

FATIGUE SEVERITY SCALE

IsiXhosa Version

Evikini elidlulile, ndifumene ukuba:	Andivumi			Andivumi andiphiki			Andivumi neze
	1	2	3	4	5	6	
1. Ukudlamuka kwami bekuphansi uma ndidiniwe.	1	2	3	4	5	6	7
2. Ukusebenzisa umzimba kuyandinisa	1	2	3	4	5	6	7
3. Ndikhathala msinya	1	2	3	4	5	6	7
4. Ukudinwa kuphazamisa ukusebenzisa kwami umzimba	1	2	3	4	5	6	7
5. Ukudinwa kundenzela izinkinga kakhulwana	1	2	3	4	5	6	7
6. Ukudinwa kwenza ndingakwazi ukuqhubekela nokusebenzisa kwami umzimba.	1	2	3	4	5	6	7
7. Ukudinwa kuphazamisa ukwenza kwami izinto ekumele ndizenzile.	1	2	3	4	5	6	7
8. Ukudinwa ngenye yenzinto kwezintathu ezindikhubazayo.	1	2	3	4	5	6	7
9. Ukudinwa kundiphazamisa ekwenzeni umsebenzi wami wasendaweni yokusebenzela, ekhaya nasekuhlaleni.	1	2	3	4	5	6	7