



# PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

## Refugee Health Screener-15 (RHS-15) French 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. Production of the French RHS-15 was made possible by the Maryland Department of Health and Mental Hygiene.

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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](mailto:pathways@lcsnw.org).

ID# \_\_\_\_\_

**LE DEPISTAGE MEDICAL DU REFUGIE (RHS-15)**






REFUGEE HEALTH SCREENER-15 (RHS-15)



DATE: \_\_\_\_\_

**INSTRUCTIONS:** Veuillez indiquer le point auquel vos symptômes vous ont dérangé ce mois dernier en utilisant l'échelle qui se trouve à coté de chaque symptôme. Cochez la colonne qui convient. Si vous n'avez pas eu ce symptôme au cours du mois dernier, alors cochez "PAS DU TOUT."

**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."

SYMPTOMES SYMPTOMS					
	PAS DU TOUT NOT AT ALL	UN TOUT PETIT PEU A LITTLE BIT	ASSEZ MODERATELY	BEAUCOUP QUITE A BIT	EXTRÊMEMENT EXTREMELY
<b>1. Douleurs des muscles, des os, des articulations</b> Muscle, bone, joint pains	0	1	2	3	4
<b>2. Se sentir abattu(e) ou triste</b> Feeling down, sad, or blue most of the time	0	1	2	3	4
<b>3. Penser excessivement ou avoir trop de pensées</b> Too much thinking or too many thoughts	0	1	2	3	4
<b>4. Se sentir impuissant(e) (incapable)</b> Feeling helpless	0	1	2	3	4
<b>5. Etre soudainement effrayé(e) sans cause</b> Suddenly scared for no reason	0	1	2	3	4
<b>6. Vertige, affaiblissement ou vous sentir comme si vous alliez vous évanouir</b> Faintness, dizziness, or weakness	0	1	2	3	4
<b>7. Nervosité, instabilité ou tremblement à l'intérieur du corps</b> Nervousness or shakiness inside	0	1	2	3	4
<b>8. Se sentir agité(e), ne pas pouvoir rester tranquille</b> Feeling restless, can't sit still	0	1	2	3	4
<b>9. Pleurer facilement</b> Crying easily	0	1	2	3	4

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DATE: \_\_\_\_\_

**Les symptômes suivant peuvent être liés aux expériences traumatisantes (moments difficiles) vécues pendant la guerre et votre déplacement à cause de la guerre. Combien de fois, au cours du mois dernier, avez-vous:**

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

					
<b>SYMPTOMES</b> SYMPTOMS	<b>PAS DU TOUT</b> NOT AT ALL	<b>UN TOUT</b> PETIT PEU A LITTLE BIT	<b>ASSEZ</b> MODERATELY	<b>BEAUCOUP</b> QUITE A BIT	<b>EXTREMEMENT</b> EXTREMELY
<b>10. Eu l'expérience de revivre le traumatisme (moment difficile), ou avez agi ou senti que vous reviviez ces moments difficiles?</b> Had the experience of reliving the trauma; acting or feeling as if it were happening again?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>11. Eu des réactions PHYSIQUES (par exemple: transpiration ou battements de cœur plus rapides) quand vous vous rappelez du traumatisme (moment difficile)?</b> Been having physical reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>12. Eu le sentiment de ne sentir aucune émotion ou de sentir émotionnellement insensible (par exemple, vous sentir triste sans pouvoir pleurer ou incapable d'avoir des sentiments affectueux)?</b> Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>13. Eté plus nerveux(se) ou sursauté plus facilement (par exemple, quand quelqu'un vous approche par derrière)?</b> Been jumpier, more easily startled (for example, when someone walks up behind you)?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

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## LE DEPISTAGE MEDICAL DU REFUGIE (RHS-15)

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DATE: \_\_\_\_\_

### 14. Encercliez l'une des meilleures réponses ci-dessous. Sentez-vous que :

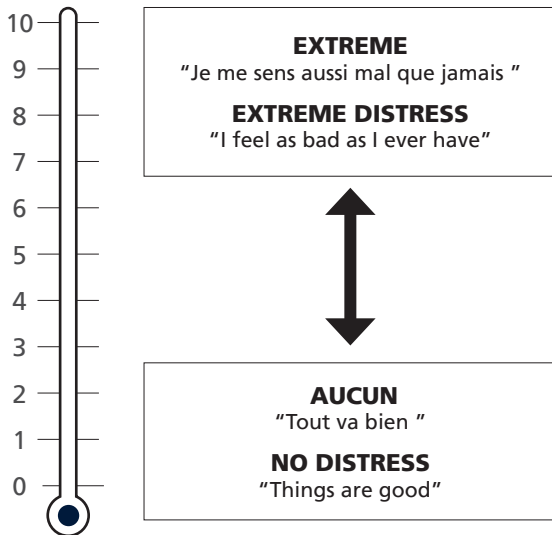
Circle the one best response below. Do you feel that you are:

<b>Vous parvenez à surmonter ou vaincre tout ce qui vous arrive</b> Able to handle (cope with) anything	<b>0</b>
<b>Vous parvenez à surmonter ou vaincre la plupart des choses qui vous arrivent</b> Able to handle (cope with) most things	<b>1</b>
<b>Vous parvenez à surmonter ou vaincre certaines choses, mais incapable d'en surmonter d'autres</b> Able to handle (cope with) some things, but not able to cope with other things	<b>2</b>
<b>Vous ne parvenez pas à surmonter ou vaincre la plupart des choses</b> Unable to cope with most things	<b>3</b>
<b>Vous ne parvenez pas à rien surmonter</b> Unable to cope with anything	<b>4</b>

Add Total Score of items 1–14

### 15. Echelle de Problèmes Emotionels (Soucis)

Distress Thermometer



S'il vous plaît encercliez le numéro (0-10) qui décrit les mieux de les problèmes emotionels (soucis) que vous avez ressenti pendant cette dernière semaine y compris aujourd'hui.

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