



# VUGA UKIRE INITIATIVE



## OBJECTIVE

[Replace this sentence with your job objective. To replace any tip text with your own, just select a line of text and start typing. For best results when selecting text to copy or replace, don't include space to the right of the characters in your selection.]



## ADDRESS

KK 15 Rd, IPRC Street  
Kicukiro, Kigali City  
Rwanda



PHONE  
+250 737 696 210



## EMAIL

[vuga.ukire@gmail.com](mailto:vuga.ukire@gmail.com)



## WEBSITE

[www.vugaukire.com](http://www.vugaukire.com)

## YOUR DETAILS:

**Test Name:** .....

**Name:** .....

**Dates:** .....

**Email address:**.....

## ..... TEST RESULTS SCALE

Low	Mild	Moderate	Severe
0-21	22-42	43-43	64-84

**Your Test Score: 25**

## WHAT DOES THIS MEAN?

The scores you have given suggest that ..... indication that you have symptoms common among people with a ..... disorder.

## WHAT SHOULD I DO NEXT?

However, this is a very quick test and people experience ..... in many different ways. **They should be followed up with a professional assessment.**

## CONTACTING US TO ARRANGE HELP

So if you are concerned we would always recommend seeking mental health professional. **Give us a call: +250 737 696 210**



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## YOUR ANSWERS:

- 1: I feel overwhelmingly sad at times
- 2: When I think of the future I feel hopeless
- 3: I feel like a complete failure
- 4: I get a lot of satisfaction / joy from doing things
- 5: I feel guilty about something most of the time
- 6: I feel like I am being punished
- 7: I feel disappointed (even disgusted) with myself
- 8: The bad things in my life aren't all my fault
- 9: I am often on the brink of tears or cry
- 10: I feel irritated and annoyed by things in my life
- 11: I am very interested in other people's lives and like to listen to them
- 12: I find it easy to make decisions, big and small
- 13: I think I am unattractive or ugly
- 14: I find it really hard to do anything, especially work
- 15: My sleep patterns have been really disrupted




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- 16: I am so tired I don't have the energy to do anything**
- 17: My appetite has changed a lot**
- 18: I have lost a lot of weight**
- 19: I am very concerned, even preoccupied, with my physical health**
- 20: I am not interested in sexual relations at all**
- 21: I have thought about ending my life**
