

Runyankore version

Appendix 1: NHI HEALS

Study ID :

Orurimi orukoze sibwe:

	Tinkwikiriza n'akakye	Tinkwikiriiza	Ninyikiriiza kandi tinkwikiriiza	Ninyikiriiza	Ninyikiriza munoonga
1. Mazirwe n'amagara gangye (Ningashi mazirwe kandi nshemereirwe)	1	2	3	4	5
2. Ni mpulira amagara gangye giine omugasho	1	2	3	4	5
3. Okukwatagana nana amaani agahiguru nikuru ahariinye. (Amaani agarikukyirayo nigabasa kuba Ruhanga owahiguru, bwarunga,ninga ninyeyikiririizamu)	1	2	3	4	5
4. Niitunga okumanya ndikurabira omu kwecebera	1	2	3	4	5
5. Ninkunda ebikorwa ebirimu okukoseza obwongo, omubiri nka,okweteekatekera, (okushaba ninga okuramy mukama) eshaara,yoga, tai chi	1	2	3	4	5
6. Nimpurira nyahwirwe omu bandi	1	2	3	4	5
7. Nimpulira obusingye nobw'embeera eyindimu endemeriire	1	2	3	4	5
8. Ninyikiriiza ebintu ebintarikubasa kuhindura	1	2	3	4	5

9. Okumanya enkwata y'ebitekateko ngu ni nimbasa kufa kukareeta amakulu ga magara gangye	1	2	3	4	5
10. Embeera ezigumire omu magara gangye zongyire okunyegyesa okusasibwa abandi.	1	2	3	4	5
11. Ninyenda okukoseza amagara gangye kurungi nkokirikubasika	1	2	3	4	5
12. Mponire mbeera ezigumire ahabwa amagara agahiguru (Amaani agarikukyirayo nigabasa kuba Ruhanga owahiguru, bwarunga,ninga ninyeyikiririizamu)	1	2	3	4	5
13. Mbeera yangye eyongyire amaani gangye omu kukwatagana kwangye na amaani agahiguru (Amaani agarikukyirayo nigabasa kuba Ruhanga owahiguru, bwarunga,ninga ninyeyikiririizamu)	1	2	3	4	5
	Tinkwikiriiza nakakye	Tinkwikiriiza	Ninyiriiza kandi tinkwikiriiza	Ninyikiriiza	Ninyikiriiza munoonga
14. Enyikiriza zangye (omumyoyo)z'omu diini zinyambire okuguma n'obusingye omu mbeera ezigumire	1	2	3	4	5
15. Ebikorwa byangye nk'omuntu eby'ediini	1	2	3	4	5

(omumyoyo) nibikulu munonga					
16. Okweyunga omu nshoga z'eby'enyikiriiza (omumyoyo)nikikuru aha magara gangye	1	2	3	4	5
17. Nitunga obushagyiki okuruga omu bantu ab'enyikirizza yangye (omumyoyo)	1	2	3	4	5
18. Ebindinkwiri izamu omu diini (omumyoyo) ebinkwikiri izamu (ebikorwa) yangye nibimpa masiko.	1	2	3	4	5
19. Okukora ekintu ekindikukunda nikimpa amaani omu mbeera egumire, (nka okukora omurimo, ekitongole kyangye ky'enyikiriiza, ebibiina by'okushooma).	1	2	3	4	5
20. Okuyamba abaandi ninkireeba nka kikuru	1	2	3	4	5
21. OKukwatagana nabamaka gangye kikinsingyire obukulu omubikwebembeza	1	2	3	4	5
22. Obushagyiki okuruga omuka yangye nikimpa amasiko omu mbeera ezigumire omu magara gangye.	1	2	3	4	5
23. Tinkutunga obushagyiki obukwetaaga	1	2	3	4	5
24. Nimpuriira mpami ngu abakumpa	1	2	3	4	5

omujanjabi nibaza kugarukamu ebyetaago byangye.					
	Tinkwiriiza a nakanye	Tinkwiriiza	Ninyikiriiza kandi tinkwiriiza	Ninyikiriiza	Ninyikiriiza munoonga
25. Banywani bangye nibampa obushagyiki obunkweteega omu mbeera ezigumire	1	2	3	4	5
26. Nindoonda enkwataga yamani omu bindikukoragana nabo	1	2	3	4	5
27. Nikintwariire obwire bwingi okukwatagana n'embeera eriho (obwahati)	1	2	3	4	5
28. Okuraba omu kuferwa kwingyi kundemise okugyira masiko omumbeera egumire nka okufa, okutaana omubushwere, obukugu omu bikorwa, oburema ahamubiri gwangye)	1	2	3	4	5
29. Okumanya enkwata y'obusasi bwagye kuresire amakulu ga amagara gangye	1	2	3	4	5
30. Nimpulira obusingye omumagara gangye	1	2	3	4	5
31. Nimpurira okusiima kangye kweyongyire	1	2	3	4	5
32. Okwetroorwa obuhangwa kiine amakulu	1	2	3	4	5

33. Emizaano n'ebikushemeza ebiyiyire nibimpa obusingye (nka ebyeshongoro,emizaan o, ebishaani)	1	2	3	4	5
34. Embeera ezigumire niziteganisa emirimo ey'omugasho ahariinye	1	2	3	4	5
35. Embeera ezigumire zikanyongyera okwenda okuguma nyine amasiko	1	2	3	4	5

Record how long it took you to complete this measure (in minutes)