



Balaadhinta Cabbiraha Qaybaha Borostate Kansarka ee Fulinaha Caafimaad (EPIC-CP) Rajadada Nololeed ee Borostate Kansarka (QOL)

Magaca Bukaanka: _____ Taariikhda Dhalashada: _____

Dhakhtarka: _____ Taariikhda Booqashada: _____

Bukaannada: Fadlan ka jawaab su'aalaha soo socda adigoo goobaabaya jawaabta ku habboon. Dhammaan su'aalaha waxa ay ku saabsanyihiin caafimaadkaaga iyo calaamadaha **AFARTA TODDOBAAD EE UGU DAMBEEYAY.**

Dooro HAL jawaab su'aal kasta:

1. Guud ahaan, dhibaato intee leeg ayaad ku qabtay shaqaynta kaadida adigu?				
Wax dhibaato ahi	Dhibaato aad u yar	Dhibaato yar	Dhibaato	Dhibaato weyn

2. Keebaa waxyaabahan soo socdo si fiican u qeexaya kaantaroolkaaga kaadida?				
0-Gabi ahaaba	1-Marmar dhibicdhibic leh	2-Dhibicdhibic joogto	4- Majiro kaantarool kaadida ah	

3. Intee in leeg oo harqado ama xafaayadaha dadka waawayn ah ayaad u isticmaalaysay maalintiiba liigida kaadida?				
0-Midnaba	1-Hal harqad maalintii	2-Laba harqadood	4- Saddex ama ka badan oo	

4. Sidee ayay u weyntahay dhibaataada, haddii ay jiraan wax dhibicdhibic kaadida ah ama liigid ay kugu timid adiga?				
0-Dhib ma jirto	1-Dhibaato aad u yar	2-Dhibaato yar	3-Dhibaato	4-Dhibaato weyn

***DHAKHAATIIRTA:** Ku dar jawaabaha k ayimid su'aalaha 2-4 si ay u xisaabiyaan Heerka Calaamadaha Khalkhalka Kaadida (ee kamida 12)*

5. Sidee ayay dhibaataadu u waynaan lahayd, haddii ay jiraan wax, kamida waxyaabahan soo socda ay kugu leedahay adiga?						
	Dhib ma jirto	Dhibaato aad u yar	Dhibaato yar	Dhibaato dhexdhexaadaxa	Dhibaato weyn	

a. Xanuun ama gubitaanka kaadidu	0	1	2	3	4	
b. Socodka kaadida oo liita/faaruqinta kaadi-haysta oo aan dhammaystirnayn	0	1	2	3	4	
c. U baahantahay kaadi joogto ah	0	1	2	3	4	

***DHAKHAATIIRTA: KUDAR** jawaabaha ka yimid su'aalaha 5a-5c si loo xisaabiyo Cuncunka Kaadida/Heerka Calaamadaha Kahortaga (ee kamida 12)*

6. Sidee ayay dhibaataadu u waynaan lahayd, haddii ay jiraan wax, kamida waxyaabahan soo socda ay kugu leedahay adiga?						
	Dhib ma jirto	Dhibaato aad u yar	Dhibaato yar	Dhibaato dhexdhexaadaxa	Dhibaato weyn	

a. Xanuun malawadka ah ama calool socod degdeg ah	0	1	2	3	4	
b. Calool socodkaaga jootada ah oo kordhay	0	1	2	3	4	
c. Guud ahaan dhibaatooyinka calool socodka	0	1	2	3	4	
d. Saxaro dhiig leh	0	1	2	3	4	

***DHAKHAATIIRTA: KUDAR** jawaabaha ka yimid su'aalaha 6a,b,d si loo xisaabiyo Heerka Calaamadaha Mindhicirka (ee kamida 12)*

7. Sidee ayaa u qiyaasaysaa awodaada inaad gaarto galmo (u galmood)?					
0- Aaad u fiican	1-Fiican	2-Iska-fiican	3-Liita	4-Aad u liita ilaa ma	

8. Sidee ayaad u sharixi lahayd tayada caadiga ah ee kacsigaaga?

0- Adayg ku filan galmada	1- Adayg ku filan siigaysiga iyo galmada kahor	2-Ma jiro adayg ku filan wax hawl galmo ah	4-Ma jiro gabi	
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9. Guud ahaan, intee in lee goo dhibaato ah ayay kugu haysaa shaqadaada galmo ama la'aanta shaqadaada galmo adiga?

0-Dhib ma jirto	1-Dhibaato aad u yar	2-Dhibaato yar	3-Dhibaato dhexdhexaad ah	4-Dhibaato Weyn	
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10. Sidee ayay dhibaataadu u waynaan lahayd, haddii ay jiraan wax, kamida waxyaabahan soo socda ay kugu leedahay adiga?

	Dhib ma jirto	Dhibaato aad u yar	Dhibaato yar	Dhibaato dhexdhe	Dhibaato weyn	
a. Kulaylka dareenka ama jilcinta/weynanta	0	1	2	3	4	
b. Dareemidda diiqad	0	1	2	3	4	
c. Tamar la'aan	0	1	2	3	4	

DHAKHAATIIRTA: KU DAR jawaabaha ka yimi su'aalaha **10a-10c** si loo xisaabiyo **Heerka Calaamadaha Shaqaynta/Hoormonka** (ee ka mida 12)

DHAKHAATIIRTA: KU DAR shanta meelood ee soo koobitaanka heerarka si loo xisaabiyo **Iskoorka QOL ee Guud ahaanta Borostate Kansarka** (ee kamida 60)