

## CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION (20) – IsiXhosa Version

*Apha ngezansi kubhalwe iimeko ongazithola ukuzo okanye zenzekile kuwe.  
Khetha ibenye kweziinombolo ukubonisa ukuba kwenzeka kangakanani ukuzizwa ukweziimeko  
KUSONTO ELIDLULILE*

- 0** = Bekunqalekanga okanye khang kwenzeke (ngaphansi kosuku olunye)  
**1** = Kwenzekile kancinci okanye ixesha elincinci (usuku olunye okanye ezimbini)  
**2** = Kuqhelekile okanye ixesha elininzi ( iinsuku ezintathu okanye ezine)  
**3** = Kwenzekile ixesha elininzi okanye amaxesha wonke (iinsuku ezinhlanu kuya kweziyisixhenxe)

	KUSONTO ELIDLULILE	Bekunqalekanga a okanye akwenzekanga	Ixesha elincinci	Bekuqhelekile	Ixesha elininzi okanye amaxesha wonke
1.	Bendikwa zizinto ezingaqhelanga kundidika.	0	1	2	3
2.	Bendingabaweli kutya, okanye inhliziyo incinci.	0	1	2	3
3.	Bendityafile nanxa abomndeni okanye abangani bebendanceda ukuziva ngconywa.	0	1	2	3
4.	Ndizive njengabanye abantu.	0	1	2	3
5.	Bekunzima ukugcina umqondo wami entweni ebekumele ndiyenze.	0	1	2	3
6.	Ndizive ngityafile.	0	1	2	3
7.	Bekunzima ukwenza konke obekumele ndikwenze.	0	1	2	3
8.	Ndizive ndifikelwa lithemba ngekusasa.	0	1	2	3
9.	Ndizive sengathi ndiyisahluleki empilweni.	0	1	2	3
10.	Bendinokwesaba	0	1	2	3
11.	Ubuthongo bami bebuphazamiseka	0	1	2	3
12.	Bendonwabile	0	1	2	3
13.	Bendithetha kancinci kunesiqhelo	0	1	2	3
14.	Bendinomzwangedwa	0	1	2	3
15.	Abantu bebendicwasile	0	1	2	3
16.	Bendivuyele ubomi.	0	1	2	3
17.	Ndibe namaxesha okulila.	0	1	2	3
18.	Bendingonwabanga.	0	1	2	3
19.	Abantu bebengandithandanga.	0	1	2	3
20.	Bekunzima ukwenza izinto.	0	1	2	3