

Su'aalaha Xog qaadista Dhaqanka caafimaadka Sannadlaha ah

Summada Bukaanka

Magaca: _____

MRN: _____

Taariikhda: _____

Hal mar sanadkii, waxaanu waydiin doonaa dhammaan bukaanada inay dhammaystiraan foomkan oo ku saabsan wixii xaalado ah ee saameeya caafimaadkooda Fadlan naga caawi inaanu ku siino daryeelka caafimaadka ugu wanaagsan addoo ka jawaabaya su'aalaha hoose.

Fadlan GOOBAAB jawaabta UGU WANAAGSAN su'aal kasta.

(PHQ-2)

In kabadan 2 todobaad ee la soo dhaafay, miyay ku lureen wax ka mid ah dhibaatooyinka soo socdaa

	Waxba dhamm aanbal 0	Dhowr maalmood 1	Wax ka badan nus maalmaha ah 2	Ugu dhowaan maalin kasta 3
1. Xiisaha yar ama farxada samaynta waxybaaha?	0	1	2	3
2. Dareema niyad jab, walbahaar, ama rajo beel?	0	1	2	3

(AUDIT-C)

Gudaha sanadkii la soo dhaafay...

	Weligaynta 0	Si bile ah ama wax kayar 1	2 ilaa 4 wakhti bishii 2	2 ilaa 3 wakhti todobaadkii 3	4 ama wakhtiyo ka badan todobaadkii 4
3. Sideed inta badan u cabtay cabbitaan ka kooban khamro gudaha sanadkii la soo dhaafay?	0	1	2	3	4
4. Imisa cabbitaan ah oo ka kooban khamro ayaad cabtay maalinta caadiga ah markaad cabbaysay gudaha sanadkii la soo dhaafay?	0	1 ama 2 cabbitaan	3 ama 4 cabbitaan	5 ama 6 cabbitaan	7 ilaa 9 cabbitaan 10 ama cabbita ano ka badan
5. Intee jeer ayaad haysatay <u>6 ama in ka badan</u> oo cabbitaano ah hal mar gudaha sanadkii la soo dhaafay?	0	Ka yar si bile ah 1	Bile ah 2	Todobaale 3	Maaline ama ugu badnaan maalin kasta 4
6. Intee jeer gudaha sanadkii la soo dhaafay ayaad isticmaashay maarijoona? (Marijuana)	0	Ka yar si bile ah 1	Bile ah 2	Todobaale 3	Maaline ama ugu badnaan maalin kasta 4
7. Intee jeer gudaha sanadkii la soo dhaafay ayaad isticmaashay maandooriye sharci darro ah (aan maarijoona ahayn) ama aad u isticmaashay dawo la qoray asbaabo aan caafimaad ahayn? (Drugs)	0	Ka yar si bile ah 1	Bile ah 2	Todobaale 3	Maaline ama ugu badnaan maalin kasta 4

Annual Behavioral Health Questionnaire



Patient Label
Name: _____
MRN: _____
Date: _____

Once a year, we ask all our patients to complete this form on conditions that affect their health. Please help us provide you with the best medical care by answering the questions below.

Please CIRCLE the BEST response to each question.

Over the past 2 weeks, how often have you been bothered by any of the following problems:

1. Little interest or pleasure in doing things?	Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
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2. Feeling down, depressed, or hopeless?	Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
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In the past year...

3. How often did you have a drink containing alcohol in the past year?	Never 0	Monthly or less 1	2 to 4 times a month 2	2 to 3 times a week 3	4 or more times a week 4
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4. How many drinks containing alcohol did you have on a typical day when you were drinking in the past year?	None 0	1 or 2 drinks 0	3 or 4 drinks 1	5 or 6 drinks 2	7 to 9 drinks 3	10 or more drinks 4
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5. How often did you have <u>6 or more</u> drinks on one occasion in the past year?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
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6. How often in the past year have you used marijuana?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
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7. How often in the past year have you used an illegal drug (not marijuana) or used a prescription medication for non-medical reasons?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
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PHQ-9 for DADKA WAA WAYN*

Su'aalaha Xog qaadista Caafimaadka Bukaanka

In ka badan 2 todobaad, ee la soo dhaafay, miyay ku lureen wax ka mid ah dhibaatooyinka soo socdaa?" (Fadlan GOOBAABA si aad u sheegto jawaabtaada)	Waxba dhammaa nbal	Dhowr maalmood	Wax ka badan nuska maalmaha	Ugu dhowaan maalin kasta
3. Dhibaato seexashada ama in la sii hurdo, ama aad loo seexdo	0	1	2	3
4. Dareemaya daal ama leh tamar yar	0	1	2	3
5. Cunto doonis liidata ama aad wax u cunaya	0	1	2	3
6. Dareemaya wax xun oo ku saabsan naftaada -- ama inaad tahay guul daro ama aad waxba u tari wayday naftaada iyo qoyskaaga	0	1	2	3
7. Dhibaataada ka fekerka waxyaabaha, sida akhriska jaridada ama daawashada telefeeshanka	0	1	2	3
8. U hadla ama u dhaqaaqa si gaabis ah oo dadka kale aanay ogaan karin Ama wax ku lid ah -- aad u dareen badan ama aan joogi karin inay dhaqaaqayeen wax ka badan inta caadiga ah	0	1	2	3
9. Fikradaha inaad ka wanaagsanaan lahayd haddii aad dhimato ama laftaada waxyeelayso qaab ahaan	0	1	2	3

Su'aalaha soo socda waxay kaa caawin doonaan inaad fahanto sida aad dareemaysay. Jawaabahaagu waxya kaa caawin doonaan adiga iyo dhakhtarkaagu inaad raacdaan horumarkaaga.				
1. Wakhti kasta oo noloshada ah, ma ku soo martay muddooyin marka aad dareentay xaalad inaan walbahaarka ku hayn -- mid aad 'u sareeya' ama 'degedegsan'. oo leh tamar aad u badan? Aan u baahnay seexasho? Dareentay inaad wax kastaba samayn karto? Goobaad Haa haddii aad lahayd astaamahaan oo ay gaadheen dhowr maalmood oo dhib u gaysteen noloshada.	Haa	Maya	Ma khusayso	
2. 2 todobaad ee la soo dhaafay, miyaad maqashay ama aragtay waxyaabo aanay dadka kale arki karin ama maqli karin oo run ahaan halkaas ka muuqan?	Haa	Maya	Ma khusayso	
3. Dhawaan ma ahayd dhibanaha khatar, waxyeelayn jidhka ah, ama ku khasbid xidhiidh galmo?	Haa	Maya	Ma khusayso	
4. Dhawaan ma la kullantay qayb dhacdo walbahaar badan ama isbeddel nololeed, sida dhimashada saaxiib ama xubin qoyska ah, waayid shaqada ah, ama dhibaatooyinka xidhiidhka?	Haa	Maya	Ma khusayso	
5. Noloshada, weligaa ma ku soo martay wax waayo aragnimo oo aad u naxdin badnayn, argagax lahayd, dhibaato badan bishii la soo dhaafay adiga: <ul style="list-style-type: none"> • Ma ku riyootay riyooynin argagax leh oo iyadaku saabsan ama marka fekertay iyada marka aanad doonayn? • Aad ma isugu dayday inaad ka fekerto iyadda ma ka baxday jidkaaga si aad isaga ilaalisoo xaaladaha ku xusuusiyay iyada? • Si joogta ah ma isaga ilaalisay kuwa kale, hawlaha, ama meelaha kugu xeeran adiga? 	Haa	Maya	Ma khusayso	

*Tani waa su'aalaha xog qaadista 9 shay oo la is waafajiyay oo la ansixiyay. Su'aalaha #1 iyo #2 waa laga saaray sababtoo ah waa labada su'aalood ee u horeeya shaashada Dhaqanka Caafimaadka Geeg dhinaca kale), kaas oo hadda ka hor laga jawaabay. Uu sameeyay Digtoorada. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, iyo saaxiibada la shaqeeya, oo deeq waxbarasho ka haysta Pfizer Inc. Copyright © 2005 Pfizer, Inc. Dhammaan xuquuqaha way dhowran yihiin Waxxa dib loogu soo saaray oogolaanshaha.

PHQ-9 for ADULTS*

Patient Health Questionnaire

Over the last 2 weeks , how often have you been bothered by any of the following problems? (Please CIRCLE to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. 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	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

The following questions will help us understand how you've been feeling. Your answers will help you and your doctor follow your progress.				
1. At any point in your life, have you gone through periods when you felt the opposite of being depressed – very 'high' or 'sped up', with lots of energy? Didn't need sleep? Felt you could do anything? Circle Yes if you had these symptoms and they lasted at least a few days and caused trouble for you in your life.	Yes	No	N/A	
2. In the past 2 weeks, have you heard or seen things that other people couldn't see or hear that might really not be there?	Yes	No	N/A	
3. Have you recently been the victim of threats, physical hurting, or forced sexual contact?	Yes	No	N/A	
4. Have you recently experienced some stressful event or life change, like the death of a friend or family member, loss of job, or relationship problems?	Yes	No	N/A	
5. In your life, have you ever had any experience that was so frightening, horrible, or upsetting that in the past month you: <ul style="list-style-type: none"> • Have had nightmares about it or thought about it when you did not want to? • Tried hard not to think about it or went out of your way to avoid situations that reminded you of it? • Were constantly on guard from others, activities, or your surroundings? 	Yes	No	N/A	

*This is a standardized 9-item questionnaire that has been validated. Questions #1 and #2 have been removed because they are the first two questions on the Behavioral Health screen (see other side), which have already been answered.
Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc.
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