



Version 2005-01



## THE EDINBURGH POSTNATAL DEPRESSION SCALE (TRANSLATION – SOMALI)

Full name: \_\_\_\_\_ Date : \_\_\_\_\_

### Sideed dareemeysaa?

Maadaama aad dhowaan ilmo dhashay, sida aad haatan dareensan tahay ayaan jeclaan lahayn in aan wax ka ogaanno. Fadlan hoosta ka xariiq jawaabta ugu dhow ee cabiraysa sida dareenkaagu ahaa todobadii maalmood ee la soo dhaafay. Sida tusaalaha jawaabahan ka muuqata oo kale:

Waxaan qabay dareen farxadeed:

Haa, inta badan

Haa, mararka qaar

Maya, in aan badneyn

Maya, Marnaba

Tan micneheedu waa: ‘Todobaadkii tagay dhexdiisa mararka qaar ayaan faraxsanaa.’

Fadlan sidaas oo kale uga jawaab su’aalaha kale.

### 7dii maalmood ee la soo dhaafay

1. Waan qosli jiray dhinaca fiicanna wax baan ka arki jiray:

Markasta in alla iyo inta aan doono

Sidaas haatan umasii badna

Wax badan oo la sheego maahan

Marnaba

2. Waxyaabaha igu soo fool leh yididiilo farxadeed ayaan ku sugi jiray:

Sidii weligayba aan ahaa

Sidii hore si xoogaa ka yara hooseysa

Hubaal in badan si ka yar sideydii hore

Marnaba

3. Marka wax khaldamaan nafteydaan ku canaantaa:

Haa, inta badan

Haa, mararka qaar

Inta badan maya

Maya, marnaba

4. Sabab la’aan ayaan walaac iyo walwal dareemaa:

Maya, marnaba

Wey adag tahay

Haa , mararka qaar

Haa, inta badan

(Fadlan ka jawaab su’aalaha 5-10 ee ku qoran boggan dhiniciisa kale)

5. Sabab macno leh oon jirin ayaan dareemaa baqdin iyo argagax:  
Haa, inta badan  
Haa, mararka qaar  
Maya, in aan badneyn  
Maya, marnaba
6. Wax kasta culeys ayey igu ahaayeen:  
Haa, inta badanna uma dulqaadan karin  
Haa, mararka qaar sidii caadiga aheyd uguma dulqaadan karin  
Maya, inta badan si wacan ayaan ugu dulqaadan jiray  
Maya, Sideydii hore oo kale ayaan ugu dulqaadan jiray
7. Farxaddii wey iga guurtay ilaa heer aan hurdo seexan waayo:  
Haa, inta badan  
Haa, ilaa xad  
Maya, marnaba
8. Murugo ayaan ku sugnaa:  
Haa, inta badan  
Haa, ilaa xad  
In badan maya  
Maya, marnaba
9. Farxaddii wey iga guurtay ilaa heer aan iska ooyo:  
Haa, inta badan  
Haa, ilaa xad  
Marar dhif ah  
Maya, marnaba
10. In aan is waxyeelleeyo nafteyda wey igu soo dhacday:  
Haa, marar badan  
Mararka qaar  
Wey adkeyd  
Marnaba