



PATHWAYS TO WELLNESS

Integrating Refugee Health and Well-Being

Refugee Health Screener-15 (RHS-15) Sorani Kurdish Version

Produced in partnership with Mercy Corps- Iraq

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: _____

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رینمایه کان: به به کار هینانی پیوانه ی تخنشت هم نیشانه یک، تکایه نهو پلیمه دیاری بکه که نیشانه کان بیزار کمر بوونه بو تو له مانگی رابردودا. هیمایه که له ستوونی گونجاودا دابنی. نهگه نیشانه که بیزار کمر نه بووه بو تو له ماوه ی مانگی رابردودا، چه ماوه بکیشه به دوری "په هیچ شیو هیه که".

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."

					نیشانه کان SYMPTOMS
کمایه زور EXTREMELY	توژیک زور QUITE A BIT	په شیو هیه که ماتاو وندی MODERATELY	کمایه A LITTLE BIT	په هیچ شیو هیه که NOT AT ALL	
4	3	2	1	0	1. ماسولکه و جومگه نیش وژان ده که ن Muscle, bone, joint pains
4	3	2	1	0	2. همست به بیتاقمتی و خه مباری ده که ی به بهر دهوامی Feeling down, sad, or blue most of the time
4	3	2	1	0	3. نایا تو زور به ی کات له بیر کردنه و هدایت Too much thinking or too many thoughts
4	3	2	1	0	4. همست کردن به بی توانای Feeling helpless
4	3	2	1	0	5. ترسان له ناکاو و بی هو Suddenly scared for no reason
4	3	2	1	0	6. همست کردن به لاوازی و سه رنیشه و بی تاقمتی Faintness, dizziness, or weakness
4	3	2	1	0	7. نایا همست به نیگه رانی یان له مرزین له ناخوره ده که میت Nervousness or shakiness inside
4	3	2	1	0	8. همست کردن به بی تاقمتی، هیشتا ناتوانیت دابنیشیت Feeling restless, can't sit still
4	3	2	1	0	9. گریان به غاسانی Crying easily

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

له انهيه نم نيشانانه پايوست بن به نيزموني تر زماني له ماوه ي جانگ و كوچكردن. نايه له مانگي ر ابردودا چنده نمانت هابوه:

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

					نیشانگان SYMPTOMS
کلیک زور EXTREMELY	توژیک زور QUITE A BIT	به شوی دیکي مانډاوتدي MODERATELY	کمیگ A LITTLE BIT	به هیچ شوی دیکي NOT AT ALL	
4	3	2	1	0	10. نيزموني رزگار بوون له ترؤما؛ هانسوکوت کردن يان هستکردن بهوه ي وک نهوه ي دووباره روو بداتهوه Had the experience of reliving the trauma; acting or feeling as if it were happening again?
4	3	2	1	0	11. بووني کاردانهوه ي جهسته يي (بو نمونه کهوتنه نيو نارهقه، خيرا ليداني دل) کاتيک ترؤمايهکت بير هات بپتهوه؟ Been having PHYSICAL reactions (for example, break out in a sweat, heart beats fast) when reminded of the trauma?
4	3	2	1	0	12. هستکردن به نه بووني هست (بو نمونه، هستکرن به خه م به لام ناتوانيت بگريت، ناتوانيت هستي خوشهويستيت ههبيت)؟ Felt emotionally numb (for example, feel sad but can't cry, unable to have loving feelings)?
4	3	2	1	0	13. داچنه کين به ناسايي (بو نمونه، کاتيک کهسنيک له دواتهوه دبروات) دچنه کين به ناسايي (بو نمونه، کاتيک کهسنيک له دواتهوه دبروات)؟ Been jumpier, more easily startled (for example, when someone walks up behind you)?

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

14. چه ماوه بدهووری باشتړین وه لاما بکیشه. نایا ههست دهکیت تو:

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

0	دهتوانیت خوت له گهل هه موو شتیک بگونجینیت Able to handle (cope with) anything
1	دهتوانیت خوت له گهل شتهکان بگونجینیت، به لام هه موویان نا Able to handle (cope with) most things
2	دهتوانیت خوت له گهل شتهکان بگونجینیت، به لام ناتوانیت له گهل شتهکانی تر بگونجینیت Able to handle (cope with) some things, but not able to cope with other things
3	ناتوانیت خوت له گهل زورینه ی شتهکان بگونجینیت Unable to cope with most things
4	ناتوانیت خوت له گهل هیچ شتیک بگونجینیت Unable to cope with anything

Add Total Score of items 1–14

15. پیوه ری پالپهستو

Distress Thermometer

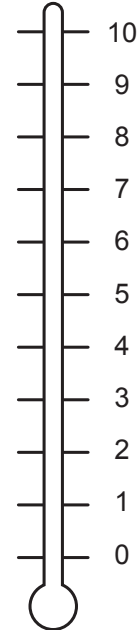
تکایه چه ماوه بدهووری (0-10) دا بکیشه که باشتړین وسفی چنډیتمی
پالپهستوت دمکات که دوو چاری بوویت له ههفته ی رابر دوودا، بلمه خوگرنتی
نمرو ش.

Please circle the number (0–10) that best describes
how much distress you have been experiencing in the
past week, including today.

پالپهستوی لهراده بدهر
“هرگیز وا ههستم به خراپی نکر دووه.”
EXTREME DISTRESS
“I feel as bad as I ever have.”



هیچ پالپهستویهک نیه
“شتهکان باشن”
NO DISTRESS
“Things are good”



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