्न नसक्न Unable to cope with anything	४ 4

Add Total Score of items 1–14

### 15. वेचैन (डिस्ट्रेस) मापन थर्मोमिटर Distress Thermometer



तपाईंले भोगि रहनु भएको वेचैनलाई राम्ररी वर्णन गर्नको लागि आज लगायत गत हप्ता तपाईंले अनुभव गरि रहनु भएको वेचैनलाई नम्बर (० देखि १० सम्म) मा कृपया चिन्ह लगाउनुहोस् ।

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