

PHQ9 Umgcini

Igama lesibhedlele	Riverview Manor
Idolophu	Underberg
KwiPhondo	Kwazulu-Natal
Inombolo yesigulana / Inombolo yoNcedo lwezoNyango	

IGAMA LENKONZO:.....

Le datha yaqokelelwa NGOMHLA	Nceda phawula apha ngezantsi
Ukwamkelwa	
Ukukhupha	

Ifom yomhla egqityiweyo	
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Nceda uzalise itafile engezantsi. Nceda ufake u "1" kwiseli efanelekileyo. **Nceda ungenzi uhlehlengiso kwifomathi nokuba yeyiphi.**

Kwezi veiki zimbini zidlulileyo, kukangaphi ukhathazwa zezi ngxaki zilandelayo?	Unotshe	lintsuku ezininzi	Ngaphezulu kwesiqingatha seentsuku	Phantse Yonke imihla
1. Umdla omncinci okanye uyolo lokwenza izinto				0
2. Ukuziva uphantsi koxinzelelo okanye ungenathemba				0
3. Ingxaki yokulala, ukulala kakhulu, okanye ukuhlala ulele				0
4. Ukuziva udiniwe okanye ukuba namandla amancinci				0
5. Ukutya kancinci okanye ukutya kakhulu				0
6. Ukuzibona ungenzanga kakuhle, okanye uphoxe usapho lwakho				0
7. Ingxaki yokunikela ingqalelo kwizinto, njengokufunda iphephandaba okanye ukubukela umabonwakude				0
8. Ukuthetha okanye ukuhamba kancinci ngokokude uqatshelwe nagabanye abantu. Okanye, ukwenza izinto ezithoba isidima				0
9. Incinga zokuba kungangcono usweleke okanye ukuzenzakalise ngendlela ethile				0

*Translation by Samukelisiwe Mthembu, Clinical Psychologist at Rivermanor Specialist Clinic and assisted by Educator Nomfundo Mabhala - Educator at St Georges Primary (Mount Frere - Eastern Cape)*