

Appendix C

Student Mental Health Survey Tumaini Innovation Center

First and Last Name (Jina): _____

1) Please select your gender (Jinsia)

- a) Male (Kiume)
- b) Female (Kike)
- c) Other (Nyingine)

2) Please provide your age (Miaka) in years: _____

3) Tribe/Ethnic Affiliation (Kabila): _____

Family Background Information (Historia ya Familia)

4) Please select one option that best describes your family background before you started attending Tumaini. (Chagua sentensi inayoelezea vyema zaidi kuhusu familia yako kabla ya kuja Tumaini)

- ☐ Both of my parents were living together (Nilikuwa naishi na wazazi wangu wote wawili)
- ☐ I was living with one parent (Nilikuwa naishi na mzazi mmoja)
- ☐ I was living with other relatives and not my parents (Nilikuwa naishi na watu w ukoo)
- ☐ I was living with guardians who were not my relatives (Nilikuwa naishi na walinzi wasio wa ukoo waangu)
- ☐ Other (Nyingine) _____

5) Number of siblings (Nambari/Idadi ya ndugu na dada): _____

6) Select all of the below that describes the family you grew up with before coming to Tumaini. (Chagua sentensi inayoelezea vyema ndugu uliokua nao)

- ☐ Siblings by birth (Mandugu wote ni wa kuzaliwa na wazazi)
- ☐ Half-siblings (related to you by blood) (Ndugu uliye na ukoo naye juu ya kuwa na baba au mama moja)

- ☐ Step-siblings (not related to you by blood) (Ndugu wa kambo)
- ☐ More than one of the above (Mchanganyiko wa yaliyotajwa hapa juu)
- ☐ None of the above (Hakuna kwa yaliyotajwa)

7) Select all of the below that describes the family you grew up with before coming to Tumaini.
(Chagua sentensi inayoelezea vyema familia uliokua nao)

- ☐ Both parents were employed (Wazazi wawili walijairiwa)
- ☐ One parent was employed (Mzazi mmoja alijairiwa)
- ☐ Neither parent was employed (Hakuna yeyote alijairiwa)

8) I lived in a house (Niliishi katika nyumba): ☐ Yes (Ndiyo) ☐ No (Hapana)

9) I had consistent access to food, water, electricity
(Nilipata chakula maji na umema): ☐ Yes(Ndiyo) ☐ No (Hapana)

10) My parents/guardians were physically healthy
(Wazazi wangu walikuwa na afya): ☐ Yes(Ndiyo) ☐ No (Hapana)

11) I was worried about my parents/guardian's health
(Nilikuwa na wasi wasi kuhusu afya ya wazazi wangu) :
☐ Always (Mara kwa mara) ☐ Sometimes (Wakati meingine) ☐ Never (Hakuna)

12) My siblings/housemates were physically healthy
(Ndugu dada na tuliokaa nao walikuwa na afya): ☐ Yes (Ndiyo) ☐ No (Hapana)

13) I was worried about my siblings/housemate's health:
☐ Always (Mara wwa mara) ☐ Sometimes (Wakati meingine) ☐ Never (Hakuna)

14) I am a parent (Mimi ni mzazi): ☐ Yes (Ndiyo) ☐ No (Hapana)

Educational Background Information (Historia ya masomo)

15) Please select one option that best describes your level of education before Tumaini.(Chagua sentensi inayoelezea vyema zaidi kiwango chako cha masomo kabla ya kuja Tumaini.)

- ☐ Completed secondary school (Nilimaliza shule ya Sekondari)
- ☐ Started secondary school but did not complete it (Nilianza shule ya Sekondari lakini sikumaliza)

- ☐ Completed primary school (Nilimaliza shule ya Msingi)
- ☐ Started primary school but did not complete it (Nilianza shule ya Msingi lakini sikumaliza)
- ☐ Did not complete any level of school (Sijakamilisha kiwango chochote cha masomo)

Mental Health Information *Maelezo kuhusu afya ya akili*

Please read the following statements and circle the answer that best describes your feeling for the past one week including today. There are no right or wrong answers. Do not spend too much time on any statement.

Tafadhali soma sentenzi zifuatazo na weka duara kwa jibu bora ambalo linaelaza hisia zako kwa wiki moja iliyopita jumlisha leo. Hakuna jibu lisilo sahihi au sahihi. Usitumia muda mwingi kwa maswali yoyote.

Over the last one week and even today, how much were you distressed by

Kwa wiki iliyopita na hata leo afya ya akili :

		Not at all <i>Sisikii</i>	A little bit <i>Kidogo</i>	Moderately <i>Katikati</i>	Quite a bit <i>Kidogo Sana</i>	Extremely <i>Sana</i>
1	Feeling as if insects or ants are crawling under your skin <i>Kusikia kama wadudu au mchwa wanatambaa chini ya ngozi yangu</i>	0	1	2	3	4
2	Feeling a pressure on the top of your head <i>Kusikia presha juu ya kichwa chako</i>	0	1	2	3	4
3	Feeling as if you are carrying a heavy load on your head <i>Kusikia kama unabeba mzigo mzito kwa kichwa chako</i>	0	1	2	3	4
4	Feeling a lot of pressure between your shoulders <i>Kusikia presha katiya mabega yako</i>	0	1	2	3	4
5	Often having joint pains <i>Mara kwa mara kuwa na uchungu wa viungo</i>	0	1	2	3	4
6	Often having pain in your bones <i>Mara kwa mara kuwa na uchungu wa mifupa</i>	0	1	2	3	4

7	Sweating a lot even when it is cold outside <i>Kuwa na joto sana hata wakati wa baridi nje</i>	0	1	2	3	4
8	Feeling as if your blood is slowed down <i>Kusikia kama damu yako iko chini</i>	0	1	2	3	4
9	Your blood running too fast <i>Kusikia damu yako inakimbia haraka sana</i>	0	1	2	3	4
10	Often having a ringing feeling/sensation in your ears <i>Mara kwa kara kuwa na masikia kulia</i>	0	1	2	3	4
11	Thinking your illness is due to bewitchment <i>Kufikiria kwamba ugonjwa wako ni wa kurogwa</i>	0	1	2	3	4
12	Feeling your heart is heavy <i>Kusikia kwamba moyo wako ni mzito</i>	0	1	2	3	4
13	Feeling your heart has fallen down <i>Kusikia kwamba moyo wako umeanguka chini</i>	0	1	2	3	4
14	Feeling pains in the upper part of your stomach/abdomen <i>Kusikia uchungu juu ya tumbo yako</i>	0	1	2	3	4
15	Getting disturbed by noise <i>Kusumbuliwa na kelele</i>	0	1	2	3	4
16	Crying until you can cry no more <i>Kulia mpaka huwezi kulia tena</i>	0	1	2	3	4
17	Feeling you look older than you really are <i>Kusikia unaonakana mzee kuliko ulivyo sasa</i>	0	1	2	3	4
18	Feeling there are worms/snakes crawling through your body and making you ill <i>Kusikia kuna minyoo/nyoka wana tambaa mwilini wako na wanasababisha wewe kuwa mgonjwa</i>	0	1	2	3	4
19	Often having stomach aches <i>Mara kwa mara kuumwa na tumbo</i>	0	1	2	3	4
20	Often having headaches <i>Mara kwa mara kuumawa na kichwa</i>	0	1	2	3	4

21	Often having chest pains <i>Mara kwa mara kummawa na kifua</i>	0	1	2	3	4
22	Having too little sleep <i>Kulala kidogo sana</i>	0	1	2	3	4
23	Finding it difficult to wake up/get out bed in the mornings <i>Kupata vigumu kuamka toka ki tandani asubuhi</i>	0	1	2	3	4
24	Getting bad dreams <i>Kuota ndoto za ajabu/ngume</i>	0	1	2	3	4
25	Having trouble with your vision <i>Kuwa na shida na kuona</i>	0	1	2	3	4
26	Feeling as if the eyes are being drawn inside the head <i>Kusikia kama macho yako yanaenda ndani</i>	0	1	2	3	4
27	Feeling a terrible pain migrating to different parts of the body <i>Kusikia uchungu kwa ajabu unasonga mbali mabli mwili</i>	0	1	2	3	4

Please read each statement and circle the number that best describes how much the statement applies to you. There are no right or wrong answers. Do not spend too much time on any statement. *Tafadhali soma sentenzi zifuatazo na weka duara kwa jibu bora ambalo linaelaza hisia zako kwa wiki moja ilyopita jumlisha leo. Hakuna jibu lisilo sahihi au sahihi. Usitumia muda mwingi kwa maswali yoyote.*

		Disagree <i>Nakubari Sana</i>	Neither <i>Yote</i>	Agree <i>Nakubali</i>	Strongly Agree <i>Nakubali Sana</i>
28	It was difficult to make friends when I first arrived at Tumaini. <i>Ilikuwa vigumu kutengenenza urafiki wakati mara ya kwanza nilifika Tumaini.</i>	1	2	3	4
29	It is difficult to make friends now. <i>Ni vigumu kutengeneza.</i>	1	2	3	4
30	I feel like I have enough friends. <i>Ninaskia kama nina marafiki tosha.</i>	1	2	3	4

31	I feel like I belong and am a part of the community at Tumaini. <i>Ninaskia kama mimi ni mmoja wa jamii ya Tumaini.</i>	1	2	3	4
32	I would feel comfortable telling my friends my personal feelings and private information. <i>Ninaskia ninaweza kuambia marafiki wangu hisia zangu na hisia kibinafsi.</i>	1	2	3	4
33	There is a staff member at Tumaini who I would feel comfortable telling my personal feelings and private information. <i>Kuna mmoja wa Tumaini ninaweza kuambia yeye hisia zango za ndani.</i>	1	2	3	4
34	I feel good about my physical appearance. <i>Ninasikia vizuri jinsi ninaonekana.</i>	1	2	3	4
35	I feel confident in myself. <i>Ninasikia kujiamini.</i>	1	2	3	4
36	I feel confident in my academic abilities. <i>Ninaskia kujiamini katika masoma yangu.</i>	1	2	3	4
37	I feel that I am at the same level academically with my peers in my classes. <i>Ninasikia kama niko kiwango kimoja na wenzangu kimasomo katika darasa.</i>	1	2	3	4
38	The Mentorship class has helped me improve my well being. If you are not in this class, please cross out this question. <i>Masomo ya darasa yamenisaidia kuniboresha. Kama huko katika darasa hili tafadhali ondoa swali hili.</i>	1	2	3	4
39	One on one counseling has helped me improve my well being. <i>Kuongelehwa moja kwa moja kumeniboresha sana.</i>	1	2	3	4

40	Group counseling has helped me improve my well being. If you have not participated in group counseling, please cross out this question. <i>Vikundi yya kuongeleshwa vimenisadia kuboresha hali yangu. Kama huko katika kikundi hiki tafadhali ondoa swali hili.</i>	1	2	3	4
41	I trust the counselors at Tumaini. <i>Ninaamini mshauri katika Tumaini.</i>	1	2	3	4
42	I have strategies and methods to deal with stressful, negative, or nervous thoughts and feelings. <i>Nina mpango na mbinu kukabiliana na mafikirio hisia mbaya mawazo na hisia ngumu.</i>	1	2	3	4
43	I feel like I have adequate access to healthcare. <i>Ninaskia mpango wa kuwa kwa afya.</i>	1	2	3	4
44	I am satisfied with the sanitation services at Tumaini. <i>Ninarithika na mpangilio wa Tumaini.</i>	1	2	3	4
45	I feel comfortable and safe leaving my child at the daycare at Tumaini. If this does not apply to you, please cross out this question. <i>Ninathika na kuwa huro kuwacha mtoto wangu kwa Tumaini. Kama swali hili khalikuhusu tafadhali liondoe.</i>	1	2	3	4
46	I practice a religion. <i>Ninaenda kanisa.</i>	1	2	3	4
		Never <i>Sijawahi</i>	Sometimes <i>Saa zingine</i>	Often <i>Mara nyingi</i>	Almost Always <i>Karibu mara yote</i>
47	I experience bullying. <i>Ninashuhudia kuteswa.</i>	0	1	2	3

48	I witness crime-related behavior (stealing, violence, other) happen at Tumaini. <i>Nina shuhubia tiabia mbanya kama kuiba kupigana na zingine katika Tumaini.</i>	0	1	2	3
49	I have suicidal thoughts. <i>Nina hisi kujiua.</i>	0	1	2	3

		None <i>Hakuna</i>	One or Very Few <i>Moja Au Chache Sana</i>	Some <i>Baadhi</i>	Many or Most <i>Wengi</i>
50	How many of your friends are the same gender as you? <i>Marafiki wako wangapi wanahisi kama wewe?</i>	0	1	2	3
51	How many of your friends are parents? <i>Marafiki wako ni wangapi ambao ni wazazi?</i>	0	1	2	3
52	How many of your friends have struggled with drugs or alcohol? <i>Marafiki wako ni wangapi wankunywa pombe au watantumia madawa za kulevya?</i>	0	1	2	3
53	How many of your family members have struggled with drugs or alcohol? <i>Watu wa familia yako ni wangapi wanakunywa pombe au wanatumia madawa za kulevya?</i>	0	1	2	3

Are there any other symptoms, feelings, or thoughts that you would like to share?
Kuna dalili zingine hisia au mawazo ambazo ungependa kuongelea?