

Isihlomelo D- Ifomu Yemvume Unolwazi KuPhononongo lwe-MindKind

INKCAZELO NGOPHONONONGO LOPHANDO

Isihloko: Global Mental Health Databank Study (Uphononongo lwe-MindKind)
Inombolo yeProtokholi: 2020011231

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UMxhasi: The Wellcome Trust

Uyamenywa ukuba uthathe inxaxheba kuphononongo lwe-MindKind (“uPhononongo”). Olu phononongo lusebenzisa i-aplikeyshini yeedivaysi ezikwimobhayile, i-MindKind Study App, ukuze kugcinwe ingxelo malunga nempilo yakho yengqondo kunye nempilo-ntle.

Le fomu icacisa ukuba lungantoni uPhononongo lwe-MindKind. Nceda uyifunde ngocoselelo. Imele ikuncede ekubeni ugqibe ukuba uyafuna na ukuba yinxalenye. Akumele ukuba ube yinxalenye yoluphando phambi kokuba yoke imibuzo yakho ibe iphebdulekile.

Ukuthatha inxaxheba kuphononongo akufani nokufumana unakekelo lwezonyango. Isigqibo sokuthatha okanye sokungathathi nxaxheba kolu Phononongo asisayi kuchaphazela unakekelo lwakho lwezonyango, i-inshorensi okanye iinzuzo onazo.

USHWANKATHELO

UPhononongo lwe-MindKind kunye ne-MindKind Study App lwenzelwe abasebenzisi abafikelele kubudala obusemthethweni (obuphakathi kweminyaka eli-16 kunye nama-21 ngokuxhomekeka kwimithetho yendawo), abangaphantsi kweminyaka enama-25 ubudala nabahlala kwilizwe efumaneka kulo i-MindKind App.

Sifuna ukwazi enoba ulutsha olungabantu abadala lukulungele na ukusebenzisa i-aplikeyshini yedivaysi emobhayile ukuze luthathe inxaxheba kuphando ngempilo yengqondo. Sikwafuna nokwazi ukuba yeyiphi idatha olufuna ukunikezela ngayo kuphando nokuba lukwenza njani oko. Le nkcazelo iza kusinceda sigqibe enoba idatha eqokelelwe nge-MindKind Study App inokusetyenziswa ukuze kwenziwe uvimba wophando oqulethe idatha yeMpilo yeNgqondo ehlabathini lonke.

Ukuthatha inxaxheba kwenziwa ngokuzithandela. Ukuba uba yinxalenye yolu Phononongo lwe-MindKind, siza kukucela usebenzise i-MindKind Study App ukuze uphendule imibuzo malunga nempilo yakho yengqondo kunye nempilo-ntle yakho. Ngokuzenzekelayo, siza kuqokelela inkcazelo malunga nezinto ozenza yonke imihla ezinje ngobungakanani bamanyathelo owathathayo okanye ulala kangakanani ibe unjani umgangatho wokulala kwakho. Usenokungafumani nzuzo engqalileyo xa uthatha inxaxheba, kodwa unokunceda abaphandi baqonde iindlela ezingcono zokunyanga impilo yengqondo. Silindele ukuba imingcipheko yokuthatha inxaxheba kolu phando ibe phakathi naphakathi. Ukuphendula imibuzo malunga nempilo yengqondo yakho kungavuselela iimvakalelo ezininzi.

Olu Phononongo luveliswe yi-Sage Bionetworks (inkampani engenzi ngeniso ese-USA) isebenzisana nabaphandi base-Indiya, eMzantsi Afrika kunye nase-United Kingdom. UMphandi Oyintloko kolu Phononongo ngu-Lara Mangravite, Ph.D. Ukuba unayo nayiphi na imibuzo malunga noPhononongo, nceda uqhagamshelane neQela loPhando e-USA okanye kwilizwe ohlala kulo elichazwe ngasentla.

Luza kuthatha ixesha elingakanani uphononongo? I-MindKind iza kuthatha malunga nonyaka omnye. Singathanda ukuba uthathe inxaxheba kangangeeveki ezili-12, kodwa ungathatha inxaxheba kangangexesha olithandayo.

Kuza kukuthatha ixesha elingakanani ukuthatha inxaxheba?

Emva kokuba uvumile, ukuthatha inxaxheba kuPhononongo lwe-MindKind kumele kuthathe malunga nemizuzu eli-10 ngosuku. Singathanda ukuba uthathe inxaxheba kangangeeveki ezili-12 ezipheleleyo.

Bangaphi abantu abaza kuthatha inxaxheba kolu phononongo?

Kolu phononongo kulindeleke ukuba kubekho abantu abangaphezu kwa-4 500 abasuka e-Indiya, eMzantsi Afrika nase-United Kingdom.

INTO EBANDAKANYEKILEYO

Siza kucela ukuba udawunlowude i-MindKind Study app kwifowuni yakho. Ifumaneka simahla. Xa usebenzisa i-app, siza kukubuza imibuzo malunga nempilo kunye nembali yakho yezonyango. Siza kukucela ukuba wenze ezi zinto zilula zichazwe ngezantsi. Le mibuzo kunye nezinto ezenziwayo zibalulekile kuphononongo lwezophando.

Siza kukucela ukuba:

- **Ubhalise:** Kwiwebhsayithi yophononongo ungafunda okungakumbi malunga nophononongo kunye nemingcipheko neenzuzo zokuthatha inxaxheba kulo. Ukuba ufuna ukuthatha inxaxheba kolu phononongo kufuneka wenze inkqubo yemvume. Emva kokuba uqinisekise isigqibo sakho

sokuthatha inxaxheba, uza kwenza iakhawunti yophononongo. Siza kucela igama lakho, idilesi ye-imeyili kunye nenye inkcazelo emalunga nawe. Ungarhoxa nanini na kwinkqubo yokubhalisa.

- **Isaveyi YeMpilo:** Ukuze kuqalwe, siza kukubuza imibuzo malunga nempilo yakho eqhelekileyo, imvelaphi kunye nembali yempilo yengqondo. Ungatsiba nayiphi na imibuzo ongafuniyo ukuyiphendula. Oku kumele kuthathe malunga nemizuzu eli-15.
- **IDayari EkwiDivaysi yeMobahyile:** Siza kukuthumela imibuzo ethile malunga nempilo-ntle yengqondo yakho. Ungatsiba okanye uphendule ngeliye ixesha nayiphi na imibuzo ongafuniyo ukuyiphendula. Kumele kukuthathe ngaphantsi kwemizuzu eli-10 ukufaka zonke iimpendulo.
- **Indlela osebenzisa ngayo ifowuni:** Sifuna ukuqonda indlela oyisebenzisa ngayo ifowuni imihla ngemihla iyichaphazela njani impilo-ntle yengqondo yakho. Ukuze sikwazi ukwenza oku, siza kukucela usivumele siqokelele idatha ngasemva malunga nendlela oyisebenzisa ngayo ifowuni yakho ngoxa ungasebenzisi i-MindKind Study App. Oku kungaquka ixesha oyicofa ngalo kunye namanyathelo owahambayo yonke imihla. Ukuba awuvumanga ngokuphandle, asisayi kuyiqokelela indlela oyisebenzisa ngayo ifowuni yakho. **Awunyanzelekanga uvume ukwabelana ngendlela oyisebenzisa ngayo ifowuni. Unokungavumi ukwabelana ngendlela oyisebenzisa ngayo ifowuni kodwa uqhubeke uthatha inxaxheba kuphononongo.**

Sinokucela ukwazi ukuba uyisebenzisa uphi ifowuni yakho. Siza kusebenzisa indawo okuyo ukuze sibone ukuba imozulu yalapho ikuchaphazela njani kwimpilo-ntle yengqondo yakho. Asisayi kulandelela okanye sigcine ingxelo yendawo okuyo ngqo. Ungayicima idatha yendawo okuyo nanini na. Asisayi kufikelela kwindawo okuyo ngaphandle kwemvume yakho.

Ngamanye amaxesha sisenokuqhagamshelana nawe ukuze sicele uluvo lwakho malunga nokusebenzisa i-MindKind Study App kunye nemibuzo ekuphononongo. Nangona singathanda ukuva uluvo lwakho, ukuphendula akunyanzelekanga.

UKUQOKELELA IDATHA, UKUYIGCINA KUNYE NEMFIHLELO

Imfihlelo yakho ibalulekile kuthi. Siza kwenza yonke into esikwaziyo ukuyenza ukuze sikhusele imfihlelo yakho. Idatha yakho iza kuproseswa ngezinto ze-eletroniki.

Kusetyenziswa ikhowudi ukuze kukhuselwe idatha yefowuni yakho esiyiqokelela nge-MindKind Study App. Loo nto ithetha ukuba idatha yakho ikhuselekile. Abantu abangagunyaziswanga abanakuyiqonda lula idatha yakho xa ikhuselwe ngekhawudi.

Inkcazelo yeakhawunti echaza ukuba ungubani siza kuyohlula kwidatha yophononongo. Inkcazelo yeakhawunti yakho asisayi kuyigcina kunye neempendulo zakho zeseveyi okanye enye inkcazelo esiyiqokelele nge-MindKind Study App.

Inkcazelo yakho yophononongo ayisayi kuba negama lakho okanye enye inkcazelo echaza ukuba ungubani. Siza kuyifaka ikhowudi ezenzenzekelayo idatha osinika yona. Kuza kubakho uluhlu oludibanisa amagama kunye neekhowudi kodwa siza kulugcina lodwa kwaye lukhuselekile. Ngabantu abenza imisebenzi eyintloko kuphela kwiqela lophononongo abaza kukwazi ukudibanisa idatha yakho ekwikhawudi kunye naleyo ikuchazayo.

Siza kudibanisa idatha yabathathi-nxaxheba bophononongo efihlwe ngekhawudi (engenamagama) siza kuyidibanisa. Le datha idityanisiweyo siza kuyigcina eMerika kwiqonga lohlahutyo lwedatha le-Synapse. I-Synapse ilawulwa yi-Sage Bionetworks (inkampani engenzi nzuzo). Siza kulilinganisela size sigcine ingxelo yenani labantu ababona idatha edityanisiweyo xa ise-Synapse.

Ukuze isetyenziswe kuvimba wedatha yamazwe ngamazwe, kufuneka siyikhuphe kwilizwe ohlala kulo idatha yakho. Ngokuthatha inxaxheba kuphononongo, unika imvume yokuhanjiswa kwedatha yakho yobuqu efihlwe ngekhawudi kuquka inkcazelo yezempilo kunye nedatha yendawo ekuyo i-app, isive kwamanye amazwe kuquka iMerika. I-Sage Bionetworks iza kufumana idatha yakho kwaye iza kuba noxanduva lokuyigcina ikhuselekile.

SOZE SITHENGISE, SIQESHISE OKANYE SIBOLEKISE NGENKCAZELO YAKHO
YOQHAGAMSHELWANO. Ukuze ufumane inkcazelo engakumbi nceda ufunde Ipolisi yethu yoBumfihlo.

UKUSEBENZISA IDATHA

Idatha onikela ngayo yeyakho.

Siza kuyihlalutya idatha yophononongo edityanisiweyo yaza yafihlwa ngekhawudi. Siza kukhangela iipatheni. Ezi patheni zingasanceda siyiqonde kakuhle indlela yokunyanga impilo yengqondo. Kwakhona, siza kuphanda ngendlela iifowuni zemobhayile ezinokusetyenziswa ngayo kuhlobo olufanayo lophando. Sinenjongo yokupapasha umsebezi kwiijenali zezemfundo. Nayiphi na ingxelo okanye impapasho ayisayi kuchazelwa igama lakho.

Asisayi kusebenzisa idatha yophononongo ekwikhawudi ukuze senze izibhengezo zentengiso. Imvume yakho ayisayi kuphelelwa lixesha. Ungayirhoxisa nanini na imvume osinike yona ukuba siqokelele size sabelane ngenkcazelo yakho. Kufuneka wazise umphandi wophononongo kwilizwe ohlala kulo okanye uMphandi Oyintloko ochazwe ngasentla. Xa usenza loo nto, awusayi kuqhubekeka ukuphononongo.

UKWABELANA KUPHANDO LWEXESHA ELIZAYO

Ukwabelana ngenkcazelo yakho ekwikhawudi ngokubanzi (engenayo inkcazelo efana negama lakho) kungaluncedo kuphando lwexesha elizayo.

Unokunikwa ukhetho lokuba ngubani onokusebenzisa idatha yakho yophononongo kwixesha elizayo ibe kunokufikelelwa njani kuyo. Kuxhomekeke kuwe ukuthatha nasiphi na isigqibo mayela nokuba idatha yakho ingasetyenziswa kuphando lwexesha elizayo.

IMINGCIPHEKO ENOKUBAKHO

Olu phononongo asilulo uphononongo lwezonyango. Xa uthatha inxaxheba kolu phononongo, asilindelanga ukuba kubekho iziphumo ezingathandekiyo ezigulisayo. I-MindKind Study App ayisiso isixhobo sokulawula impilo yakho yengqondo. Iimpendulo zakho azisayi kujongwa njengoko uzifaka.

Sinezinto esizenzayo ukuze sikhusele inkcazelo yakho. Sekunjalo, ukuba kufikelelwe ngokungekho mthethweni kwidatha, kusenokwenzeka ukuba waziwe. Lo mngcipheko uphakathi naphakathi.

Ukuphendula imibuzo malunga nempilo yakho yengqondo kungadina, kwenze umsindo, kukruqule okanye kukwenze uze ungakhululekanga. Ukubona idatha yakho kunokuvuselela iimvakalelo ezahlukahlukeneyo. Kunokuchaphazela indlela oziva ngayo.

Ufanele wazi ukuba abanye abantu basenokuzibona izaziso ezivela kuphononongo kunye/okanye nezikhumbuzo ezikwifowuni yakho kwaye loo nto inokubenza bayazi ukuba ubhalise kolu phononongo.

Ukuthatha inxaxheba kuphononongo lwe-MindKind kunokuba nemingcipheko engaziwayo okwangoku. Uza kuchazelwa ukuba kukho inkcazelo entsha enokutshintsha isigqibo sokuthatha kwakho inxaxheba kolu phononongo.

IINZUZO EZINOKUBAKHO

Usenokuzifumana okanye ungazifumani iinzuzo xa uthatha inxaxheba ngokuzithandela kolu phononongo. Uza kube uncedisa iinzululwazi zifumane izinto ezinokukhokhelela kwindlela engcono yokunyanga impilo yengqondo kwikamva. Siza kube sikhangelana iipatheni zempilo kwiqela elikhulu hayi izinto ezenzeka emntwini omnye.

IINDLEKO NOKUBHATALWA

Awusayi kubhatalwa ukuthatha inxaxheba kuphononongo kunye/okanye xa usabelana ngedatha yakho. Uphando lunokukhokhelela ekuvelisweni kwezinto ezithengiswayo nezikhuselwa ngokusemthethweni nxamnye nokulinganiswa ngaphandle kwemvume. Awusayi kufumana nzuzo evela kuphando nakwimveliso zexesha elizayo.

Ukuthumela idatha eqokelelelwa kolu phononongo kungasebenzisa idatha yefowuni yakho. Unokuseta i-MindKind Study App ukuba isebenzise uqhagamshelwano lwe-Wi-Fi kuphela ukuze ingayisebenzisi kakhulu idatha yefowuni yakho xa iqokelela idatha yophononongo.

Kusenokwenzeka ukuba kwilizwe ohlala kulo uyakufanelekela ukufumana imbuyekezo ngedatha esetyenziswe yi-MindKind Study App.

AYILULO UNAKEKELO LWEZONYANGO

Olu luphononongo lwezophando. I-MindKind Study App ayisiso isixhobo sokuxilonga. Ayimele isetyenziselwe unakekelo lwezonyango, uxilongo okanye unyango. Ukuba unemibuzo okanye inkxalabo malunga nempilo yakho umele uye kumboneleli wezonyango. Awumele usebenzise i-MindKind Study App endaweni yokuya kumboneleli wezonyango.

Uphononongo lwe-MindKind aluboneleli ngonyango. I-MindKind Study App ayijongwa okanye ixhaswe ngqo ngoogqirha okanye ngabasebisi ngempilo yengqondo. Ukuba ufaka ingxelo yokuba noxinezeleko okanye iingcinga zokuzenzakalisa kwi-MindKind Study App, siza kukunika icebiso elikhutshwa ngokuzenzekelayo size sikucebise ngezinto onokuzisebenzisa ukuze ufumane uncedo. Unako nokuqhagamshelana nathi nanini na, ukuze ufumane amacebiso angakumbi kwaye (nanini na kunokwenzeka) siza kuphendula zingaphelanga iintsuku zokusebenza ezi-2.

IZIXHOB

Ukuba uziva unoxinezeleko okanye uziva ngathi ufuna ukuzonzakalisa okanye ufuna ukonzakalisa abanye abantu, nceda uqhagamshelane nogqirha wakho.

Unako nokukhangela izinto ezimalunga nempilo yegqondo kwingingqi ohlala kuyo ku <https://befrienders.org> okanye jonga ezi zixhobo zichazwe ngezantsi.

E-Indiya:

Ufumana amacebiso simahla xa ufowunela ku iCallHelpline. <https://icallhelpline.org/>
I-iCallHelpline ifumaneka ngoMvulo ukuya ngoMgqibelo, ngo-10am ukuya ku-8pm. Fowunela: 022-25521111

Unako nokuthumelai-imeyili ku-iCallHelpline uze ufumane impendulo esuka kumcebisi wezengqondo zingadlulanga iiyure ezinga-24.
icall@tiss.edu

EMzantsi Afrika:

I-SADAG ibonelela ngoncedo kwabo baludingayo. <https://www.sadag.org/>

Ungayifowunela 24/7 ukuze ufumane inkxaso: 0800456789

Xa imeko ingangxamisekanga ufuna inkcazelo ngokucetyiswa kwezengqondo, unokuthumela i-imeyile ku-SADAG usebenzisa idilesi ethi zane@sadag.org.

E-United Kingdom:

I-Samaritans UK iyafumaneka ukuze ikuxhase ngokweemvakalelo <https://www.samaritans.org/>
Inombolo yefowuni ye-Samaritans UK ifumaneka 24/7.

Ukuze uncedwe ngesiNgesi, fowunela 116 123

Ukuze uncedwe ngesiWelsh, fowunela I 0808 164 0123

Unako nokuthumela i-imeyile ku-Samaritans UK uze ufumane impendulo esuka kumcebisi wezengqondo zingadlulanga iiyure eziyi-24.
jo@samaritans.org

UKUPHUMA KUPHONONONGO

Ungaphuma nangaliphi na ixesha kuphononongo nangaso nokuba kungasiphi na isizathu.

Uphononongo luza kuqhutywa kangangonyaka omnye. Sinethemba lokuba ungathatha inxaxheba kangangeenyanga ezi-3 (iiveki ezili-12) kodwa loo nto ixhomekeke kuwe. Unokuthatha inxaxheba kangangexesha elithandwa nguwe. Nokuba ugqiba ngokwenza ntoni ngoku okanye kwixesha elizayo, awusayi kohlwaywa okanye uphulukane neebhenefithi ebekumele ukuba uyazifumana.

Ukuba uyaphuma kuphononongo, urhoxisa imvume yakho. Uza kukhutshwa kwiakhawunti yakho kwaye akusayi kuphindwa kuqokelelwe idatha. Ukuba ufuna ukuphinda ubhalise emva kwexesha, uza

kucelwa ukuba uphinde unike imvume unolwazi. Ngokuzenzekelayo, inkcazelo yakho engakuchaziyo efihlwe ngekhawudi nonikele ngayo ngaphambi kokuphuma iza kugcinwa luPhononongo.

Iqela lophononongo nalo lingakukhupha kuphononongo nokuba kunini na nangasiphi na isizathu.

Ungakhetha ukuphuma kuphononongo ngokusebenzisa iphepha leprofayile ye-MindKind Study App okanye ungasazisa ngokusifowunela okanye ngokusithumelela i-imeyili. I-MindKind Study App ungayikhupha nanini na kwifowuni yakho.

IMALI YOKUXHASA UPHONONONGO

I-The Wellcome Trust ixhasa uphononongo lwezophando lwe-MindKind.

I-Sage Bionetworks, inkampani yophando engenzi ngeniso kunye namaqabane ayo zivelisa i-MindKind Study App kwaye ngabo abaqhuba uphononongo lophando.

UQHAGAMSHELWANO

Ungakhetha ukuba siqhagamshelane nawe okanye singaqhagamshelani nawe. Singathanda ukukuxelela ngemicimbi emayela nophando njengeentlanganisano eziqhutywa kwi-intanethi. Singafuna nokukuxelela nangamanye amathuba ophando. Usenokuqhubeka uthatha inxaxheba kuphononongo nokuba ukhetha ukuphuma kwezi zaziso zolandelelo.

Zimbini iindlela zokuphuma ekufumaneni izaziso. Unokutshintsha iisethingi kwindawo ethi "permissions" kwiprofayile yakho ye-MindKind Study App yakho okanye uyicime i-App.

Zive ukhululekile ukubuza, ukuchaza izinto ezikuxhalabisayo okanye izikhalazo zakho, ukusazisa ngengxaki emayela nophando okanye uphume kuphononongo.

Abantu onokuqhagamshelana nabo kuphononongo ngoo: E-Indiya, qhagamshelana: Gqr. Soumitra Pathare ku spathare@cmhlp.org

EMzantsi Afrika, qhagamshelana: Gqr. Zukiswa Zingela ku zingelaz@mweb.co.za okanye uMnu.

Melvyn Freeman ku melvynfreeman57@gmail.com

E-UK, qhagamshelana: Gqr. Mina Fazel ku mina.fazel@psych.ox.ac.uk okanye uGqr. Tamsin Ford ku tjf52@medschl.cam.ac.uk

EMerika, qhagamshelana: Lara Mangravite, imeyili ku MindKindSupport@sagebase.org.

linkcukacha zokuqhagamshela inqobo yokuziphatha

Ukuba ufuna ukuthetha ngolu phononongo kunye nomnye umntu ngaphandle kwethu, ukuba uvakalelwa kukuba amalungelo akho oluntu ayanyhashwa kuphononongo lwe-MindKind, okanye ukuba awanelisekanga ziimpendulo zeqela lophando qhagamshelana ne-Institutional Review Board (IRB) okanye iKomiti Yophando Olwenziwa Ebantwini (CHR). I-IRB kunye ne-CHR ngamaqela eengcali ezizimeleyo ezihlola uphando. I-IRB kunye ne-CHR ziza kuphendula yonke imibuzo, iinkxalabo okanye izikhalazo onazo ngolu phononongo. Baza kukunceda ngayo nayiphi na imibuzo onayo malunga namalungelo akho njengomthathi-nxaxheba kuphando.

E-Indiya: Ukuba uvakalelwa kukuba amalungelo akho ayanyhashwa kuphononongo lwe-MindKind,

unokubhenela kuGqr. Deepa Paturkar, Ilungu elinguNobhala kwi-Institutional Review Board of Indian Law Society ku deepapartukar@islaw.in

EMzantsi Afrika: Olu phononongo luye lwagunyaziswa yiKomiti yoPhando Olwenziwa Ebantwini (CHR) eWalter Sisulu University kwaye luza kuqhutywa ngokwezikhokhelo zemigaqo yokuziphatha phantsi kwe-International Declaration of Helsinki, South African Guidelines for Good Clinical Practice kunye ne-Medical Research Council (MRC) Ethical Guidelines for Research. Unokuqhagamshelana noSihlalo weKomiti Yophando Olwenziwa Ebantwini eWalter Sisulu University, uGqr. Dan Mwesingwa-Kayongo ku dkayongo@rtc.ut.ac.za.

E-United Kingdom: Uphononongo lufumene ugunyaziso kwinqobo yokuziphatha yase-Oxford University kunye nase-Cambridge University. Unokuqhagamshelana nekomiti yase-Oxford ku ethics@medsci.ox.ac.uk. Ungaqhagamshelana noSihlalo wekomiti yase-Cambridge, Ugqr. Rhys Morgan ku researchintegrity@admin.cam.ac.uk.

EMerika, qhagamshelana: Western IRB (WIRB) ku help@WIRB.com.

Ukuba umthetho ufuna njalo, abasebenzi bophononongo banganika amagunya afanelekileyo inkcazelo yakho ekuchazayo (umz. iibhodi zokuziphatha, amagunya alawulayo, ii-IRB okanye ii-CHR). Oku kwenzelwa iinjongo zokuhlolwa kweencwadi ukuze ajonge ukhuseleko, ukusebenza kakuhle kunye nendlela esiziphatha ngayo kuphando lwethu.

Inkcazelo yakho yobuqu iza kusetyenziselwa ukuqinisekisa ukuba uyalufanelekela olu phononongo, ukuhlola iziphumo zalo nokuthobela iimfuno zomthetho nezabasemagunyeni.

Xa uthatha inxaxheba kolu phando awunikezeli ngawo nawaphi amalungelo onawo. Ukuba ungumhlali okanye ummi we-European Union, jonga [isihlomelo se-GDPR](#) ukuze ufumane inkcazelo engakumbi malunga namalungelo akho njengomnini wedatha.

Enkosi ngokucinga ngokuthatha inxaxheba kuphononongo lwe-MindKind.

IMVUME

Ndiye ndayifunda le fomu yemvume. Yonke imibuzo yam malunga nophononongo kunye nendima yam kulo iye yaphendulwa. Nalu ushwankathelo lwezinto endizifunde namhlanje:

- Injongo **yoPhononongo lwe-MindKind** kukufunda enoba abantu abadala abasebatsha bakulungele ukusebenzisa i-App yokuzilawula baza babelane ngedatha yabo emalunga nempilo yabo yengqondo nokuba bakwenza njani oko.
- Ndinokhetho lokuthatha inxaxheba okanye ndingayithathi. Kuxhomekeke kum. Ukuba ndigqiba ngokuthatha inxaxheba, ndingasitshintsha nanini na isigqibo sam nokuba siyintoni na isizathu sokusitshintsha. Andisayi kohlwaywa ukuba ndiyayeka (ndiyarhoxa)
- Olu luphononongo lwezophando. Alwenzelwanga ukuxilongwa okanye unakekelo lwezempilo. limpendulo zam azisayi kujongwa njengoko ndizifaka. Ukuba ndiziva ndingaphilanga engqondweni, ndiza kuqhagamshelana nogqirha.
- Akulindelekanga ukuba ndifumane inzuzo ngobuqu kuphononongo. Adisayi kubhatalwa ngokusetyeziswa kwenkcazelo yam. Ukuthatha kwam inxaxheba kunganceda abanye izizukulwana kwixesha elizayo.
- Ndiza kusebenzisa i-MindKind Study App ukuze ndiphendule imibuzo emalunga nempilo kunye empilo-ntle yengqondo yam kwaye ndiza kusebenzisa idatha yefowuni yam ukuba ndikhetha ukwenza njalo.
- Inkcazelo yam iza kuthunyelwa eMerika ize igcinwe ikhuselekile.
- Abaphandi baza kuyisebenzisela uphando inkcazelo yam. Ukuba ndinikezela ngemvume yam, bangabelana nabanye abaphandi ngedatha ukwenzela uphando lwexesha elizayo.
- Ndiye ndayifunda ndaza ndacingisisa ngeemincipheko yokuthatha inxaxheba kolu phononongo. Eyona mingcipheko iqhelekileyo yokuthatha inxaxheba kukungakhululeki ngokwemvakalelo kunye nomncipheko kubumfihlo bam. Kusenokubakho imingcipheko esingayaziyo okwangoku.
- Iziko Lophando lingaqhagamshelana nam ukuze lihlaziye ingxelo yam yophando okanye lindimeme ukuba ndithathe inxaxheba kolunye uphononongo.
- Ndingaqhagamshelana neqela lophononongo ukuba ndinayo nayiphi na imibuzo okanye inkxalabo emayela nophononongo lwe-MindKind.

Ndinikela ngemvume yokuthatha inxaxheba kolu phononongo ngokukhululekileyo.

Ngokusayina le mvume, andinikezelanga ngawo nawaphi na amalungelo am asemthethweni.

Igama lomthathi-nxaxheba ongumntu omdala: _____

Ukusayina kunye noMhla: _____

Isihlomelo se-General Data Protection Regulation

Njengoko kuyimfuneko phantsi komthetho we-General Data Protection Regulation, njengomthathi-nxaxheba unikwa inkcazelo eyongezelelekileyo.

Ukuze kufikelelwe iinjongo zomthetho kwingingqi okuyo, ingakumbi i-General Data Protection Regulation (GDPR), isizathu esisemthethweni sokuqokelela nokusebenzisa idatha yakho yimvume yakho kunye nomdla woluntu obanzi kuphando oluqhutywayo.

Ukuba ngokwesiqhelo uhlala kwindawo ethobela i-General Data Protection Regulation, unamalungelo athile ngokumayela nokuproseswa kwenkcazelo esiyiqokelela kuwe. Nangona amanye ala malungelo esebenza gabalala, amanye awo asebenza phantsi kweemeko ezilinganiselweyo. Siza kusithobela isicelo sakho sokusebenzisa amalungelo akho ngaphandle kokuba sinesizathu esibambekayo sokungasamkeli isicelo sakho okanye asikwazi kusamkela isicelo sakho ngenxa yezizathu zomthetho. Siza kusiphendula ingaphelanga inyanga e-1 emva kokuba sisifumene isicelo sakho.

- **Unelungelo lokufikelela kwidatha yakho.** Ungasibhalela nanini na ukuze usibuze ukuba yeyiphi inkcazelo yobuqu esiyigcinayo ibe siyigcine phi nokuba siyigcinele eyiphi injongo.
- **Unelungelo lokuba ilungiswe.** Ukuba kukho impazamo kwinkcazelo esiyiqokelele kuwe, unelungelo lokwenza isicelo sokuba ilungiswe. Unokusibhalela ukuze ucele kulungiswe nayiphi idatha yobuqu yakho.
- **Unelungelo lokuba icinywe.** Ungasicela nanini na ukuba sicime okanye sisuse inxalenye okanye yonke idatha yakho yobuqu.
- **Unelungelo lokulinganisela ukwenziwa kwayo.** Ungayirhoxisa nanini na imvume yakho yokwenziwa kweDatha yakho Yobuqu.
- **Unelungelo lokufudusa idatha.** Ungacela ikopi yedatha yakho ibe kwifomathi okwaziyo ukuyisebenzisa.
- **Unelungelo lokwala.** Ungayeka nanini na ukunikela ngedatha kwi-App.

Ukuba unemibuzo malunga namalungelo akho kunye nokhetho lwakho okanye ungathanda inkcazelo engakumbi malunga namalungelo akho kunye nokhetho onalo, ungathumela i-imeyili ku privacyofficer@sagebionetworks.org.