

CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION (20) – *IsiZulu Version*

*Lezi ezilandelayo yizimo okungezeka ukuba uke wazithola ukuzona noma wazenza. Khetha eyodwa kulezizimbobo ezibhalwe ukutshengisa ukuthi kwenzeka kangakanani ukuthi uzizwe ukuleso naleso isimo
KULELISONTO ELEDLULE.*

- 0** = Bekungavamile noma akwenzakalanga (ngaphansi kosuku olulodwa)
1 = Kwenzeka kancane noma isikhathi esincane (usuku olulodwa noma ezimbili)
2 = Bekuvamavamile ukwenzeka noma kwenzeka isikhathi esiphakathi nendawo (izinsuku ezintathu kuya kwezine)
3 = Kwenzeka isikhathi esiningana noma sonke isikhathi (izinsuku eziyisihlanu kuya kweziyisikhombisa)

	KULELISONTO ELEDLULE:	Bekunga vamile noma akwenza kalanga	Kwenzeka isikhathi esincane	Kuvamavamile ukwenzeka	Kwenzeka isikhathi esiningana
1.	Ngicasulwe yizinto ezingavamile ukungicasula.	0	1	2	3
2.	Bengingathandi ukudla; inhliziyi ibimnyama.	0	1	2	3
3.	Ngizizwe ngidangele futhi ngehluleka ukuxosha ukudangala ngisho noma umndeni wami nabangane bezama ukungisiza.	0	1	2	3
4.	Ngizizwe ngiwumuntu ofanelekile njengabanye abantu.	0	1	2	3
5.	Benginobunzima ekungxiliseni umqondo wami kuleyonto ebingiyenza ngalesosikhathi.	0	1	2	3
6.	Ngizizwe umoya wami uphansi.	0	1	2	3
7.	Bengizwa sengathi yonke into ebingiyenza ibinzima.	0	1	2	3
8.	Ngizwe nginethemba ngekusasa.	0	1	2	3
9.	Bengizwa sengathi impilo yami iyisahluleko.	0	1	2	3
10.	Bengizwa nginokwesaba.	0	1	2	3
11.	Ubuthongo bami bebuphazamisekile.	0	1	2	3
12.	Bengijabulile.	0	1	2	3
13.	Ngixoxe kancane kunokujwayelekile.	0	1	2	3
14.	Ngizizwe nginesizungu.	0	1	2	3
15.	Abantu bebengancibilikile kahle; bengemnandi.	0	1	2	3
16.	Ngiyithokozele impilo.	0	1	2	3
17.	Ngibe nezikhathi zokukhala.	0	1	2	3

18.	Bengidanile.	0	1	2	3
19.	Bengizwa sengathi abantu abangithandisisi kahle.	0	1	2	3
20.	Bekunzima nje ukuthi ngenze izinto.	0	1	2	3