

**Luganda version**

**Appendix 1 - NIH HEALS**

Study ID: .....

Olulimi olukozeseddwa: .....

	<b>Sikkirizako ddala</b>	<b>Sikkiriza</b>	<b>Sigaana ate Sikkiriza</b>	<b>Nzikiriza</b>	<b>Nzikiriza ddala</b>
1. Ndi mumativu n’obulamu bwange. (ebigambo ebirala ebyefaanaanyirizako mulimu musanyufu)	1	2	3	4	5
2. Mpulira nga nnina ekigendererwa mu bulamu bwange.	1	2	3	4	5
3. Okweyunga ku maanyi aga waggulu ennyo kikulu nnyo gy’endi.(Amaanyi aga waggulu gayinza okuba Katonda oba balubaale oba ekisinga ggwe ky’okkirizamu)	1	2	3	4	5
4. Nfuna okumanya nga mpita mu kwekebera.	1	2	3	4	5
5. Nnyumirwa ebikolebwa nga birimu okukozesa obwongo/omubiri okugeza nga okweroolereza, (okusinza n’okutendereza), essaala, yoga, tai chi, okujaganya.	1	2	3	4	5
6. Mpulira ndekeddwa ttayo.	1	2	3	4	5
7. Mpulira obukkakkamu newankubadde nga embeera gye ndimu ensusseko.	1	2	3	4	5
8. Nzikiriza ebintu bye sisobola kukyusa.	1	2	3	4	5
9. Okumanya enkwata y’ebirowooze ebikwata ku kuba nti kisoboka okufa kyaleeta amakulu eri obulamu bwange.	1	2	3	4	5

10. Embeera enzibu mu bulamu bwange zinnyongedde okulumirirwa abantu abalala.	1	2	3	4	5
11. Njagala nneeyambise bulungi nnyo obulamu bwange nga bwe kisoboka.	1	2	3	4	5
12. Mpona embeera nnyingi enzibu olw' okubanga waliwo amaanyi aga waggulu. (Amaanyi aga waggulu gayinza okuba Katonda oba balubaale oba ekisinga ggwe ky' okkiririzamu)	1	2	3	4	5
13. Embeera yange yayongera amaanyi mu kweyunga kwange ku amaanyi aga waggulu. (Amaanyi aga waggulu gayinza okuba Katonda oba balubaale oba ekisinga ggwe ky' okkiririzamu)	1	2	3	4	5
	<b>Sikkiririzako ddala</b>	<b>Sikkiriza</b>	<b>Sigaana ate Sikkiriza</b>	<b>Nzikiriza</b>	<b>Nzikiririza ddala</b>
14. Enzikiriza zange ez'ebyeddiini/(eby'emyoyo) zinnyambako okuwulira obukkakkamu bw'emba mu mbeera enzibu mu bulamu bwange.	1	2	3	4	5
15. Enneeyisa yange ng'omuntu mu by'enzikiriza/(eby'emyoyo) nkulu nnyo gy'endi.	1	2	3	4	5
16. Okwetaba kwange mu nsonga z'eby'enzikiriza/(eby'emyoyo) kikulu nnyo mu bulamu bwange.	1	2	3	4	5
17. Nfuna obuwagizi okuva bannange bwe tukwatagana mu by'enzikiriza/(eby'emyoyo).	1	2	3	4	5
18. By'enzikiririzamu mu by'eddiini/(eby'emyoyo) enzikiriza/(ebikolebwa) bimpa essuubi.	1	2	3	4	5

19. Okukola ekintu kye mpulira nga nettanira nnyo kimpa amaanyi mu biseera ebizibu (okugeza omulimu, ebinyumira okuwummulizako ebirowoozo, okukola obwannakyewa, ekitongole kyange eky'enzikiriza, ebibinja by'okusoma).	1	2	3	4	5
20. Ndaba nga kikulu okuyamba abalala.	1	2	3	4	5
21. Okukwatagana n'abomu maka gange kifuuse ekintu kye nsinga okukulembeza.	1	2	3	4	5
22. Okuwagirwa ab'omu maka gange kinnyongera amaanyi ne kimpa essuubi mu biseera ebizibu mu bulamu.	1	2	3	4	5
23. Sifuna buwagizi bwe nandiyagadde okuva mu bantu b'omu kitundu kyange/abooluganda/emikwano.	1	2	3	4	5
24. Ndi mukakafu nti abandabirira mu by'obujjanjabi baja kuvaayo okukola ku byetaago byange.	1	2	3	4	5
	<b>Sikkirizako ddala</b>	<b>Sikkiriza</b>	<b>Sigaana ate Sikkiriza</b>	<b>Nzikiriza</b>	<b>Nzikiririza ddala</b>
25. Mikwano gyange bampa obuwasizi bwe neetaaga mu biseera ebizibu.	1	2	3	4	5
26. Nsinga kunoonya nkwatagana mu nkolagana zange.	1	2	3	4	5
27. Kintwalira obudde bungi okweteeka mu mbeera eriwo.	1	2	3	4	5
28. Bye mpiseemu mu kufiirizibwa okw'enjawulo bikifudde kizibu nnyo okuba n'essuubi mu biseera ebizibu (okugeza okufa,	1	2	3	4	5

okwawukana mu bufumbo, obukugu mu bikolebwa, obulemu ku mubiri).					
29. Okumanya enkwata y'okunyolwa kwange kireese amakulu eri obulamu bwange.	1	2	3	4	5
30. Muli mpulira emirembe mu bulamu bwange.	1	2	3	4	5
31. Mpulira okweyongera kw'okwesiima.	1	2	3	4	5
32. Kya makulu okuba nga nneetooloddwa obutonde.	1	2	3	4	5
33. Obuyiyya n'ebisanyusa bireeta eddembe eri obulamu bwange okugeza omuziki, okwebonga oba katemba.	1	2	3	4	5
34. Okusoomoozebwa mu bulamu kutaataaganya emirimu egy'omugaso gy'endi.	1	2	3	4	5
35. Okusoomoozebwa mu bulamu kwayongera obwagazi bwange obw'okwongera okugenda mu maaso.	1	2	3	4	5

Kikutwalidde eddakika mekka okubuuza ebibuuzo.....