

The indigenous Shona Symptom Questionnaire (SSQ) for Measuring/Screening of Common Mental Disorders

Zita remupinduri Name of respondent: _____ Chitupa Client ID: _____ Musi Date: _____

	Mubvunzi anotanga kuti Assessor starts by saying Musvondo rapfuura <i>During the course of the past week:</i>	Mupinduri anoti	
		Hongu Yes	Kwete No
1. Motsi	Pane pamaimboona muchinyanya kufungisisa kana kufunga zvakawanda here? <i>Did you sometimes think deeply or think about many things?</i>		
2. Piri	Pane pamaimbotadza kuisa pfungwa dzenyu pamwechete here? <i>Did you find yourself sometimes failing to concentrate?</i>		
3. Tatu	Maimboshatirwa kana kuita hasha zvenhando here? <i>Did you lose your temper or get annoyed over trivial matters?</i>		
4. Ina	Maimborota hope dzinotyisa kana dzisina kunaka here? <i>Did you have nightmares or bad dreams?</i>		
5. Shanu	Maimboona kana kunzwa zvinhu zvangazvisingaonekwe kana kunzwikwa nevamwe here? <i>Did you sometimes see or hear things others could not see or hear?</i>		
6. Tanhatu	Mudumbu menyu maimborwadza here? <i>Was your stomach aching?</i>		
7. Nomwe	Maimbovhundutswa nezvinhu zvisina maturo here? <i>Were you frightened by trivial things?</i>		
8. Sere	Maimbotadza kurara kana kushaya hope here? <i>Did you sometimes fail to sleep or did you lose sleep?</i>		
9. Pfumbamwe	Pane pamaimbonzwa muchiomera neupenyu zvekuti makambochemba kana kuti makambonzwa kuda kuchema here? <i>Were there times when you felt life was so tough you cried or wanted to cry?</i>		
10. Gumi	Maimbonzwa kuneta here? <i>Did you feel run down (tired)?</i>		
11. Gumineimwe	Pane pamaimboita pfungwa dzekuda kuzviuraya here? <i>Did you sometimes feel like committing suicide?</i>		
12. Guminembiri	Mainzwa kusafara here mune zvamaita zuva nezuva? <i>Were you generally unhappy with the things you were doing each day?</i>		
13. Guminenhatu	Basa renyu raive rave kusarira mumashure here? <i>Was your work lagging behind?</i>		
14. Gumineina	Mainzwa zvichikuomerai here kuti muzive kuti moita zvipi? <i>Did you feel you had problems deciding what to do?</i>		
Zvibozwa Scores	Pose panzi Hongu pangani How many Yes responses?		

Zvibozwa Scores

Motsi – Nomwe **0-7** Hongu Yes: Ngaadzoke kwapera gore abvunzweve. Re-screen in one year.

Sere – Gumineina **8-14** Hongu Yes: Itai nhaurirano doko. Ngaende anobvunzwa zvakadzama. Mutumirei kwangawana vanoshanda nezveutano hwemaitiro epfungwa nemagariro. *Provide brief counselling intervention. Refer for further assessment and for psychosocial services.*

Zvamaita ndezvipi *What did you do?*

Nhaurirano *Counselling* [] Zita raSanhauro *Name of Counsellor* _____

Kutumira *Referral* [] Matumira kupi *Where referred* _____