

MULINGO WA MATENDA WOKHUMUDWA KWA ACHINYAMATA

[KUTCHER ADOLESCENT DEPRESSION SCALE (KADS-6)]



Spotlight Initiative
To eliminate violence
against women and girls



Dzina

Tsiku

M'sabata yapitayi, munakhalapo:

1. Wosowa chisangalalo mumtima, 3 wosakondwa, 2 wokhumudwa, wosakhudzidwa ndi zochitika m'moyo wanu?

| | | | |
|--------------------------|---------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitikepo | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |

2. Wodziona ngati ndinu wopanda ntchito kapena wosafunikira, wopanda chiyembekezo, wosakwaniritsa zoyembekezera za ena, kapena kusakhala munthu wabwino (kwenikweni)?

| | | | |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitike | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |

3. Wodzimva kutopa, ofowoka, ochepa mphamvu, olephera kulimbikitsidwa; nthawi zonse kukakamidwa kuchita zithu, kufuna kupuma kapena kukhala panso nthawi zambiri?

| | | | |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitike | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |

4. Wokumva kuti moyo ndiwosasangalatsa kwenikweni, kusamva bwino pomwe m'mbuyomu ndimamva bwino ndi zimenezo, wosasangalala ndi zinthu zomwe zimandisangalatsa nthawi zonse?

| | | | |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitike | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |

5. Ndi nkhwawa, wachewuchewu, wotutumuka, ndi osamasuka?

| | | | |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitike | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |

6. Ndi maganizo, ndondomeko kapena mchitidwe ofuna kudzipha kapenanso kuzivulaza?

| | | | |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Ayi sizinachitike | <input type="checkbox"/> | Nthawi zambiri |
| <input type="checkbox"/> | Nthawi zina | <input type="checkbox"/> | Nthawi zonse |