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| **ENGLISH** | **ISIXHOSA** |
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| Please choose a language to continue. | Nceda khetha ulwimi ukuqhubeka. |
| If you would like to listen to the instructions or questions, please press the speaker button in the lower left corner. | Ukuba ungathanda ukumamela imiyalelo okanye imibuzo, nceda cofa iqhosha lesipikha kwikona engezantsi yasekhohlo. |
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| This questionnaire should only be administered by authorised research or clinical professionals. | Eli phephamibuzo kufuneka lilawulwe kuphela ziingcali zophando okanye zezonyango eziqeqeshiweyo ezigunyazisiweyo. |
| You should NOT complete this questionnaire in a setting where you do not have access to psychological care referrals, such as when you are at home. | Kufuneka UNGAgcwalisi eli phephamibuzo kwimeko apho ungenako ukufikelela kudluliselo lokhathalelo ngezengqondo, njengaxa usekhaya. |
| If you are concerned about your mental health or feel that you may be struggling with symptoms of depression, please contact your doctor or local clinic. | Ukuba unenkxalabo ngempilo yengqondo yakho okanye uziva ngathi usokoliswa ziimpawu zokudakumba, nceda uqhagamshelane nogqirha wakho okanye iklinikhi yengingqi. |
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| Over the last 2 weeks, how often have you been bothered by any of the following problems? | Kwiiveki ezi-2 ezidlulileyo, ingaba uhlutshwe rhoqo kangakanani yiyo nayiphi na kwezi ngxaki zilandelayo? |
| Little interest or pleasure in doing things | Umdla okanye ubumnandi obuncinci ekwenzeni izinto |
| Feeling down, depressed, or hopeless | Ukuziva unomoya ophantsi, udakumbile, okanye ungenathemba |
| Trouble falling or staying asleep, or sleeping too much | Ukusokola ukulala, okanye ukulala ngokugqithisileyo |
| Feeling tired or having little energy | Ukuziva udiniwe okanye ungenamandla kangako |
| Poor appetite or overeating | Ukungacaceli ukutya okanye ukutya ngokugqithisileyo |
| Feeling bad about yourself – or that you are a failure or have let yourself or your family down | Ukuziva kakubi ngawe – okanye ukuba awuphumeleli okanye udanise wena okanye udanise usapho lwakho |
| Trouble concentrating on things, such as reading or watching television | Ingxaki yokuzikisa ingqondo ezintweni, ezifana nokufunda okanye ukubukela umabonakude |
| Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual | Ukuhamba okanye ukuthetha ngokucothayo kangangokuba abanye abantu babe bakuqaphele oko? Okanye okuchaseneyo noko – ukungqunga okanye ukungazinzi kangangokuba uzulazule kakhulu kunokuqhelekileyo |
| Thoughts that you would be better off dead or of hurting yourself in some way | Iingcinga zokuba kungcono ubhubhe okanye ukuzenzakalisa ngandlela ithile |
| Select zero for “not at all” | Khetha “ziro” endaweni kwayandikhange konke konke |
| Select one for “several days” | Khetha “nye’ endaweni kwayiintsuku eziliqela |
| Select two for “more than half the days” | Khetha “bini” endaweni kwayingaphezulu kwesiqingatha seentsuk |
| Select three for “nearly every day” | Khetha “thathu” endaweni kwayiphantse yonke imihl |
| If you have chosen a number higher than 0 for any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? | Ukuba ngaba ukhethe inani elingaphezulu kwe-0 ngazo naziphi iingxaki, ezi ngxaki zenze kwanzima kangakanani kuwe ukuba wenze umsebenzi wakho, ukulungisa izinto ekhaya, okanye ukuvana nabanye abantu |
| Not difficult at all | Akunzimanga konke konke |
| Somewhat difficult | Kunzinyana noko |
| Very difficult | Kunzima kakhulu |
| Extremely difficult | Kube nzima ngokugqithisileyo |
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| You have now completed the questionnaire. Thank you. | Uligqibile ngoku iphephamibuzo. Enkosi. |