

TAROOMADA PTSD BAADHITAANKA (TRAPS)

Walxaha ku qoran hoos waxay tixraacaan dhacdooyinka laga yaabo inay dhaceen wakhti kasta oo nolashaada oo dhan ah, ay ka mid tahay carruurnimada. Fadlan sax haddii ama aan wax ka mid ah dhacdooyinka ama khibradahaan kugu dhicin adiga. Haddii aanad jeclayn inaad su'aal ka jawaabto, waxaad ka gudbi kartaa adoon ka jawaabin.

		Haa	Maya
1.	Waligaa ma kugu dhacay cudur nolosha halis gelinayaa?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Waligaa ma gashay shil noloshaha khatar gelinayaa?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Waligaa si toos ah masiibada dabiiciga ah ma kuu saamaysay?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Awood xoog ah ama hub weligaa malaguu adeegsadayin alaab lagaaga dhaco ama alaab lagaaga qaato?	<input type="checkbox"/>	<input type="checkbox"/>
5.	Miyaa xubin qoyska aad isugu dhowdhiin aad, lamaane kalgacal, ama saaxiib aad u dhow dhintay sababto la xariira ah shil, ama dil?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Wakhti kasta, miyaa qof (waalid, ama xubin kale oo qoyska ah, lamaane kalgacal, macaariif ama qof kale) weligaa jidh ahaan ku khasbay ama kuugu hanjabay inaad galmo la samayso, ama mid afka ah ama futada adigoon rabin? (Miduun iyaddoo jidh ahaan lagu khasbayo, lagu hanjabaayo, ama xaalad ka faa'iidayso mararka aanad haysan caawimo, sida addoo hurdo ama sakhraansan.)	<input type="checkbox"/>	<input type="checkbox"/>
7.	Aan ka ahayn waaya aragnimooyinka hadda ka hor laga hadlay. Miyuu weligii qof taabtay xubnahaaga taranka adigoon sidaas dooneyn ama ma kugu taabtay xubnahooda taranka ah iyaddoo ka soo horjeeda rabitaankaaga?	<input type="checkbox"/>	<input type="checkbox"/>
8.	Markaad ilma yar ahayd: Miyuu waalidka daryeelaha ama qof wayn oo kale weligii ku laaday, ku garaacay, ama haddii kale ku weeraray ama ku waxyeeleeyay?	<input type="checkbox"/>	<input type="checkbox"/>
9.	Sidii qof wayn: Weligaa ma lugu laaday, lagu garaacay, lagu dhirbaaxay ama haddii kale jidh ahaan malaguu waxyeeleeyay lamaanaha kalgacalka, shukaansi, xubin qoyska ah, ama macaariif ama qof kale?	<input type="checkbox"/>	<input type="checkbox"/>
10.	Miyaa waalid, lamaane kalgacal, ama xubin qoyska ah si joogto ah kaaga maadsaday adiga, ku yasay ama kuu sheegay inaad wanaagsanayn ?	<input type="checkbox"/>	<input type="checkbox"/>
11.	Miyaa qof ka baxsan qoyska, sida qof aad isku fasal ahaydeen ama saaxiibka shaqada, si joogto ah kaaga maadsaday adiga, ku yasay ama kuu sheegay inaad wanaagsanayn?	<input type="checkbox"/>	<input type="checkbox"/>
12.	Ka sakoow waaya aragnimooyinka hadda ka hor laga hadlay, miyuu qof weligii kuugu hanjabay adiga hub sida mindi ama qori?	<input type="checkbox"/>	<input type="checkbox"/>
13.	Weligaa miyaad joogtay marka qof kale la dilay? Si khatar ah loo dhaawacay? Galmo ahaan ama jidh ahaan la weeraray?	<input type="checkbox"/>	<input type="checkbox"/>
14.	Weligaa miyaad ku jirtay xaalad kale halkaas oo si khatar ah lagu dhaawacay ama noloshaado hali mala galiyay (tusaale, maka qayb qaadatay dagaal ciidan, maku noolayd aaga dagaalka ama weerar aragagixiso)?	<input type="checkbox"/>	<input type="checkbox"/>
15.	Aan ka ahayn waaya aragnimooyinka hadda ka hor laga hadlay. Miyaad weligaa joogtay wax xaalad ah taas oo si xad dhaaf ah u baqdin badnayn ama u argagax badnayn, ama ma dareentay inay si xad dhaaf ah u caawimo darran tahay? Fadlan sharax:	<input type="checkbox"/>	<input type="checkbox"/>
→	Haddii aad “haa” ku jawaabtay wax ka badan hal su'aal ah, fadlan sheeg dhacdada aad kuu dhibta adiga badanka maalinta oo wadata xidigta (*).		

Su'aalaha Xog ururinta Baadhitaanka Dhacdooyinka Nolosha walbahaarka leh -- Dib loo eegay (SLESQ). Goodman, Corcoran, Turner, Yuan, & Green, 1998

Turjumaada Noorwayjiyaanka uu sameeyay Thoresen & Øverlien (2013). Xarunta Noorwayjiyaanka ee rabshada iyo Daraasadaha Dhacdooyinka Naxdinta reeba (NKVTS)

XAADHIDA ROG!

Hadda waxaanu ku waydiinaynaa adiga, dhacdada ugu xun ee niyada lagu hayo, in la akhriyo dhibaatooyin kasta oo hoose kadibna goobo geli tirooyinka midigta si aad u sheegto intee in le'eg ee ay ku dhibtay dhibaataadaasu bishii la soo dhaafay.

<i>Bishii la soo dhaafay, intee in le'eg ayay ku dhabaataysay:</i>	<i>Waxba dhammaanba</i>	<i>Wax yar</i>	<i>Si dhex dhexaad ah</i>	<i>In yar</i>	<i>Si xad dhaaf ah</i>
1. Mid soo noqnoqota, dhibaato leh, xusuuso aan la doonayn oo khibrada walbahaarka leh ah?	0	1	2	3	4
2. Mid soo noqnoqota, riyooyin dhibaato leh oo khibrada walbahaarka leh ah?	0	1	2	3	4
3. Dareen kedis ah ama jilida sidii khibrad walbahaar leh ay dhab ahaan dhacayso mar labbaad (<i>sidii aad dhab ahaan halkaa oo u joogtid si aad dib ugu nooshahay</i>)?	0	1	2	3	4
4. Dareemaya wareer aad ah marka shay uu ku xasuusiyo khibrada walbahaar leh?	0	1	2	3	4
5. Yeelashada jawaab celin xoogan oo jidhka ah marka uu shay ku xasuusiyo adiga khibrad walbahaar leh (<i>tusaale, wadnaha oo aad u garraacmaayaa, dhibaato neefsashada ah, dhidhidaya</i>)?	0	1	2	3	4
6. Iska ilaalinta xusuusta, fikradaha, ama dareemada la xidhiidha khibrada walbahaarka leh?	0	1	2	3	4
7. Iska ilaalinta xusuusiyayaalka khibrada walbahaarka leh (<i>tusaale ahaan, dadka, meelaha, wada sheekaysiga, hawlaha, sheeyada, ama xaaladaha</i>)?	0	1	2	3	4
8. Dhibaataada xusuusashada qaybaha muhiimka ah ee khibrada walbahaarka leh?	0	1	2	3	4
9. Haysashada rumaysnaan xun oo xoogan oo ku saabsan naftaada, dadka kale, ama adduunka (<i>tusaale ahaan, qabitaanka fikrado sida: Waan xumahay, waxa jira shay dhab ahaan iga khaldan aniga, cidna lama aamini karo, adduunku si buuxda waa u halis</i>)?	0	1	2	3	4
10. Ku dhaleecaynta naftaada ama qof kale khibrada walbahaarka leh ama waxa dhacay ka dib iyadda?	0	1	2	3	4
11. Qabitaanka dareemo xoogan oo xun sida baqdin, argagax, cadho, dembi, ama ceeb?	0	1	2	3	4
12. Waayida xiisaha hawlaha aad hore u xiisayn jirtay?	0	1	2	3	4
13. Dareemida ka fogaanta ama ka go'aanta dadka?	0	1	2	3	4
14. Dhibaataada la kulmida dareemo wanaagsan. (<i>tusaale, aan awoodin dareemida farxada ama dareemo jacayl u qabid dadka adiga kuu dhow</i>)?	0	1	2	3	4
15. Dhaqan cadho leh, cadho ku kacda mar, ama dagaalamid?	0	1	2	3	4
16. Qaadashada khataro aad u badan ama samaynta waxyaabaha ku waxyeelayn kara adiga?	0	1	2	3	4
17. Noqonaya mid "aad u foojigan" ama wax iska eegaya ama wax iska ilaalin ku jira?	0	1	2	3	4
18. Dareemaya booto ama si fudud looga nixiyo?	0	1	2	3	4
19. Dhibaato ka haysato si degen u fekerka?	0	1	2	3	4
20. Dhibaato seexashada ama in la sii hurdo?	0	1	2	3	4
Wadarta Buundada					