

Suicidal Ideation and Behaviour Scale

Tecrubeya Xwekuştinê û Pîvana Reftarê

Kurmancî

Kurmanji

Ji kerema xwe her yek ji gotinên jêrê bi baldarî bixwînin û baştirîn bersiva li tecrube û reftara we re guncaw e hilbijêrin.

Please read each of the following statements carefully and tick the answer that best describes your own experience and behaviour.

	Di 4 hefteyên borî de ... During the past 4 weeks...	qet Never 0	ji carekê kêmtr li hefteyê Less than once a week 1	carekê li hefteyê Once a week 2	2-5 caran li hefteyê 2-5 times a week 3	rojane yan hemahema rojane Daily or almost daily 4	her roj gelek caran Several times every day 5
1	... min fikir kiriye eger ez sax nebûma baştir bû. ... I thought it would be better if I wasn't alive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	... Ser kuştina xwe fikirîme. ... I thought about killing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	... Bi awayê cidî min kuştina xwe daye ber çavan. ... I seriously considered killing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	... Dil heme xwe bikujim. ... I intended to kill myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	... Dil heme xwe bikujim. ... I have had the urge to kill myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	... Min plan daniye bi rastî çawa xwe bikujim. ... I have planned exactly how I will kill myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		erê no	na yes
7	Di 4 hefteyên borî de min plan daniye bi rastî çawa xwe bikujim. During the past 4 weeks I tried to kill myself (and really wanted to die).	<input type="checkbox"/>	<input type="checkbox"/>
8	Di 4 hefteyên borî de min hewl daye xwe bikujim (û rastî jî dixwest bimirim). Over the course of my life I tried to kill myself (and really wanted to die).	<input type="checkbox"/>	<input type="checkbox"/>

9	Çend caran te hewl daye xwe bikujî? How many times have you tried to kill yourself?	_____	caran times
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