

Uvavanyo lokwenzakala kwengqondo lelizwe jikelele (Global Psychotrauma Screen) (GPS)

inombolo-sazisi yomthathi-nxaxheba

Isini Mfazi Ndoda Okunye

Uneminyaka emingaphi

Ngamanye amaxesha izinto ziyenzeka ebantwini, izinto ezingaqhelekanga, okanye ezoyikekayo ngokukhethekileyo, ezimanyukunyezi nezothusayo

Ngokufutshane, chaza isiganeko okanye izinto ezikuchaphazelayo ngoku

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Isiganeko eso enzeke : Ngenyanga edlulileyo Kwisiqingatha senyanga edlulileyo
 Kunyaka odlulileyo Kudala kakhulu

Esi siganeko senzeke

- Kanye ndineminyaka e
- ixesha elide/amatyeli amaninzi Ndineminyaka e..... neminyaka e.....

Yeyiphi imeko kwezi zingezantsi ebonakalisa isiganeko

- | | | | | |
|--|-------------|--------------------------|--------------|--------------------------|
| Ubundlobongela emzimbeni | Kuwe okanye | <input type="checkbox"/> | Komnye umntu | <input type="checkbox"/> |
| Ubundlobongela obuphathelene nezesondo | Kuwe okanye | <input type="checkbox"/> | Komnye umntu | <input type="checkbox"/> |
| Ukuxhatshazwa ngokwe mvakalelo | Kuwe okanye | <input type="checkbox"/> | Komnye umntu | <input type="checkbox"/> |
| Ukwenzakala kakhulu | Kuwe okanye | <input type="checkbox"/> | Komnye umntu | <input type="checkbox"/> |
| Umngcioheko wobomi | Kuwe okanye | <input type="checkbox"/> | Komnye umntu | <input type="checkbox"/> |
- Ukufa ngequbuliso komntu omthandayo
- Nguwe wonzakalise omnye umntu
- Intsholongwane ye Corona (COVID-19)

Kulenyanga iphelileyo ubukhe wa....

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|---|--|-------------------------------|------------------------------|
| 1 | ... Wafumana inarhumani ngenxa yesehlo (zehlo) zobomi ezidlulileyo onamava ngazo okanye wacinga ngesosehlo (zehlo) nangona ubungafuni? | <input type="checkbox"/> Hayi | <input type="checkbox"/> Ewe |
| 2 | ... Wazama kakhulu ukungacingi ngesehlo (zehlo) zobomi ezidlulileyo okanye waphuma endleleni yakho ukuphepha iimeko ezikukhumbuza ngesisehlo (zehlo)? | <input type="checkbox"/> Hayi | <input type="checkbox"/> Ewe |
| 3 | ... Wasoloko uzigadile, ujongisisa, okanye usothuka msinya? | <input type="checkbox"/> Hayi | <input type="checkbox"/> Ewe |
| 4 | ... Waziva undindisholo okanye ungathi ususiwe kwabanye abantu, kwimisebenzi okanye kummandla okungqongileyo? | <input type="checkbox"/> Hayi | <input type="checkbox"/> Ewe |
| 5 | ... Waziva unetyala okanye ungakwazi ukuyeka ukuzisola okanye ukusola abanye ngezehlo zobomi ezidlulileyo ezonzakalisayo okanye nayiphina ingxaki ebangwe zezizehlo? | <input type="checkbox"/> Hayi | <input type="checkbox"/> Ewe |

6	... Wathambekela ekubeni uzive ungenaxabiso?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
7	... Wanamava okudubuleka ngumsindo ongakwaziyo ukuwulawula?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
8	... Unobuphaku-phaku, uxhalabile, okanye ngathi usemngciphekweni?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
9	... Uye awakwazi ukuyeka okanye ukulawula ukukhathazeka/ukuhlupheka komphefumlo?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
10	... Uye waziva umphefumlo uhlile, udakumbile okanye uphelelwe lithemba?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
11	... Uye waziva unomdla omncinci okanye kungekho bumnandi ekwenzeni izinto?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
12	... Uye wanengxaki yokungahliwa bubuthongo okanye yokungalali?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
13	... Uye wazama ukuzenzakalisa ngabom?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
14	... Uye walibona okanye wanamava elizwe okanye abanye abantu ngendlela eyahlukileyo, izinto zabangathi zibuphuphara,zingaqhelekanga okanye zingeyonene?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
15	... Waziva ukhululwe okanye wohlukene nomzimba wakho (umzekelo,uziva ngathi ujonge ezantsi ubona wena ume ngentla, okanye ubengathi ungumbukeli wangaphandle ujonge umzimba wakho)?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
16	... Unezinye iingxaki zomzimba, ezomphefumlo okanye ezokuhlala ezikuhluphayo?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
17	...Unavama ezinye izehlo/iziganeko ezibangele ucinezelo? (ezinje ngengxaki zemali, ukutshintsha umsebenzi, ukuthuthela kwenye indlu, ubunzima kwimvisiswano emsebenzini okanye kubomi gangasese)	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
18	... Wazama ukunciphisa ukuxhalaba ngokusebenzisa utywala, icuba, iziyobisi okanye amayeza?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
19	... Wakhumbula abantu abakufuphi kuwe abanenkxaso obunokuthembela kuncedo lwabo ngamaxesha obunzima? (njengokuxhaswa ngokwasemphefumleni, ukujongelwa abantwana okanye izilwanyana zekhaya, ukukhweliswa ukuya esibhedlele okanye evenkileni, ukunceda xa ugula?)	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe

20 Ngexesha lobuntwana bakho (0-18 iminyaka), wakhe wanamava ezehlo zobomi ezibuhlungu? (umz., ingozi emandundu okanye umlilo, ukudlwengulwa okanye ukuhlukunyezwa ngokwasemzimbeni, intlekele, ubona umntu ebulawa okanye esenzakala ngokumandundu, okanye ufelwa ngumntu omthandayo)	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
21	... Wawukhe waxelelwa ngugqirha ukuba unesigulo sengqondo okanye wafumana unyango ngenxa yengxaki yemeko yengqondo? (umzekelo; ukudakumba komphefumlo;ixhala okanye impazamiso-siqu (personality disorder?))	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
22	... Ngokubanzi , ucinga ukuba ungumntu okhawuleza omelele kwakhona?	<input type="checkbox"/> Hayi	<input type="checkbox"/> Ewe
23	... Ungayikala njani indlela osebenza ngayo ngoku (emsebenzini/ekhaya)?		
Ihlwempu 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> Eggwesileyo			