

Suicidal Ideation and Behaviour Scale

ናይ ነብሰ ቅትለት ተመክሮታትን ናይ ባህርን ሚዛን

ትግርኛ

Tigrinya

ብኸብረትካ ንነፍሲ-ወከፍ ሓሳብ ብጥንቃቄ ኣንብብን ነቲ ናትካ ተመክሮን ባህርን ብዝበለጸ እትገልጽ መልሲ ድማ ምልክት ግበር።

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

	ኣብ ዝሓለፈ ኣርባዕተ ሰሙን	ፍጹም	ትሕቲ ሓደ ግዜ ኣብ ሰሙን	ትሕቲ ሓደ ግዜ ኣብ ሰሙን	2-5 ግዜ ኣብ ሰሙን	መዓልታዊ ወይ ዳርጋ መዓልታዊ	መዓልታዊ ብዙሕ ግዜ
	During the past 4 weeks...	Never	Less than once a week	Once a week	2-5 times a week	Daily or almost daily	Several times every day
		0	1	2	3	4	5
1	... ኣነ ተዘይህልው ይሓይሽ ኢለ ሓሲብ ኔረ። ... 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	ብዛዕባ ንነብሰይ ምቕታል ሓሲብ። ... I thought about killing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	ኣነ ብርግጽ ነብሰይ ክቕትል ሓሳብ ገረ። ... I seriously considered killing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	ኣነ ነብሰይ ክቕትል ሓሲብ ኔረ። ... I intended to kill myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	ኣነ ነብሰይ ክቕትል ድፊኢት ኔሩኒ። ... 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	ኣነ ነብሰይ ከመይ ጌረ ከም ዝቕትል ብልክዕ ወጢነ ኔረ። ... 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"/>

		አይላል no	አወ yes
7	<p>አብ ዝሓለፈ አርባዓት ሰሙን እን ነብሰይ ከመይ ገረ ከም ዝቐትል ብልክዕ ወጢን ኔረ።</p> <p>During the past 4 weeks I tried to kill myself (and really wanted to die).</p>	<input type="checkbox"/>	<input type="checkbox"/>
8	<p>አብ ጉዕዞ ሂወተይ እን ነብሰይ ክቐትል ፈቲን (ብርግጽ ክመውት ደልዮ ኔረ)።</p> <p>Over the course of my life I tried to kill myself (and really wanted to die).</p>	<input type="checkbox"/>	<input type="checkbox"/>

9	<p>ክንደይ ዝኣክል ግዜ ነብስኻ ክትቐትል ፈቲንካ ኔርካ?</p> <p>How many times have you tried to kill yourself?</p>	_____	ግዜ times
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