**Ikizamini cy’ Agahinda Gakabije**

Mugihe cy’ibyumweru 2 bishize, ni kangahe wagiye uhangayikishwa ni bibazo bikurikira?

Zirikana ko ibisubizo byose bikenewe.

Ikibazo cya 1

Rimwe na rimwe numva mbabaye cyane

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 2

Iyo ntekereje ejo hazaza numva nta cyizere mfite

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 3

Numva ndi ikigwari rwose

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 4

Mbona kunyurwa / umunezero mwinshi mu gukora ibintu bitandukanye

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 5

Numva nicira urubanza kubintu byinshi

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 6

Numva ndimo guhanwa

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 7

Numva ntengushywe (ndetse nkiyanga) nanjye ubwanjye

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 8

Ibintu bibi mubuzima bwanjye ntabwo arikosa ryanjye

* Rwose
* Emera gato
* Ntukabyemera
* Rwose ntubyemera

Ikibazo 9

Nkunze kuzenga amarira mu maso cyangwa nkarira

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 10

Numva ndakajwe n’ bintu byambayeho mubuzima bwanjye

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 11

Nshimishwa cyane nubuzima bwabandi kandi nkunda kubatega amatwi

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 12

Mbona byoroshye gufata ibyemezo, binini ni bito

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 13

Nibwira ko ntafite uburanga cyangwa ndi mubi

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 14

Mbona rwose bigoye gukora ikintu icyo aricyo cyose, cyane cyane akazi

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 15

Uburyo bwanjye bwo gusinzira bwarahungabanye rwose

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 16

Mbandushye cyane nta mbaraga mfite zo gukora ikintu na kimwe

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 17

Imirire yange yarahindutse cyane

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 18

Natakaje ibiro byinshi

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 19

Mfite impungenge cyane, ndetse mpangayikishijwe n’imibereho n’impinduka k'umubiri wange

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 20

Ntabwo nshishikajwe na gato n'imibonano mpuzabitsina

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

Ikibazo 21

Natekereje kurangiza ubuzima bwanjye

* Rwose
* Ubyemera gato
* Ntubyemera
* Rwose ntubyemera

**Amakuru Anyerekeyeho**

Ushobora gusubiza ibibazo byinshi cyangwa bike nkuko ubishaka.

Urangije, kanda munsi ahanditse "gutanga" kugirango wakire ibisubizo byawe.

**umwirondoro**

1. Imyaka
2. Igitsina

* UMUGABO
* UMUGORE
* IKINDI gitsina

1. Winjiza Amafaranga angahe mu rugo
2. Ninde muri aba bantu basobanura uwo uriwe (hitamo ibisubizo byose niba bisobanura uwo uriwe)

* Wavuye mu kazi cyangwa uri umusirikare ukiri mu kazi
* Uwita kumuntu ubana nubumuga runaka cyangwa n'indwara ya marangamutima
* LGBTQ +
* Umunyeshuri
* Warakotse ibyago, ihotera, akarengane
* Umubyeyi mushya cyangwa utegereje ku muba
* Umukozi ushinzwe ubuzima

1. Wigeze usuzumwa uburwayi bwo mumutwe n’umuhanga (umuganga, therapiste, nibindi)?

* Yego
* OYA

1. Wigeze ubona ubuvuzi / inkunga ku bibazo by’uburwayi bwo mumutwe?

* Yego
* OYA

1. Tekereza ku kizamini cyo mu mutwe. Nibihe bintu byingenzi bigira uruhare mubibazo byubuzima bwo mumutwe bwawe ubungubu?

Hitamo kugeza kuri 3.

* Coronavirus
* Ivanguramoko
* Ibibazo by'imibanire
* Ihahamuka ryashize
* Ibiriho (amakuru, politiki, nibindi)
* Irungu cyangwa kwigunga
* Agahinda cyangwa kubura umuntu cyangwa ikindi kintu ukunda
* Ibibazo by'amafaranga
* Ibindi…

**Ibyerekeye Ubuzima Bwawe**

1. Muri iki gihe ufite ubwishingizi bw'ubuzima?

* Yego
* OYA

1. Waba ufite imwe mu ndwara zikurikira muri rusange?

Hitamo izo ufite zose.

* Indwara y'umutima
* Diyabete
* Kanseri
* Indwara ya rubagimpande cyangwa ubundi bubabare budakira
* COPD cyangwa ibindi bihaha
* Imyitwarire idahwitse (tardive dyskinesia)
* SIDA
* Ibindi ...

Iki kizamini gifasha kumenya niba ushobora kuba ufite ikibazo cyo kwiheba; ikizamini nicyerekana gusa, ariko ntikigamije gusimbura isuzuma ryuzuye n’umuvuzi wujuje ibyangombwa.

***This test was adapted from: Beck’s Depression Inventory***

**Ibisubizo by'ikizamini**

Ibisubizo byerekana ko ufite

1 <X> = 21 ------------ Nta Gahinda Gakabije Ufite [Icyatsi]

**Ntakimenyetso cyangwa ku kigero gito cyane ukuba ufite Indwara yo kwiheba**

Amanota wabonye yerekana ko **Ntakimenyetso** cg **ufite ku kigero gito cyane,** ibimenyetso bikunze kugaragara mubantu bafite ikibazo cy’ agahinda gakabije.

Icyakora, iki nikizamini cyihuse kandi abantu bahura n’agahinda gakabije muburyo butandukanye.

Niba rero ufite impungenge twagusaba buri gihe gushaka inzobere mubuzima bwo mumutwe. **Duhamagare: +250 737 696 210**

**Bika urupapuro rw' ibisubizo byawe**

Ushobora kohereza ibisubizo byawe kuri wowe cyangwa undi muntu wese ukoresheje imeri cyangwa ukabicapa kugirango ubungabunge umutekano. **iyoherereze imeri y’ibisubizo byawe cyangwa**  [**capa urupapuro rw’ ibisubizo byawe**](https://www.clinical-partners.co.uk/for-adults/depression/a-test-for-depression/depression-test-results/results)

Ibisubizo byerekana ko ...

21 <X> = 42 ------------ agahinda Kagereranije [Umuhondo]

**ntushobora kuba urwaye** Agahinda Gakabije

Amanota wabonye yerekana ko ashobora kuba ufite **agahinda kagereranyije**. Tegereza uzakore irindi suzuma mubyumweru bibiri.

Twongeyeho ko byaba byiza utangiye ikiganiro na muganga wawe.

Niba ukeneye ubufasha bwo kubona inzobere mu buzima bwo mu mutwe, **turagusaba ko wahamagara kuri: +250 737 696 210**

**Bika urupapuro rw' ibisubizo byawe**

Ushobora kohereza ibisubizo byawe kuri wowe cyangwa undi muntu wese ukoresheje imeri cyangwa ukabicapa kugirango ubungabunge umutekano. **iyoherereze imeri y’ibisubizo byawe cyangwa**  [**capa urupapuro rw’ ibisubizo byawe**](https://www.clinical-partners.co.uk/for-adults/depression/a-test-for-depression/depression-test-results/results)

Ibisubizo byerekana ko ...

42 <X> = 63 ------------ Agahinda Kukigero cyo hejuru [Orange]

**birashoboka cyane ko urwaye** Agahinda Gakabije

Amanota wabonye yerekana ko, urwaye Agahinda Gakabije Kukigero cyo hejuru. Ni ngombwa ko uteganya gahunda na muganga wawe cyangwa umukozi ushinzwe ubuzima bwo mu mutwe ubungubu.

Ibimenyetso ugaragaza nk’intege nke, bigira ingaruka mubice byinshi byubuzima bwawe. Mugihe cy agahinda Gakabije bishobora kugorana kubyumva k’umurwayi ndetse no k’umuryango we, ariko birashoboka kuvurwa neza, kandi abantu benshi bakomeza kubaho mubuzima bushimishije, kandi bwuzuye.

Twa gutegurira isuzuma ryindwara zo mumutwe hamwe nubuvuzi kuri umwe mubahanga bacu: **Duhamagare kuri: +250 737 696 210**

**Bika urupapuro rw' ibisubizo byawe**

Ushobora kohereza ibisubizo byawe kuri wowe cyangwa undi muntu wese ukoresheje imeri cyangwa ukabicapa kugirango ubungabunge umutekano. **iyoherereze imeri y’ibisubizo byawe cyangwa**  [**capa urupapuro rw’ ibisubizo byawe**](https://www.clinical-partners.co.uk/for-adults/depression/a-test-for-depression/depression-test-results/results)

Ibisubizo byerekana ko ...

64 <X> = 82 ------------ Agahinda Gakabije [Umutuku ]

**birashoboka cyane ko urwaye Agahinda Gakabije**

Amanota wabonye yerekana ko, ashobora kuba afite ikibazo cy’agahinda gakabije kurugero ruhangayikishije no kwerekana byinshi mubimenyetso bya Agahinda Gakabije. Ni ngombwa ko uteganya gahunda na muganga wawe cyangwa umukozi ushinzwe ubuzima bwo mu mutwe byihutirwa.

Ibimenyetso utangaza birakomeye cyane. Mugihe cy agahinda Gakabije bishobora kugorana kubyumva k’umurwayi ndetse no k’umuryango we, birashobokaa kuvurwa neza kandi abantu benshi bakomeza kubaho mubuzima bushimishije.

Twa gutegurira isuzuma ryindwara zo mumutwe hamwe nubuvuzi kuri umwe mubahanga bacu: **Duhahamagare kuri: +250 737 696 210**

**Bika urupapuro rw' ibisubizo byawe**

Ushobora kohereza ibisubizo byawe kuri wowe cyangwa undi muntu wese ukoresheje imeri cyangwa ukabicapa kugirango ubungabunge umutekano. **iyoherereze imeri y’ibisubizo byawe cyangwa**  [**capa urupapuro rw’ ibisubizo byawe**](https://www.clinical-partners.co.uk/for-adults/depression/a-test-for-depression/depression-test-results/results)