



SWYC:TM 2 months

1 months, 0 days to 3 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Ilmahaada wuxuu sameeyaa dhawaaq kuu sheegaayo in uu faraxsanyahay ama xanaaqsanyahay	①	①	②
Ilmahaadu wuxuu u muuqdaa in uu ku faraxsanyahay in uu ku arko . . .	①	①	②
Indhaha wuxuu la raacaa dhaqaaqa boombalaha	①	①	②
Madaxa ayuu leexiyaa si uu u arko qofka hadlaya	①	①	②
Madaxa ayuu kor u xajiyaa marka loo soo fadhiisinayo	①	①	②
Gacmaha ayuu isku keenaa	①	①	②
Wuu qoslaa	①	①	②
Madaxa ayuu kor u xajistaa marka fadhiga lagu hayo	①	①	②
Wuxuu sameeyaa dhawaaqyada sida "ga," "ma," iyo "ba"	①	①	②
Wuu ku soo fiiriyaa marka aad magaciisa wacdid	①	①	②

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	①	①	②
Ilmahaada ma ku adagtahay meelaha ku cusub?	①	①	②
Isbadalku ilmahaada ma ku adagyahay?	①	①	②
Ilmahaada makala jecelyahay in y hayaan dadka kale?	①	①	②
Ilmahaada ma oohin badanyahay?	①	①	②
Ma adagtahay ilmahaada in la dajiyo?	①	①	②
Ilmahaada ma caro ama oohin dhawyahay?	①	①	②
Ma adagtahay ilmahaada in la Sasabo?	①	①	②
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti).	①	①	②
Ma adagatahay ilmahaada in la seexiyo?	①	①	②
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood?	①	①	②
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	①	①	②

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	○	○	○
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	○	○	○

Suáalaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

	Run ma ahan	Mararka qaar waa run	Badanaa waa run
5 kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐	☐

6 Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐
7 Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐

8 Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	☐	☐	☐	☐	☐	☐	☐	☐
--	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Isbedelada Dareenka Marku Ilmuhu Dhasho**

Maaddaama aad ku haysatid gurigaaga ilmo hadda dhashay, waxaan jeclaan lahayn inaan ogaano sida aad hadda dareemeysid. Fadlan dooro jawaabta ugu dhow sida aad dareemeysey 7-DII MAALMOOD EE LA SOO DHAAFAY, ma ahan oo kaliya sida aad maanta dareemayso.

Todobadii maalmood ee lasoo dhaafay...

1 Waan awooday inaan qoslo oo aan ka arko arimaha dhanka qosolka leh

① Had iyo jeer inta aan awoodi karay	① Uma badna sidii hore hadda	② Dhab ahaantii wax badan maahan hadda	③ Maya, gabi ahaanba
--------------------------------------	------------------------------	--	----------------------

2 Rajo wanaagsan baan ku filan jiray hawlaha soo socda

① Inta ugu badan ee aan waligay sameeyo	① Wax ka yar intii hore	② Dhab ahaantii wax ka yar intii hore	③ Si dhif ah
---	-------------------------	---------------------------------------	--------------

3* Waxaan isku eedeeyn jiray si aan loo baahneyn marka wax ay qaldamaan

③ Haa, waqtiga intiisa badan	② Haa, waqtiga qaarkiis	① In aan badneyn	① Maya, abidkeedba
------------------------------	-------------------------	------------------	--------------------

4 Waxaan u welwelsanaa ama u walaacsanaa sabab la'aan

① Maya, gabi ahaanba	① Si dhif ah	② Haa, mararka qaar	③ Haa, badanaa
----------------------	--------------	---------------------	----------------

5* Waxaan dareemay cabsi ama argagax sabab la'aan

③ Haa, badanaa	② Haa, mararka qaar	① Maya, ma badna	① Maya, gabi ahaanba
----------------	---------------------	------------------	----------------------

6* Haawlaha ayaa iga tan badiyay

③ Haa, badanaa ma aanan awoodin in aan lasoo qabsado	② Haa, mararka qaar ma awoodin in aan la qabsado sidii hore	① Maya, inta badan si fiican ayaan ula soo qabsaday	① Maya, waan awooday in aan ula qabsado sidii hore
--	---	---	--

7* Waxaan ahaa farxad la'aan ilaa heer ay hurdada igu adkaato

③ Haa, badanaa	② Haa, mararka qaar	① Ma sii badna	① Maya, gabi ahaanba
----------------	---------------------	----------------	----------------------

8* Waxaan dareemay murugo ama farxad la'aan

③ Haa, badanaa	② Haa, marar badan	① Aad uma badna	① Maya, gabi ahaanba
----------------	--------------------	-----------------	----------------------

9* Aad baan u farxad la'aa ilaa heer aan ooyo

③ Haa, badanaa	② Haa, marar badan	① Mar-mar kaliya	① Maya, marnaba [iguma dhicin]
----------------	--------------------	------------------	--------------------------------

10* Fikradda ah in waxyeelo nafsadeyda ayaa igu dhalatay aniga

③ Haa, marar badan	② Mararka qaar	① Si dirqi ah	① Marnaba [iguma dhicin]
--------------------	----------------	---------------	--------------------------

**© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry, 150, 782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).



SWYC: 4 months

4 months, 0 days to 5 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Madaxa ayuu kor u xajiyaa marka loo soo fadhiisinayo	0	1	2
Gacmaha ayuu isku keenaa	0	1	2
Wuu qoslaa	0	1	2
Madaxa ayuu kor u xajistaa marka fadhiga lagu hayo	0	1	2
Wuxuu sameeyaa dhawaaqyada sida "ga," "ma," iyo "ba"	0	1	2
Wuu ku soo fiiriyaa marka aad magaciisa wacdid	0	1	2
Wuu is gadiyaa	0	1	2
Boombalaha labada gacmood ayuu isaga gudbiyaa	0	1	2
Marka uu xanaaqo wuxuu raadiyaa adiga ama qofka kale ee xannaaneeya	0	1	2
Wuxuu qabtaa labo shay wuuna isku garaacaa iyaga	0	1	2

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	0	1	2
Ilmahaada ma ku adagtahay meelaha ku cusub?	0	1	2
Isbadalku ilmahaada ma ku adagyahay?	0	1	2
Ilmahaada makala jecelyahay in y hayaan dadka kale?	0	1	2
Ilmahaada ma oohin badanyahay?	0	1	2
Ma adagtahay ilmahaada in la dajiyo?	0	1	2
Ilmahaada ma caro ama oohin dhawyahay?	0	1	2
Ma adagtahay ilmahaada in la Sasabo?	0	1	2
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti).	0	1	2
Ma adagatahay ilmahaada in la seexiyo?	0	1	2
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood?	0	1	2
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	0	1	2
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	0	1	2

Suáalaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama isticmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

	Run ma ahan	Mararka qaar waa run	Badanaa waa run
5 kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐	☐

6 Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐
7 Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐

8 Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	☐	☐	☐	☐	☐	☐	☐	☐
--	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Isbedelada Dareenka Marku Ilmuhu Dhasho**

Maaddaama aad ku haysatid gurigaaga ilmo hadda dhashay, waxaan jeclaan lahayn inaan ogaano sida aad hadda dareemeysid. Fadlan dooro jawaabta ugu dhow sida aad dareemeysey 7-DII MAALMOOD EE LA SOO DHAAFAY, ma ahan oo kaliya sida aad maanta dareemayso.

Todobadii maalmood ee lasoo dhaafay...

1 Waan awooday inaan qoslo oo aan ka arko arimaha dhanka qosolka leh

① Had iyo jeer inta aan awoodi karay	① Uma badna sidii hore hadda	② Dhab ahaantii wax badan maahan hadda	③ Maya, gabi ahaanba
--------------------------------------	------------------------------	--	----------------------

2 Rajo wanaagsan baan ku filan jiray hawlaha soo socda

① Inta ugu badan ee aan waligay sameeyo	① Wax ka yar intii hore	② Dhab ahaantii wax ka yar intii hore	③ Si dhif ah
---	-------------------------	---------------------------------------	--------------

3* Waxaan isku eedeeyn jiray si aan loo baahneyn marka wax ay qaldamaan

③ Haa, waqtiga intiisa badan	② Haa, waqtiga qaarkiis	① In aan badneyn	① Maya, abidkeedba
------------------------------	-------------------------	------------------	--------------------

4 Waxaan u welwelsanaa ama u walaacsanaa sabab la'aan

① Maya, gabi ahaanba	① Si dhif ah	② Haa, mararka qaar	③ Haa, badanaa
----------------------	--------------	---------------------	----------------

5* Waxaan dareemay cabsi ama argagax sabab la'aan

③ Haa, badanaa	② Haa, mararka qaar	① Maya, ma badna	① Maya, gabi ahaanba
----------------	---------------------	------------------	----------------------

6* Haawlaha ayaa iga tan badiyay

③ Haa, badanaa ma aanan awoodin in aan lasoo qabsado	② Haa, mararka qaar ma awoodin in aan la qabsado sidii hore	① Maya, inta badan si fiican ayaan ula soo qabsaday	① Maya, waan awooday in aan ula qabsado sidii hore
--	---	---	--

7* Waxaan ahaa farxad la'aan ilaa heer ay hurdada igu adkaato

③ Haa, badanaa	② Haa, mararka qaar	① Ma sii badna	① Maya, gabi ahaanba
----------------	---------------------	----------------	----------------------

8* Waxaan dareemay murugo ama farxad la'aan

③ Haa, badanaa	② Haa, marar badan	① Aad uma badna	① Maya, gabi ahaanba
----------------	--------------------	-----------------	----------------------

9* Aad baan u farxad la'aa ilaa heer aan ooyo

③ Haa, badanaa	② Haa, marar badan	① Mar-mar kaliya	① Maya, marnaba [iguma dhicin]
----------------	--------------------	------------------	--------------------------------

10* Fikradda ah in waxyeelo nafsadeyda ayaa igu dhalatay aniga

③ Haa, marar badan	② Mararka qaar	① Si dirqi ah	① Marnaba [iguma dhicin]
--------------------	----------------	---------------	--------------------------

**© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry, 150, 782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).



SWYC:TM 6 months

6 months, 0 days to 8 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuxuu sameeyaa dhawaaqyada sida "ga," "ma," iyo "ba"	0	1	2
Wuu ku soo fiiriyaa marka aad magaciisa wacdid	0	1	2
Wuu is gadiyaa	0	1	2
Boombalaha labada gacmood ayuu isaga gudbiyaa	0	1	2
Marka uu xanaaqo wuxuu raadiyaa adiga ama qofka kale ee xannaaneeya	0	1	2
Wuxuu qabtaa labo shay wuuna isku garaacaa iyaga	0	1	2
Gacmaha ayuu kor u taagaa si loo qaado	0	1	2
Kaligiis ayaa fariista	0	1	2
Cunto ayuu soo qaataa wuuna cunaa	0	1	2
Kor ayuu isku qaadaa si uu u istaago	0	1	2

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	0	1	2
Ilmahaada ma ku adagtahay meelaha ku cusub?	0	1	2
Isbadalku ilmahaada ma ku adagyahay?	0	1	2
Ilmahaada makala jecelyahay in y hayaan dadka kale?	0	1	2
Ilmahaada ma oohin badanyahay?	0	1	2
Ma adagtahay ilmahaada in la dajiyo?	0	1	2
Ilmahaada ma caro ama oohin dhawyahay?	0	1	2
Ma adagtahay ilmahaada in la Sasabo?	0	1	2
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti).	0	1	2
Ma adagatahay ilmahaada in la seexiyo?	0	1	2
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood?	0	1	2
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	0	1	2
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	0	1	2

Suáalaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

	Run ma ahan	Mararka qaar waa run	Badanaa waa run
5 kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐	☐

6 Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐
7 Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐

8 Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	☐	☐	☐	☐	☐	☐	☐	☐
--	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Isbedelada Dareenka Marku Ilmuhu Dhasho**

Maaddaama aad ku haysatid gurigaaga ilmo hadda dhashay, waxaan jeclaan lahayn inaan ogaano sida aad hadda dareemeysid. Fadlan dooro jawaabta ugu dhow sida aad dareemeysey 7-DII MAALMOOD EE LA SOO DHAAFAY, ma ahan oo kaliya sida aad maanta dareemayso.

Todobadii maalmood ee lasoo dhaafay...

1 Waan awooday inaan qoslo oo aan ka arko arimaha dhanka qosolka leh

① Had iyo jeer inta aan awoodi karay	① Uma badna sidii hore hadda	② Dhab ahaantii wax badan maahan hadda	③ Maya, gabi ahaanba
--------------------------------------	------------------------------	--	----------------------

2 Rajo wanaagsan baan ku filan jiray hawlaha soo socda

① Inta ugu badan ee aan waligay sameeyo	① Wax ka yar intii hore	② Dhab ahaantii wax ka yar intii hore	③ Si dhif ah
---	-------------------------	---------------------------------------	--------------

3* Waxaan isku eedeeyn jiray si aan loo baahneyn marka wax ay qaldamaan

③ Haa, waqtiga intiisa badan	② Haa, waqtiga qaarkiis	① In aan badneyn	① Maya, abidkeedba
------------------------------	-------------------------	------------------	--------------------

4 Waxaan u welwelsanaa ama u walaacsanaa sabab la'aan

① Maya, gabi ahaanba	① Si dhif ah	② Haa, mararka qaar	③ Haa, badanaa
----------------------	--------------	---------------------	----------------

5* Waxaan dareemay cabsi ama argagax sabab la'aan

③ Haa, badanaa	② Haa, mararka qaar	① Maya, ma badna	① Maya, gabi ahaanba
----------------	---------------------	------------------	----------------------

6* Haawlaha ayaa iga tan badiyay

③ Haa, badanaa ma aanan awoodin in aan lasoo qabsado	② Haa, mararka qaar ma awoodin in aan la qabsado sidii hore	① Maya, inta badan si fiican ayaan ula soo qabsaday	① Maya, waan awooday in aan ula qabsado sidii hore
--	---	---	--

7* Waxaan ahaa farxad la'aan ilaa heer ay hurdada igu adkaato

③ Haa, badanaa	② Haa, mararka qaar	① Ma sii badna	① Maya, gabi ahaanba
----------------	---------------------	----------------	----------------------

8* Waxaan dareemay murugo ama farxad la'aan

③ Haa, badanaa	② Haa, marar badan	① Aad uma badna	① Maya, gabi ahaanba
----------------	--------------------	-----------------	----------------------

9* Aad baan u farxad la'aa ilaa heer aan ooyo

③ Haa, badanaa	② Haa, marar badan	① Mar-mar kaliya	① Maya, marnaba [iguma dhicin]
----------------	--------------------	------------------	--------------------------------

10* Fikradda ah in waxyeelo nafsadeyda ayaa igu dhalatay aniga

③ Haa, marar badan	② Mararka qaar	① Si dirqi ah	① Marnaba [iguma dhicin]
--------------------	----------------	---------------	--------------------------

**© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry, 150, 782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).



SWYC: 9 months

9 months, 0 days to 11 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya, weli	Xoogaa	Si aad ah
Gacmaha ayuu kor u taagaa si loo qaado	0	1	2
Kaligiis ayaa fariista	0	1	2
Cunto ayuu soo qaataa wuuna cunaa	0	1	2
Kor ayuu isku qaadaa si uu u istaago	0	1	2
Wuxuu ciyaaraa dhuudhuumashoow ama dhakac dhakac	0	1	2
Wuxuu kuugu yeeraa "mama" ama "dada" ama magac la mid ah	0	1	2
Dhinacyada ayuu fiiriyaa marka aad weeydiiso waxyaabaha sida, "Aaway masaasaddaadii?" ama "Aaway bustahaagii?"	0	1	2
Wuxuu kaaga daydaa dhawaaqyada aad sameeysid	0	1	2
Wuxuu ku dhex socan karaa qolka gees-ka-gees isagoon la caawin	0	1	2
Wuu raaci karaa amarada- sida "Kaalay halkan" ama "Kubbadda isii"	0	1	2

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	0	1	2
Ilmahaada ma ku adagtahay meelaha ku cusub?	0	1	2
Isbadalku ilmahaada ma ku adagyahay?	0	1	2
Ilmahaada makala jecelyahay in y hayaan dadka kale?	0	1	2
Ilmahaada ma oohin badanyahay?	0	1	2
Ma adagtahay ilmahaada in la dajiyo?	0	1	2
Ilmahaada ma caro ama oohin dhawyahay?	0	1	2
Ma adagtahay ilmahaada in la Sasabo?	0	1	2
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti)?	0	1	2
Ma adagatahay ilmahaada in la seexiyo?	0	1	2
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood?	0	1	2
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	0	1	2

Walaacyada Waalidiinta			
	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐
	Run ma ahan	Mararka qaar waa run
5 12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐

<i>Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?</i>	Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba
6 Wax niyad ah miyaadan u hayn in aad wax qabatid?	①	①	②	③
7 Ma dareemeysaa niyad jab, murugo, ama rajo la'aan?	①	①	②	③

8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐

10 Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada? 0 1 2 3 4 5 6 7



SWYC: 12 months

12 months, 0 days to 14 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya, weli	Xoogaa	Si aad ah
Cunto ayuu soo qaataa wuuna cunaa	0	1	2
Kor ayuu isku qaadaa si uu u istaago	0	1	2
Wuxuu ciyaaraa dhuudhuumashoow ama dhakac dhakac	0	1	2
Wuxuu kuugu yeeraa "mama" ama "dada" ama magac la mid ah	0	1	2
Dhinacyada ayuu fiiriyaa marka aad weeydiiso waxyaabaha sida, "Aaway masaasaddaadii?" ama "Aaway bustahaagii?"	0	1	2
Wuxuu kaaga daydaa dhawaaqyada aad sameeysid	0	1	2
Wuxuu ku dhex socan karaa qolka gees-ka-gees isagoon la caawin	0	1	2
Wuu raaci karaa amarada- sida "Kaalay halkan" ama "Kubbadda isii"	0	1	2
Wuu ordaa	0	1	2
Wuxuu kori karaa jaranjarada caawin la'aan	0	1	2

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	0	1	2
Ilmahaada ma ku adagtahay meelaha ku cusub?	0	1	2
Isbadalku ilmahaada ma ku adagyahay?	0	1	2
Ilmahaada makala jecelyahay in y hayaan dadka kale?	0	1	2
Ilmahaada ma oohin badanyahay?	0	1	2
Ma adagtahay ilmahaada in la dajiyo?	0	1	2
Ilmahaada ma caro ama oohin dhawyahay?	0	1	2
Ma adagtahay ilmahaada in la Sasabo?	0	1	2
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti)?	0	1	2
Ma adagatahay ilmahaada in la seexiyo?	0	1	2
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood?	0	1	2
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korriitaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Su'alaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

					Haa	Maya			
1	Qof la nool ilmahaada oo sigaar cabo miyaa jira?				☐ Y	☐ N			
2	Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?				☐ Y	☐ N			
3	Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?				☐ Y	☐ N			
4	Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?				☐ Y	☐ N			
					Run ma ahan	Mararka qaar waa run	Badanaa waa run		
5	12-kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.				☐	☐	☐		
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?		Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba				
6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	☐ 0	☐ 1	☐ 2	☐ 3				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	☐ 0	☐ 1	☐ 2	☐ 3				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐				
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7



SWYC: 15 months

15 months, 0 days to 17 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya, weli	Xoogaa	Si aad ah
Wuxuu kuugu yeeraa "mama" ama "dada" ama magac la mid ah . . .	0	1	2
Dhinacyada ayuu fiiriyaa marka aad weeydiiso waxyaabaha sida, "Aaway masaasaddaadii?" ama "Aaway bustahaagii?"	0	1	2
Wuxuu kaaga daydaa dhawaaqyada aad sameeysid .	0	1	2
Wuxuu ku dhex socan karaa qolka gees-ka-gees isagoon la caawin .	0	1	2
Wuu raaci karaa amarada- sida "Kaalay halkan" ama "Kubbadda isii" . .	0	1	2
Wuu ordaa	0	1	2
Wuxuu kori karaa jaranjarada caawin la'aan	0	1	2
Wuxuu laadaa kubbada	0	1	2
Wuxuu magacaabi karaa ugu yaraan 5 shay oo la garanaayo sida kubbad ama caano	0	1	2
Wuxuu magacaabaa ugu yaraan shan ka mid ah qaybaha jirka sida sanko, gacanta, ama caloosha . . .	0	1	2

Liiska Hubinta Calaamadaha Caafimaadka Carruurta

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaada ma ku adagtahay la joogga dadka ku cusub?	0	1	2
Ilmahaada ma ku adagtahay meelaha ku cusub?	0	1	2
Isbadalku ilmahaada ma ku adagyahay?	0	1	2
Ilmahaada makala jecelyahay in y hayaan dadka kale?	0	1	2
Ilmahaada ma oohin badanyahay?	0	1	2
Ma adagtahay ilmahaada in la dajiyo?	0	1	2
Ilmahaada ma caro ama oohin dhawyahay?	0	1	2
Ma adagtahay ilmahaada in la Sasabo?	0	1	2
Ma ku adag tahay ilmahaada inuu raaco qorshaha ama jadwalka? (tusaale: ma adagtahay in la seexiyo habeen kasta isku waqti)?	0	1	2
Ma adagatahay ilmahaada in la seexiyo?	0	1	2
Miyeey kugu adagatahay inaad in kugu filan seexato ilmahaaga dartood? .	0	1	2
Ilmahaada dhib miyuu ku qabaa in uu hurdo bogto?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Su'alaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

					Haa	Maya			
1	Qof la nool ilmahaada oo sigaar cabo miyaa jira?				(Y)	(N)			
2	Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?				(Y)	(N)			
3	Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?				(Y)	(N)			
4	Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?				(Y)	(N)			
					Run ma ahan	Mararka qaar waa run	Badanaa waa run		
5	12-kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.								
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?		Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba				
6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	(0)	(1)	(2)	(3)				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	(0)	(1)	(2)	(3)				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan (0)	Xoogaa xiisad ah (0)	Xiisad badan (0)	Nama quseeyso (0)				
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan (0)	Xoogaa dhib ah (0)	Si dhib badan (0)	Nama quseeyso (0)				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)



SWYC: 18 months

18 months, 0 days to 22 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuu ordaa	0	1	2
Wuxuu kori karaa jaranjarada caawin la'aan	0	1	2
Wuxuu laadaa kubbada	0	1	2
Wuxuu magacaabi karaa ugu yaraan 5 shay oo la garanaayo sida kubbad ama caano.	0	1	2
Wuxuu magacaabaa ugu yaraan shan ka mid ah qaybaha jirka sida sanko, gacanta, ama caloosha.	0	1	2
Wuxuu kor u fuulaa jaranjarada garoonka ciyaarta.	0	1	2
Wuxuu isticmaalaa erayada sida "aniga" ama "kayga"	0	1	2
Kor ayuu u boodi karaa isagoo labada cagoodba dhulka ka qaadayo.	0	1	2
Wuxuu isku keenaa labo eray ama wax kabadan- sida "caano isii" ama "Banaanka u bax"	0	1	2
Wuxuu isticmaalaa erayo si uu caawinaad u weeydiisto	0	1	2

Liiska Waxbixinta Caafimaadka Carruurta Dugsiyada ka hor

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaadu miyuu...			
U muuqdaa inuu welwelsanyahay ama cabsanaayo?	0	1	2
U muuqdaa inuu murugeeysanyahay ama uusan faraxsanayn?	0	1	2
ka xanaaqaa haddii aan wax loo samayn si gaar ah?	0	1	2
isbadalku ku adagyahay?	0	1	2
ku dhibtooda la cayaaridda caruurta kale?	0	1	2
si ula kac ah wax [alaab] u jajabiyaa?	0	1	2
la diriraa caruurta kale?	0	1	2
ku dhibtooda u fiirsashada?	0	1	2
ku adagtahay in uu is dajiyo?	0	1	2
dhibaato ku qabaa inuu hal hawl ku ekaado?	0	1	2
Ilmahaadu miyeey...			
yahay mid gardarro badan?	0	1	2
yahay mid aan xasilayn ama fadhiga xajin karin?	0	1	2
yahay mid careeysan?	0	1	2
Miyeey adagtahay in...			
ilmahaada la geeyo dibadda ama bulshada dhexdeeda?	0	1	2
la sasabo ilmahaaga?	0	1	2
aad ogaato ilamahaaga baahidiisa?	0	1	2
lagu hayo/wado ilmahaaga jadwal? (tusaale: in la seexiyo habeen kasta isku waqti).	0	1	2
ilmahaadu qaato amarkaaga?	0	1	2

Ilmahaadu ma kuu keenaa waxyaabo adiga si uu kuu tuso?	Marar badan maalinkiiba	Dhowr mar maalinkiiba	Dhowr mar todobaadkiiba	In ka yar hal mar todobaadkiiba	Marnaba
	☐	☐	☐	☐	☐
	Marwalbo	Sida caadiga ah	Mar mar	Si dhif	Marnaba
Ilmahaada ma xiiseeyaa inuu la cayaaro ilmaha kale?	☐	☐	☐	☐	☐
Marka eray aad tiraahdid ama gacanta u haadisid, ilmahaada ma isku dayaa in uu kugu day'do?	☐	☐	☐	☐	☐
Ilmahaada ma kusoo eegaa marka aad magaciisa ugu yeerto?	☐	☐	☐	☐	☐
Ilmahaada ma eegaa hadii aad u tilmaantid wax qolka dhankiisa kale yaalo?	☐	☐	☐	☐	☐

Sidee buu inta badan ilmahaada kuu tusaa waxa uu rabo?	Wuxuu dhahaa ereyga waxa uu rabo	Hal far ayuu ku tilmaamaa	Wuu soo qabsadaa	Wuu isoo jiidaa ama gacanteyda ayuu dul saaraa	Wuu ganuunacaa, ooyaa ama qayliyaa
(please check all that apply)	☐	☐	☐	☐	☐
Waa maxay ciyaaraha ilmahaagu ugu jecelyahay?	Ku ciyaarista boombaleyaasha ama xayawaanaadka dharka laga buuxiyay	Inuu buug kula aqristo	koritaanka meelaha sare, orodka iyo firfircoonida	Inuu is-dabadhigo boombaleyaasha ama waxyaalaha kale	Inuu daawado walxaha iska-daba wareega sida marwaaxadaha ama taayarada
(please check all that apply)	☐	☐	☐	☐	☐
For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi					

For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:		
	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

	Run ma ahan ○	Mararka qaar waa run ○	Badanaa waa run ○					
5 12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.								
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?	Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba				
6 Wax niyad ah miyaadan u hayn in aad wax qabatid?	○	①	②	③				
7 Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	○	①	②	③				
8 Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ○	Xoogaa xiisad ah ○	Xiisad badan ○	Nama quseeyso ○				
9 Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ○	Xoogaa dhib ah ○	Si dhib badan ○	Nama quseeyso ○				
10 Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	○	①	②	③	④	⑤	⑥	⑦



SWYC: 24 months

23 months, 0 days to 28 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuxuu magacaabaa ugu yaraan shan ka mid ah qaybaha jirka sida sanko, gacanta, ama caloosha.	0	1	2
Wuxuu kor u fuulaa jaranjarada garoonka ciyaarta.	0	1	2
Wuxuu isticmaalaa erayada sida "aniga" ama "kayga"	0	1	2
Kor ayuu u boodi karaa isagoo labada cagoodba dhulka ka qaadayo.	0	1	2
Wuxuu isku keenaa labo eray ama wax kabadan- sida "caano isii" ama "Banaanka u bax"	0	1	2
Wuxuu isticmaalaa erayo si uu caawinaad u weeydiisto	0	1	2
Wuxuu magacaabaa ugu yaraan hal midab	0	1	2
Wuxuu isku dayaa inuu kusoo jeediyo isaga oo dhahayo "aniga isoo fiiri."	0	1	2
Wuxuu sheegi karaa magaciisa marka la weeydiyo	0	1	2
Wuxuu sawiraa xarriiqimo	0	1	2

Liiska Waxbixinta Caafimaadka Carruurta Dugsiyada ka hor

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaadu miyuu...			
U muuqdaa inuu welwelsanyahay ama cabsanaayo?	0	1	2
U muuqdaa inuu murugeysanyahay ama uusan faraxsanayn?	0	1	2
ka xanaaqaa haddii aan wax loo samayn si gaar ah?	0	1	2
isbadalku ku adagyahay?	0	1	2
ku dhibtooda la cayaaridda caruurta kale?	0	1	2
si ula kac ah wax [alaab] u jajabiyaa?	0	1	2
la diriraa caruurta kale?	0	1	2
ku dhibtooda u fiirsashada?	0	1	2
ku adagtahay in uu is dajiyo?	0	1	2
dhibaato ku qabaa inuu hal hawl ku ekaado?	0	1	2
Ilmahaadu miyeey...			
yahay mid gardarro badan?	0	1	2
yahay mid aan xasilayn ama fadhiga xajin karin?	0	1	2
yahay mid careeysan?	0	1	2
Miyeey adagtahay in...			
ilmahaada la geeyo dibadda ama bulshada dhexdeeda?	0	1	2
la sasabo ilmahaaga?	0	1	2
aad ogaato ilamahaaga baahidiisa?	0	1	2
lagu hayo/wado ilmahaaga jadwal? (tusaale: in la seexiyo habeen kasta isku waqti).	0	1	2
ilmahaadu qaato amarkaaga?	0	1	2

Ilmahaadu ma kuu keenaa waxyaabo adiga si uu kuu tuso?	Marar badan maalinkiiba	Dhowr mar maalinkiiba	Dhowr mar todobaadkiiba	In ka yar hal mar todobaadkiiba	Marnaba
	☐	☐	☐	☐	☐
	Marwalbo	Sida caadiga ah	Mar mar	Si dhif	Marnaba
Ilmahaada ma xiiseeyaa inuu la cayaaro ilmaha kale?	☐	☐	☐	☐	☐
Marka eray aad tiraahdid ama gacanta u haadisid, ilmahaada ma isku dayaa in uu kugu day'do?	☐	☐	☐	☐	☐
Ilmahaada ma kusoo eegaa marka aad magaciisa ugu yeerto?	☐	☐	☐	☐	☐
Ilmahaada ma eegaa hadii aad u tilmaantid wax qolka dhankiisa kale yaalo?	☐	☐	☐	☐	☐

Sidee buu inta badan ilmahaada kuu tusaa waxa uu rabo?	Wuxuu dhahaa ereyga waxa uu rabo	Hal far ayuu ku tilmaamaa	Wuu soo qabsadaa	Wuu isoo jiidaa ama gacanteyda ayuu dul saaraa	Wuu ganuunacaa, ooyaa ama qayliyaa
(please check all that apply)	☐	☐	☐	☐	☐
Waa maxay ciyaaraha ilmahaagu ugu jecelyahay?	Ku ciyaarista boombaleyaasha ama xayawaanaadka dharka laga buuxiyay	Inuu buug kula aqristo	koritaanka meelaha sare, orodka iyo firfircoonida	Inuu is-dabadhigo boombaleyaasha ama waxyaalaha kale	Inuu daawado walxaha iska-daba wareega sida marwaaxadaha ama taayarada
(please check all that apply)	☐	☐	☐	☐	☐
For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi					

For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:		
	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

5	12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	Run ma ahan ○	Mararka qaar waa run ○	Badanaa waa run ○					
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?									
6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	Gebi ahaanba maya ○	Dhowr maalin ①	In kabadan maalmaha barkood ②	Ku dhawaad maalin walba ③				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	○	①	②	③				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ○	Xoogaa xiisad ah ○	Xiisad badan ○	Nama quseeyso ○				
9	Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ○	Xoogaa dhib ah ○	Si dhib badan ○	Nama quseeyso ○				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	○	①	②	③	④	⑤	⑥	⑦



SWYC: 30 months

29 months, 0 days to 34 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuxuu magacaabaa ugu yaraan hal midab	0	1	2
Wuxuu isku dayaa inuu kusoo jeediyo isaga oo dhahayo "aniga isoo fiiri."	0	1	2
Wuxuu sheegi karaa magaciisa marka la weeydiiyo	0	1	2
Wuxuu sawiraa xarriiqimo	0	1	2
Wuxuu ku hadlaa hadal dadka kale fahmi karaan inta badan	0	1	2
Gacmaha ayuu dhaqaa wuuna qalijiyaa caawin la'aan	0	1	2
Wuxuu weeydiiyaa su'aalaha ku bilaawda "maxaa" ama "Sidee" - sida "Maxuusan u oolin buskut?"	0	1	2
Wuxuu sharaxaa sababta uu wax ugu baahanyahay sida funaanad dhaxameedka marka uu qaboow jiro.	0	1	2
Wuxuu isbarbardhigaa waxyaabaha isaga oo isticmaalaya erayada sida "ka weyn" ama "ka gaaban."	0	1	2
Wuxuu ka Jawaabaa su'aalaha sida "Maxaad sameysaa marka aay dhaxan ku hayso" ama "...Hurdo ku hayso?"	0	1	2

Liiska Waxbixinta Caafimaadka Carruurta Dugsiyada ka hor

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaadu miyuu...			
U muuqdaa inuu welwelsanyahay ama cabsanaayo?	0	1	2
U muuqdaa inuu murugeeysanyahay ama uusan faraxsanayn?	0	1	2
ka xanaaqaa haddii aan wax loo samayn si gaar ah?	0	1	2
isbadalku ku adagyahay?	0	1	2
ku dhibtooda la cayaaridda caruurta kale?	0	1	2
si ula kac ah wax [alaab] u jajabiyaa?	0	1	2
la diriraa caruurta kale?	0	1	2
ku dhibtooda u fiirsashada?	0	1	2
ku adagtahay in uu is dajiyo?	0	1	2
dhibaato ku qabaa inuu hal hawl ku ekaado?	0	1	2
Ilmahaadu miyeey...			
yahay mid gardarro badan?	0	1	2
yahay mid aan xasilayn ama fadhiga xajin karin?	0	1	2
yahay mid careeysan?	0	1	2
Miyeey adagtahay in...			
ilmahaada la geeyo dibadda ama bulshada dhexdeeda?	0	1	2
la sasabo ilmahaaga?	0	1	2
aad ogaato ilamahaaga baahidiisa?	0	1	2
lagu hayo/wado ilmahaaga jadwal? (tusaale: in la seexiyo habeen kasta isku waqti).	0	1	2
ilmahaadu qaato amarkaaga?	0	1	2

Ilmahaadu ma kuu keenaa waxyaabo adiga si uu kuu tuso?	Marar badan maalinkiiba	Dhowr mar maalinkiiba	Dhowr mar todobaadkiiba	In ka yar hal mar todobaadkiiba	Marnaba
	☐	☐	☐	☐	☐
	Marwalbo	Sida caadiga ah	Mar mar	Si dhif	Marnaba
Ilmahaada ma xiiseeyaa inuu la cayaaro ilmaha kale?	☐	☐	☐	☐	☐
Marka eray aad tiraahdid ama gacanta u haadisid, ilmahaada ma isku dayaa in uu kugu day'do?	☐	☐	☐	☐	☐
Ilmahaada ma kusoo eegaa marka aad magaciisa ugu yeerto?	☐	☐	☐	☐	☐
Ilmahaada ma eegaa hadii aad u tilmaantid wax qolka dhankiisa kale yaalo?	☐	☐	☐	☐	☐

Sidee buu inta badan ilmahaada kuu tusaa waxa uu rabo?	Wuxuu dhahaa ereyga waxa uu rabo	Hal far ayuu ku tilmaamaa	Wuu soo qabsadaa	Wuu isoo jiidaa ama gacanteyda ayuu dul saaraa	Wuu ganuunacaa, ooyaa ama qayliiyaa
(please check all that apply)	☐	☐	☐	☐	☐
Waa maxay ciyaaraha ilmahaagu ugu jecelyahay?	Ku ciyaarista boombaleyaasha ama xayawaanaadka dharka laga buuxiyay	Inuu buug kula aqristo	koritaanka meelaha sare, orodka iyo firfircoonida	Inuu is-dabadhigo boombaleyaasha ama waxyaalaha kale	Inuu daawado walxaha iska-daba wareega sida marwaaxadaha ama taayarada
(please check all that apply)	☐	☐	☐	☐	☐
For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi					

For acknowledgments, validation, and other information concerning the POSI, please see www.theswyc.org/posi

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:		
	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐

5	12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	Run ma ahan ○	Mararka qaar waa run ○	Badanaa waa run ○					
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?									
6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	Gebi ahaanba maya ○	Dhowr maalin ①	In kabadan maalmaha barkood ②	Ku dhawaad maalin walba ③				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	○	①	②	③				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ○	Xoogaa xiisad ah ○	Xiisad badan ○	Nama quseeyso ○				
9	Adiga iyo lammaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ○	Xoogaa dhib ah ○	Si dhib badan ○	Nama quseeyso ○				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	○	①	②	③	④	⑤	⑥	⑦



SWYC: 36 months

35 months, 0 days to 46 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuxuu ku hadlaa hadal dadka kale fahmi karaan inta badan	0	1	2
Gacmaha ayuu dhaqaa wuuna qalijiyaa caawin la'aan	0	1	2
Wuxuu weeydiiyaa su'aalaha ku bilaawda "maxaa" ama "Sidee" - sida "Maxuusan u oolin buskut?"	0	1	2
Wuxuu sharaxaa sababta uu wax ugu baahanyahay sida funaanad dhaxameedka marka uu qaboow jiro.	0	1	2
Wuxuu isbarbardhigaa waxyaabaha isaga oo isticmaalaya erayada sida "ka weyn" ama "ka gaaban."	0	1	2
Wuxuu ka Jawaabaa su'aalaha sida "Maxaad sameysaa marka aay dhaxan ku hayso" ama "...Hurdo ku hayso?"	0	1	2
Wuxuu kuu sheegaa sheeko ku saabsan buug ama tv -ga	0	1	2
Wuxuu sawiraa qaababka fudud sida calaamadaha Koobaabin ama afar gees.	0	1	2
Wuxuu dhahaa erayada sida "cago" wixii ka badan hal cag iyo "niman" wixii ka badan hal nin.	0	1	2
Wuxuu si sax u isticmaalaa erayada sida "shalay" iyo "berri".	0	1	2

Liiska Waxbixinta Caafimaadka Carruurta Dugsiyada ka hor

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaadu miyuu...			
U muuqdaa inuu welwelsanyahay ama cabsanaayo?	0	1	2
U muuqdaa inuu murugeysanyahay ama uusan faraxsanayn?	0	1	2
ka xanaaqaa haddii aan wax loo samayn si gaar ah?	0	1	2
isbadalku ku adagyahay?	0	1	2
ku dhibtooda la cayaaridda caruurta kale?	0	1	2
si ula kac ah wax [alaab] u jajabiyaa?	0	1	2
la diriraa caruurta kale?	0	1	2
ku dhibtooda u fiirsashada?	0	1	2
ku adagtahay in uu is dajiyo?	0	1	2
dhibaato ku qabaa inuu hal hawl ku ekaado?	0	1	2
Ilmahaadu miyeey...			
yahay mid gardarro badan?	0	1	2
yahay mid aan xasilayn ama fadhiga xajin karin?	0	1	2
yahay mid careeysan?	0	1	2
Miyeey adagtahay in...			
ilmahaada la geeyo dibadda ama bulshada dhexdeeda?	0	1	2
la sasabo ilmahaaga?	0	1	2
aad ogaato ilamahaaga baahidiisa?	0	1	2
lagu hayo/wado ilmahaaga jadwal? (tusaale: in la seexiyo habeen kasta isku waqti).	0	1	2
ilmahaadu qaato amarkaaga?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Su'aalaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

					Haa	Maya			
1	Qof la nool ilmahaada oo sigaar cabo miyaa jira?				(Y)	(N)			
2	Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?				(Y)	(N)			
3	Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?				(Y)	(N)			
4	Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?				(Y)	(N)			
					Run ma ahan	Mararka qaar waa run	Badanaa waa run		
5	12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.								
Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?		Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba				
6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	(0)	(1)	(2)	(3)				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	(0)	(1)	(2)	(3)				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan (0)	Xoogaa xiisad ah (0)	Xiisad badan (0)	Nama quseeyso (0)				
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan (0)	Xoogaa dhib ah (0)	Si dhib badan (0)	Nama quseeyso (0)				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)

Walaacyada Waalidiinta			
	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

	Haa	Maya
1 Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐	☐
2 Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐	☐
3 Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐	☐
4 Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐	☐
	Run ma ahan	Mararka qaar waa run
5 12-kii bilood ee la soo dhaafey gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐

<i>Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?</i>	Gebi ahaanba maya	Dhowr maalin	In kabadan maalmaha barkood	Ku dhawaad maalin walba
6 Wax niyad ah miyaadan u hayn in aad wax qabatid?	①	①	②	③
7 Ma dareemeysaa niyad jab, murugo, ama rajo la'aan?	①	①	②	③

8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ☐	Xoogaa xiisad ah ☐	Xiisad badan ☐	Nama quseeyso ☐	
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ☐	Xoogaa dhib ah ☐	Si dhib badan ☐	Nama quseeyso ☐	
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7				



SWYC: 60 months

59 months, 0 days to 65 months, 31 days
V1.07, 4/1/17

Canuga Magaciisa:

Taariikhda Dhalashada:

Taariikhda Maanta:

Hiigsiyada Korriinka

Su'aalahan waxay ku saabsan yihiin koriinka ilmahaada. Fadlan noo sheeg inta uu ka sameeyo ilmahaagu mid kasta oo ka mid waxyaabahan. Haddii ilmahaagu aanu hadda samayn, dooro jawaabta sheegaysa inta uu ka sameeyn jiray? Fadlan hubso in aad ka jawaabto DHAMMAAN su'aalaha.

	Maya weli	Xoogaa	Si aad ah
Wuxuu kuu sheegaa sheeko ku saabsan buug ama tv -ga	0	1	2
Wuxuu sawiraa qaababka fudud sida calaamadaha Koobaabin ama afar gees.	0	1	2
Wuxuu dhahaa erayada sida "cago" wixii ka badan hal cag iyo "niman" wixii ka badan hal nin.	0	1	2
Wuxuu si sax u istacmaalaa erayada sida "shalay" iyo "berri".	0	1	2
Habeenkii iskuma kaadiyo.	0	1	2
Wuxuu raacaa shuruuca fudud marka uu ciyaaraayo Laadhuuda ama Turubka.	0	1	2
Wuxuu qoraa magaciisa	0	1	2
Wuxuu sawiraa sawirro aad fahmi kartid.	0	1	2
Xarriiqimaha kama dhex baxo marka uu midabeynayo	0	1	2
Wuxuu magacaabaa maalmaha todobaadka sida ay isugu xigaan oo sax ah.	0	1	2

Liiska Waxbixinta Caafimaadka Carruurta Dugsiyada ka hor

Su'aalahan waxay ku saabsan yihiin dabeecadda ilmahaada. Ka fikir waxa aad ka filan kartid carruurta kale ee isku da'da yihiin, inoo na sheeg sida jumlad walba u quseeyso ilmahaada.

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Ilmahaadu miyuu...			
U muuqdaa inuu welwelsanyahay ama cabsanaayo?	0	1	2
U muuqdaa inuu murugeeysanyahay ama uusan faraxsanayn?	0	1	2
ka xanaaqaa haddii aan wax loo samayn si gaar ah?	0	1	2
isbadalku ku adagyahay?	0	1	2
ku dhibtooda la cayaaridda caruurta kale?	0	1	2
si ula kac ah wax [alaab] u jajabiyaa?	0	1	2
la diriraa caruurta kale?	0	1	2
ku dhibtooda u fiirsashada?	0	1	2
ku adagtahay in uu is dajiyo?	0	1	2
dhibaato ku qabaa inuu hal hawl ku ekaado?	0	1	2
Ilmahaadu miyeey...			
yahay mid gardarro badan?	0	1	2
yahay mid aan xasilayn ama fadhiga xajin karin?	0	1	2
yahay mid careeysan?	0	1	2
Miyeey adagtahay in...			
ilmahaada la geeyo dibadda ama bulshada dhexdeeda?	0	1	2
la sasabo ilmahaaga?	0	1	2
aad ogaato ilamahaaga baahidiisa?	0	1	2
lagu hayo/wado ilmahaaga jadwal? (tusaale: in la seexiyo habeen kasta isku waqti).	0	1	2
ilmahaadu qaato amarkaaga?	0	1	2

Walaacyada Waalidiinta

	Gebi ahaanba maya	Xoogaa	Aad iyo aad
Wax walaac ah miyaad ka qabtaa waxbarashada ama korritaanka ilmahaada?	☐	☐	☐
Wax walaac ah miyaad ka qabtaa dabeecada imahaada?	☐	☐	☐

Su'alaha Qoyska

Maadaama xubnaha qoysku ay saameyn weyn ku yeelan karaan korriinka ilmahaada, fadlan ka jawaab dhowr su'aalood oo ku saabsan qoyskaaga ee hoos ku xusan:

		Haa	Maya	
1	Qof la nool ilmahaada oo sigaar cabo miyaa jira?	☐ Y	☐ N	
2	Sanadkii la soo dhaafay, weligaa khamri ma cabtay ama ma istacmaashay daroogo intii aad rabtay in ka badan?	☐ Y	☐ N	
3	Miyaad dareentay inaad rabtay ama aad u baahnayd inaad dhintid cabidda khamriga ama isticmaalka daroogada sannadkii la soo dhaafay?	☐ Y	☐ N	
4	Cabitaanka ama istacmaalka daroogada xubin kamid ah qoyskaaga weligeed saameeyn xun ilmahaada ma ku yeelatay?	☐ Y	☐ N	
		Run ma ahan	Mararka qaar waa run	Badanaa waa run
5	12-kii bilood ee la soo dhaafay gudahooda, waxaan ka walaacsaneyn in cuntadeena naga go'odo ka hor inta aanan helin lacag aan ku soo iibsano in kale.	☐	☐	☐

Labadii toddobaad ee la soo dhaafay, dhibaatooyinka soo socda sidee beey inta badan kuu saameeyeen?

6	Wax niyad ah miyaadan u hayn in aad wax qabatid?	0	1	2	3				
7	Ma dareemeysaa niyad jab,murugo, ama rajo la'aan?	0	1	2	3				
8	Guud ahaan, sidee ayaad u tilmaami lahayd xiriirka kaala dhexeeya lamaanahaaga?	Xiisad la'aan ○	Xoogaa xiisad ah ○	Xiisad badan ○	Nama quseeyso ○				
9	Adiga iyo lamaanahaagu ma ku xallisaan murankiina:	Dhib la'aan ○	Xoogaa dhib ah ○	Si dhib badan ○	Nama quseeyso ○				
10	Toddobaadkii la soo dhaafay gudahiisa, imisa maalmood ayaad adiga ama xubno kale oo qoyskaaga ka mid ah wax u akhriyeen ilmahaada?	0	1	2	3	4	5	6	7