

PHQ9 Umbono

Isibhedhlela	Riverview Manor
Idolobha	eUnderberg
Isifundazwe	Kwazulu-Natal
Inombolo yeMedical Aid noma yekliyenti	

IGAMA LEKLIYENTI:.....

Le datha yayiqoqiwe ngo USUKU	Sicela ubeke uphawu olungezansi
Ukuvuma	
Ukikipha	

ifomu eligcwalisiwe ngalolu suku	
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Uyacelwa ukuthi ugcwalise ithebula elingezansi. Sicela ubeke u"1" kuseli elifanele.  
**Sicela ungenzi ezinye izinguquko kufomethi.**

Kumaviki amabili edlule, kukangaki lapho uhlushwa khona yilezi zinkinga ezilandelayo?	Lutho neze	Izinsuku Eziningi	Zingaphezu kwengxenywe yezinsuku	Cishe Zonke Izinsuku
1. Ubanomdiandla nenjabulo ecane ukwenza izinto				0
2. Ukuzizwa udangele, ucindezelekile noma uphelelwe yithemba				0
3. Inkinga yokulala, ukulala kakhulu, noma umausulele usheshe uvuke				0
4. Ukuzizwa ukhathele noma ukuba namandla amancane				0
5. Ukudla okungekuhle noma ukudla ngokweqile				0
6. Ukuzizwa kabi ngawe - noma ukuthi wehlulekile ukuzithoba wena noma umndeni wakho				0
7. Inkinga yokugxila ezintweni, njengokufunda iphephandaba noma ukubuka umabonakude				0
8. Ukuhamba noma ukukhuluma kancane kangokuba abanye abantu bebengakubona. Noma, okuphambene nalokho - ukukhathazeka ngokweqile noma uzungeze kakhulu				0
9. Imicabango yokuthi ungangcono ufe noma uzilimaze ngandlela thile				0

Translation by Samukelisiwe Mthembu (Clinical Psychologist) and assisted by Londeka Dlamini (Nurse) - Riverview Manor Specialist Clinic