GUIDELINES FOR USING
THE SOMALI PSYCHOLOGICAL DISTRESS SCALES
(SPDS-35; SPDS-15; SPDS-11; & SPDS-5)

The Somali Psychological Distress Scale (SPDS) is available for use in four culturally appropriate, highly reliable forms: 35 items, 15 items, 11 items, and 5 items. The research study to develop and validate the SPDS was funded through the ODMH Research Grants Program. Additional information about this research study is available in the final report (see reference at the end of this document).

Background & Rationale

In the late 1990s and into the 21st Century, thousands of Somali refugees entered the U.S. when they escaped from their own war-ravaged country. Usually they came to the U.S. after spending two or more years living in poor or wretched conditions in relocation camps in countries surrounding Somalia.

The incoming refugees tended to “clump” into limited geographic areas rather than disperse widely. The first of these areas was Minneapolis-St. Paul—which still has the largest Somali community in the U.S. Columbus, Ohio was the second target destination, and it is now the home of the second largest Somali community in the U.S. Local Somali leaders estimate that there are well over 30,000 Somali individuals in the Columbus metropolitan area.

Given the traumatic backgrounds of virtually all of Somalis, and the fact that they are not always welcomed in their new cities, neighborhoods, and schools, it is reasonable to expect that they would experience psychological distress and benefit from mental health services. However, accurate assessment of psychological distress in Somali individuals coming to the U.S. presented a challenge because of differences in language and cultural understandings. For example:

1) Most incoming Somalis did not understand, read, or write English. Many refugees still have not conquered spoken English, let alone written English.

2) Most incoming Somalis did not read in their own language. Somali was only developed as a written language in 1976. Because Somalis have largely an “oral culture” in terms of communications and idea-sharing, written language simply was not considered necessary.

3) Many mental health concepts that are taken for granted by almost all levels of American society are completely alien to most Somalis. For example, there simply is no equivalent word for “depression” in the Somali language.

Thus, it was determined that, in order to better meet the mental health needs of Somali refugees, a psychological assessment approach was necessary that is culturally, socially, and linguistically appropriate for Somali refugees. Accordingly, the Somali Psychological Distress Scale (SPDS) was developed.

About The Four SPDS Forms: SPDS-35; SPDS-15; SPDS-11; & SPDS-5

In order for any assessment to be useful to clinicians and researchers, it must be valid and reliable. In this case, establishing “validity” focused on making sure the SPDS was culturally appropriate and understandable to Somali clients. Reliability was assessed in two ways—by using Cronbach’s alpha to determine internal reliability and by establishing test-retest reliability in the course of instrument development.

Each form is provided in two language alternatives—English and Somali. The items on each English and Somali form are matched by number. That is, the translation is not always literal due to linguistic differences, but the meaning is equivalent. Thus, the clinician or investigator who does not speak or read
Somali still knows what questions the Somali respondents are being asked and what they are answering. The items in each form are scored from 1 to 5 in the same manner, and those numbers appear on the questionnaires.

**The SPDS Forms: Tips on Using, Choosing, and Scoring**

****Important****

One should always be prepared to obtain the services of a Trained Medical Interpreter of Somali origin when administering any of the SPDS forms. Even though there is a Somali version of each form, the client or interviewee may not be able to read it, thus negating its usefulness. In fact, Federal Law requires the use of Medical Interpreters in cases where the client’s or interviewee’s command of language interferes with diagnosis and/or treatment.

*Note: In our own Somali study, even though we knew from our interpreter/interviewer that the respondents would have varying levels of English usage and/or ability to read Somali, we directed him to read the questions and choices to each participant in order to assure completeness and consistency. He also filled out each questionnaire for the respondent.*

Depending on the level of English/Somali reading skills of your client/interviewee and the skill level of your interpreter, you will need to develop the strategy that works for you.

***Which SPDS Form Should I Use?***

**The Answer:** Which ever one best suits your needs and those of your client or interviewee.

Use the SPDS-11 or SPDS-5 when conducting a screening or when brevity is essential or necessary. Either the SPDS-11 or SPDS-5 will yield reliable information in a short period of time. Either one could be administered over the phone if there was a suitable “language match” between the interviewer and the interviewee.

The SPDS-35 is an excellent stand-alone assessment of distress in Somali clients. It is valid in terms of cultural and linguistic appropriateness and it has been demonstrated to be highly reliable.

The SPDS-15 is an excellent scale to use in conjunction with other assessments. When using more than one assessment instrument, it is always important to take the client’s or interviewee’s response burden into consideration and minimize repetition as much as possible. We suggest that the SPDS-15 will yield specific information about psychological distress in Somali individuals without undue repetition of distress-related items found in other instruments.

***General Assessment Items***

The General Assessment Items at the end of the SPDS are the same on all forms. These items may be repetitive of information collected elsewhere from clients or interviewees. The elimination of these items will have no effect on the validity or reliability of the actual SPDS scales. However, using the form with the General Assessment Items has the advantage of providing the questions in the Somali language as well as their English equivalent.
***Scoring the SPDS***

1) Respondents rate each item from 1 to 5. The numbers associated with each response appear on each scale.

2) To calculate a Total Score, the respondent's answers need to be reversed; for example:
   - 5 becomes a 1,
   - 4 becomes a 2,
   - 3 doesn’t change,
   - 2 becomes a 4, and
   - 1 becomes a 5.

   The reversed numbers are then added. The client’s total score can be used to compare it the norms shown in the second table in the last section, Summary Statistics.

***Do SPDS-11, SPDS-15, and SPDS-35 contain subscales that should be scored?***

No. The items are grouped into categories that may help a clinician identify client problem areas, but they do not represent subscales.
The content of each SPDS scale was determined on the basis of a factor analysis of the responses by Somali respondents to a much larger pool of items. Detailed information about this analysis is presented in Table 2 of the final report (pp. 47-48) of the research study. Summary information about the psychometric properties of the SPDS from the final report is presented below.

Summary Statistics for Four Versions of the SPDS, Sample 1

<table>
<thead>
<tr>
<th></th>
<th>35 items</th>
<th>15 items</th>
<th>11 items</th>
<th>5 items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scale alpha reliability</td>
<td>.954</td>
<td>.934</td>
<td>.919</td>
<td>.859</td>
</tr>
<tr>
<td>t-test for means of upper and lower quartiles</td>
<td>17.42*</td>
<td>19.37*</td>
<td>18.58*</td>
<td>23.83*</td>
</tr>
<tr>
<td>Test-Retest Reliability</td>
<td>.907</td>
<td>.921</td>
<td>.913</td>
<td>.859</td>
</tr>
<tr>
<td>Mean</td>
<td>77.91</td>
<td>33.53</td>
<td>25.49</td>
<td>12.26</td>
</tr>
<tr>
<td>Standard Deviation</td>
<td>25.84</td>
<td>11.96</td>
<td>9.47</td>
<td>4.80</td>
</tr>
</tbody>
</table>

* Statistically significant beyond .001

Quartile Values for Four Versions of the SPDS, Sample 1

<table>
<thead>
<tr>
<th>Quartile</th>
<th>35 Item SPDS</th>
<th>15 Item SPDS</th>
<th>11 Item SPDS</th>
<th>5 Item SPDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q4 High Distress</td>
<td>146-93</td>
<td>65-44</td>
<td>53-32</td>
<td>24-15</td>
</tr>
<tr>
<td>Q3</td>
<td>92-78</td>
<td>43-33</td>
<td>31-25</td>
<td>14-13</td>
</tr>
<tr>
<td>Q2</td>
<td>77-60</td>
<td>32-23</td>
<td>24-18</td>
<td>12-8</td>
</tr>
<tr>
<td>Q1 Low Distress</td>
<td>59-38</td>
<td>22-15</td>
<td>17-11</td>
<td>7-5</td>
</tr>
</tbody>
</table>

The information in the table above will probably be of most interest to clinicians and other staff involved in intake and screening. This table contains the ranges of scores from each scale that are associated with four levels of distress, ranging from High to Low. For instance, if client had a score of 40 from the 11-item form (SPDS-11), one would know that the person probably is experiencing high levels of distress compared to the sample of Somalis with whom the SPDS was developed.

Reference

Somali Psychological Distress Scale (SPDS-35): English

We would like to ask you how often each of the following bother you. You may skip a question if you find it too sensitive or personal. Please circle the response that best represents how often the problem bothers you. The number and responses are:

Response: 1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Sleep Problems

1. Not being able to fall asleep at night
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

2. Not being able to sleep through the night until morning
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

3. Not being able to get back to sleep after waking up at night
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

4. Being awakened at night by bad dreams or a nightmare
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

5. Wanting to sleep all the time
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with your nerves

6. Feeling shakiness inside
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

7. Having body tremors or shaking
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

8. Your heart pounding so you can feel it in your chest
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

9. Feeling as if you are choking
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

10. Feeling as if you cannot get enough air to breathe
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

11. Feeling as if something were crawling on your skin
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with your mood

12. Feeling sad all the time
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

13. Feeling irritable, feeling angry about things that did not bother you before
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

14. Arguing and yelling more with people you see every day
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never
15. Wanting to be alone more than you used to  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

16. Avoiding others more than you used to  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

17. Sighing a lot  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

18. Feeling numb, as if you don't have any feelings anymore  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

19. Feeling hopeless, as if there is nothing you or anyone can do to help your life get better  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

20. Not having the will to do simple daily tasks  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

21. Feeling confused  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

22. Feeling worthless  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with the way you are thinking and behaving

23. Being more forgetful than usual  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

24. Losing things more than usual  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

25. Forgetting things you start  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

26. Not being able to remember information you should know  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

27. Not being able to complete simple jobs because you cannot think about or remember what you are doing  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

28. Not being able to read, watch TV, or listen to the radio because you cannot pay attention or sit still  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

29. Not being able to learn and remember new information  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

30. Having thoughts or memories that you cannot control  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

31. Having time go by without knowing how you spent that time  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

32. Feeling poorly about the future  
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never
33. Feeling fearful  
1= all the time  2= frequently  3=occasionally  4= seldom  5= never  
34. Feeling lonely  
1= all the time  2= frequently  3=occasionally  4= seldom  5= never  
35. Being bothered by things that usually don’t bother you  
1= all the time  2= frequently  3=occasionally  4= seldom  5= never  

General Assessment  
36. Compared to other Somalis your age, how would you rate your health?  
   Much  Better  About   Worse  Much
   Better    the same   worse  
37. Overall, how would you rate your health in the past 4 weeks  
   Excellent  Very  Good  Fair  Poor  
   Good  
38. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)  
   Not at all  Very little  Somewhat  Quite a lot  Could not do  
   physical activities  
Now, we have just a few final questions.  
39. Are you a male or female?  Male_____  Female______  
40. How old are you? Please write the number of years of age you are: __________  
41. How long have you lived in Columbus? _______  
42. How long have you lived in the United States? ________  
43. Are you married?  Yes_____  No_______  
44. If married, how many children do you have: ________  
45. Do you have relatives other than spouse and children in Columbus that you see at least once a week?  Yes______  No________  
46. Do you have friends in Columbus that you see at least once a week?  Yes_____ No _____  
47. Are you employed?  Yes_____  No ______  

Schwirian, K.P. & Schwirian, P.M., The Ohio State University.  
Research funded by Ohio Department of Mental Health, Office of Program Evaluation & Research Grants 03.1187 & 04.1187
Somali Psychological Distress Scale (SPDS-35): Somali

Waxaan jecelahay inaan ku weydiinno sida ay waxyaalaha soo socdaa midkasta oo ka mid ahi kuu dhibeyso. Waad ka boodi kartaa su'aal haddii aad u aragtid inay ku dhibeyso ama si gooni ah kuu taabaneyso. Fadlan goobo geli jawaabta ugu haboon ee ka turjumeysa sida dhibku adiga kuu taabanayo. Larnbarada iyo jawaabahu waa:

<table>
<thead>
<tr>
<th>Jawaab:</th>
<th>1 = mar kasta</th>
<th>2 = inta badan</th>
<th>3 = mar-mar</th>
<th>4 = dhif</th>
<th>5 = marnaba</th>
</tr>
</thead>
</table>

### Dhibaattada hurdada

1. lima suuro gasho inaan habeenkii seexdo.
   1 = mar kasta 2 = inta badan 3 = mar-mar 4 = dhif 5 = marnaba

2. lima suro gasho inaan seexdo habeenkii oo dhan ilaa subaxdii
   1 = mar kasta 2 = inta badan 3 = mar-mar 4 = dhif 5 = marnaba

3. lima suuro gasho inaan hurdada ku noqdo haddii aan habeenkii tooso
   1 = mar kasta 2 = inta badan 3 = mar-mar 4 = dhif 5 = marnaba

4. Waxaa i toosiya habeenkii riyooyin xun xun iyo qarow
   1 = mar kasta 2 = inta badan 3 = mar-mar 4 = dhif 5 = marnaba

5. Waxaan doon doonaa inaan seexdo mar kasta
   1 = mar kasta 2 = inta badan 3 = mar-mar 4 = dhif 5 = marnaba

### Dhibaateeda darreemeyaasha madaxa

6. Dareen welwel (garir) gudaha (uurkaaga) ah
   1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

7. Dareen walaac ama gariir jidhka ah
   1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

8. Wadnahaaga garaaciisa ood ka dareentid xabadkaaga
   1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

9. Dareemid sidii iyadoo lagu ceejinayo
   1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

10. Dareemid sidii adigoon heleyn hawo fi1an ood ku neefsato
    1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

11. Dareemid sidii iyadoo wax jidhkaaga ku soconayaan
    1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba

### Dhibaata xididada dareenka

12. Dareen murugo had iyo jeer
    1 = mar kasta 2 = inta badan 3 = mar mar 4 = dhif 5 = marnaba
13. Dareen dulqaad yari, tuhun ka xanaaqid wax aan horay ku dhibi jirin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

14. Ku qeylin iyo muran dadka aad maalin kasta aragtid
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

15. Rabitaan inaad kaligaa ahaatid ooka badan sidii aad horay u aheyd
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

16. Is dhaafin dadka kale ooka badan sidii aad horay u aheyd
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

17. Hiinraag badan
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

18. Dareen dansan, sidii iyadoon wax hammi ah oo dambe kugu harin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

19. Dareen rajo la' aan, sidii iyadoo adiga iyo cid kale toona aysan waxba ka qaban
   karin sida aad noloshaada u hagaajin lahaayeeneen
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

20. Awood darri aanad sameyn karin hawsha caadiga ah ee malintii
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

21. Dareemid jaahwareer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

22. Dareemid inaadan qiimo laheyn
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

**Dhibaattada qaabka aad u fakareysid ama u dhaqmeysid**

23. Lahaansho ilowsho badan oo aan caadi ahayn
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

24. Wax lumis in ka badan caadiga
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

25. 1loobid wax aad bilowday
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

26. Adigoon awoodi karin inaad xasuusatid arrin ay aheyd inaad taqaanid
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

27. Adigoon awoodi karin inaad dhameystirtid shaqo sahlan sababtoo ah inaadan garan karin ama xasuusan karin wixii aad sameynaysay
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

28. Adigoon awoodi karin inaad wax akhridid, T.V daawatid, ama raadiyaha
dhageysatid sababtoo ah maskaxaada oo maqan ama toos u fariisan karin
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

29. Adigoon awoodi karin inaad wax baratid ama xasuusatid akhbaar cusub
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

30. Lahaansho afkaar iyo xusuus oo aanad waxba ka qaban karin
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

31. Lahaansho waqtiga oo iska kaa dhaafay adigoon ogeyn siddii aad u isticmaashay
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

32. Dareenkaaga mustaqbalka soo socda oo aad u hooseeya
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

33. Dareen cabsi badan
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

34. Dareen kallinimo
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

35. Waxyaalihii aan horay ii dhibi jirin oo hadda I dhiba.
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Qiimeyn guud

36. Isbarbardhig SomaIida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga
   1.aad uga fiican 2.ka fiican 3.isku mid 4.ka 1iita 5.aad uga 1iita

Su'aalaha soo socda, goobaabin geli jawaabta ugu wanaagsan ee tilmaameysa sida dareenkaagu yahay

37. Guud ahaan, sideed caafimaadkaaga ku qiimeyn kartaa 4tii asbuuc ee tagtay
   • Aad iyo aad u wanaagsan
   • Wanaagsan
   • Iska fiican
   • Ma xuma
   • Xun
   • Aad u 1iita
38. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga jidhku kaa xadiday awoodada aad wax ku qabsan lahayd (sida socodka ama jaran-jarada faulideeda)?
   - Waxbana .
   - Wax yar
   - Wax aan sidaas u badneyn .
   - Wax badan
   - Wax dhaqdhaqaaga jirka ah ma sameyn Karin

Hadda, waxaa noo haray su'aalo yar oo gunaanad ah:

39. Ma nin ayaad tahay mise haweeney? Calaamadi Rag_______ Dumar_______

40. Meeqa ayaad jidhaa? Fadlan qor tiro ahaan inta sanno ood jidho:_______

41. Meeqa ayaad ku nooleyd Columbus? ______

42. Meeqa ayaad ku nooleyd Mareykanka?_______

43. Xaasle miyaad tahay? Haah ______ Maya ______

44. Haddii aad xaasle tahay, imisa caruur ah ayaad leedahay?_______

45. Ma leeday qaraabo aan aheyn reerkaaga iyo caruurtaada oo degan Columbus ood ugu yaraan aragtid asbuucii? Haah ______ Maya ______

46. Maku leedahay saaxiib Columbus kaas ood aragtid asbuucii mar?
   Haah ______ Maya ______

47. Ma shaqeysaa? Haah ______ Maya ______

Reference

ODMH 3/06
Somali Psychological Distress Scale (SPDS-15): English

We would like to ask you how often each of the following bother you. You may skip a question if you find it too sensitive or personal. Please circle the response that best represents how often the problem bothers you. The number and responses are:

Response: 1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with your nerves

1. Feeling shakiness inside
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

2. Having body tremors or shaking
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

3. Feeling as if you cannot get enough air to breathe
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with your mood

4. Feeling sad all the time
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

5. Feeling irritable, feeling angry about things that did not bother you before
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

6. Feeling numb, as if you don’t have any feelings anymore
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

7. Not having the will to do simple daily tasks
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

8. Feeling confused
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

Problems with the way you are thinking and behaving

10. Losing things more than usual
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

11. Forgetting things you start
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

12. Not being able to read, watch TV, or listen to the radio because you cannot pay attention or sit still
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

13. Having thoughts or memories that you cannot control
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

14. Feeling poorly about the future
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never
15. Being bothered by things that usually don’t bother you
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

**General Assessment**

16. Compared to other Somalis your age, how would you rate your health?

<table>
<thead>
<tr>
<th>Much Better</th>
<th>Better</th>
<th>About the same</th>
<th>Worse</th>
<th>Much worse</th>
</tr>
</thead>
</table>

17. Overall, how would you rate your health in the past 4 weeks

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
</table>

18. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)

<table>
<thead>
<tr>
<th>Not at all</th>
<th>Very little</th>
<th>Somewhat</th>
<th>Quite a lot</th>
<th>Could not do physical activities</th>
</tr>
</thead>
</table>

Now, we have just a few final questions.

19. Are you a male or female? Male_____ Female_____

20. How old are you? Please write the number of years of age you are: __________

21. How long have you lived in Columbus? _______

22. How long have you lived in the United States? __________

23. Are you married? Yes_____ No_______

24. If married, how many children do you have: _______

25. Do you have relatives other than spouse and children in Columbus that you see at least once a week? Yes_______ No_______

26. Do you have friends in Columbus that you see at least once a week? Yes____ No ____

27. Are you employed? Yes _____ No _____

Schwirian, K.P. & Schwirian, P.M., The Ohio State University.
Research funded by Ohio Department of Mental Health, Office of Program Evaluation & Research Grants 03.1187 & 04.1187
Somali Psychological Distress Scale (SPDS-15): Somali

Waxaan jecelahay inaan ku weydiinno sida waxyalaha soo socdaa midkasta oo ka mid ahi kuu dhibeyso. Waad ka boodi kartaa su'aal haddii aad u aragtid inay ku dhibeyso ama si gooni ah kuu taabaneyso. Fadlan goobo geli jawaabta ugu haboon ee ka turjumeysa sida dhibku adiga kuu taabanayo. Larnbarada iyo jawaabahu waa:

Jawaab: 1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

**Dhibka darreemeyaasha madaxa**

1. Dareen welwel (gariir) gudaha (uurkaaga) ah
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

2. Dareen walaac ama gariir jidhka ah
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

3. Dareemid sidii adigoon heleyn hawo kugu fiilan ood ku neefsato
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

**Dhibka xididada dareenka**

4. Dareen murugo had iyo jeer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

5. Dareen dulqaad yari, tuhun ka xanaaqid wax aan horay ku dhibi jirin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

6. Dareen dansan, sidii iyadoon wax hammi ah oo dambe kugu harin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

7. Awood darri aanad sameyn karin hawsha caadiga ah ee malintii
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

8. Dareemid jaahwareer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

9. Dareemid inaadan qiimo laheyn
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba
10. Wax lumis in ka badan caadiga
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

11. Iloobid wax aad bilowday
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

12. Adigoon awoodi karin inaad wax akhiridid, T .V daawatid, ama raadiyaha
dhageysatid sababtoo ah maskaxaada oo maqan ama toos u fariisan karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

13. Lahaansho afkaar iyo xusuus oo aanad waxba ka qaban karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

14. Dareenkaaga mustaqbalka soo socda oo aad u hooseeya
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

15. Waxyaalihii aan horay ii dhibi jirin oo hadda I dhiba.
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Qiimeyn guud
16. Isbarbardhig Somalida kula da'da ah, sideed ku qiimeyn laheyd
caaftaadaaaga
   1.aad uga fiican 2.ca fiican 3.isku mid 4.ca liita 5.aad uga liita
Su'aalaha soo socda, goobaabin geli jawaabta ugu wanaagsan ee tilmaameysa sida
dareenkaagu yahay

17. Guud ahaan, sideed caaftaadaaaga ku qiimeyn kartaa 4tii asbuuc ee tagtay
   • Aad iyo aad u wanaagsan
   • Wanaagsan
   • Iska fiican
   • Ma xuma
   • Xun
   • Aad u liita

18. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caaftaadaaaga
jihku kaa xadiday awoodada aad wax ku qabsan lahayd (sida socodka ama
ejran-jarada fuulideeda)?
   • Waxbana .
   • Wax yar
   • Wax aan sidaas u badneyn .
   • Wax badan
   • Wax dhaqadhaqaaq jirka ah ma sameyn Karin
Hadda, waxaa noo haray su'aalo yar oo gunaanad ah:

19. Ma nin ayaad tahay mise haweeney? Calaamadi Rag_______ Dumar_______

20. Meeqa ayaad jidhaa? Fadlan qor tiro ahaan inta sanno ood jidho:_______

21. Meeqa ayaad ku nooleyd Columbus? ________

22. Meeqa ayaad ku nooleyd Mareykanka?__________

23. Xaasle miyaad tahay? Haah _______ Maya ________

24. Haddii aad xaasle tahay, imisa caruur ah ayaad leedahay?__________

25. Ma leeday qaraabo aan aheyn reerkaaga iyo caruurtada oo degan Columbus ood ugu yaraan aragtid asbuucii? Haah _______ Maya ________

26. Maku leedahay saaxiib Columbus kaas ood aragtid asbuucii mar?
   Haah _______ Maya ________

27. Ma shaqeysaa? Haah _______ Maya ________

Reference


*ODMH 3/06*
Somali Psychological Distress Scale (SPDS-11): English

We would like to ask you how often each of the following bother you. You may skip a question if you find it too sensitive or personal. Please circle the response that best represents how often the problem bothers you. The number and responses are:

Response: 1= all the time  2= frequently  3= occasionally  4= seldom  5= never

**Problems with your nerves**

1. Feeling shakiness inside
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

**Problems with your mood**

2. Feeling sad all the time
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

3. Feeling irritable, feeling angry about things that did not bother you before
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

4. Not having the will to do simple daily tasks
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

5. Feeling confused
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

6. Feeling worthless
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

**Problems with the way you are thinking and behaving**

7. Forgetting things you start
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

8. Not being able to read, watch TV, or listen to the radio because you cannot pay attention or sit still
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

9. Having thoughts or memories that you cannot control
   1= all the time  2= frequently  3= occasionally  4= seldom  5= never

10. Feeling poorly about the future
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

11. Being bothered by things that usually don’t bother you
    1= all the time  2= frequently  3= occasionally  4= seldom  5= never

**General Assessment**

12. Compared to other Somalis your age, how would you rate your health?

| Much Better | Better | About the same | Worse | Much worse |
13. Overall, how would you rate your health in the past 4 weeks

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
</table>

14. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)

<table>
<thead>
<tr>
<th>Not at all</th>
<th>Very little</th>
<th>Somewhat</th>
<th>Quite a lot</th>
<th>Could not do physical activities</th>
</tr>
</thead>
</table>

Now, we have just a few final questions.

15. Are you a male or female? Male_____ Female_____

16. How old are you? Please write the number of years of age you are: __________

17. How long have you lived in Columbus? _______

18. How long have you lived in the United States? __________

19. Are you married? Yes_____ No_____

20. If married, how many children do you have: _______

21. Do you have relatives other than spouse and children in Columbus that you see at least once a week? Yes_______ No_____

22. Do you have friends in Columbus that you see at least once a week? Yes____ No_____

23. Are you employed? Yes____ No_____

Schwirian, K.P. & Schwirian, P.M., The Ohio State University.
Research funded by Ohio Department of Mental Health, Office of Program Evaluation & Research Grants 03.1187 & 04.1187
Somali Psychological Distress Scale (SPDS-11): Somali

Waxaan jecelahay inaan ku weydiinno sida ay waxyaalaha soo socdaa midkasta oo ka mid ahi kuu dhibeyso. Waad ka boodi kartaa su'aal haddii aad u aragtid inay ku dhibeyso ama si gooni ah kuu taabaneyso. Fadlan goobo geli jawaabta ugu haboon ee ka turjumeysa sida dhibku adiga kuu taabanayo. Lambarada iyo jawaabahu waa:

Jawaab: 1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Dhibka darreemeyasha madaxa

1. Dareen welwel (garir) gudaha (uurkaaga) ah
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Dhibka xididada dareenka

2. Dareen murugo had iyo jeer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

3. Dareen dulqaad yari, tuhun ka xanaaqid wax aan horay ku dhibi jirin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

4. Awood darri aanad sameyn karin hawsha caadiga ah ee malintii
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

5. Dareemid jaahwareer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

6. Dareemid inaadan qiimo laheyn
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Dhibaata dagaabka aad u faqareysid ama u dhaqmeysid

7. I1oobid wax aad bilowday
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

8. Adigoon awoodi karin inaad wax akhridend, T .V daawatid, ama raadiyaha dhageysatid sababtoo ah maskaxaada oo maqan ama toos u fariisan karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

9. Lahaansho afkaar iyo xusuus oo aanad waxba ka qaban karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

10. Dareenkaaga mustaqbalka soo socda oo aad u hooseeya
    1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba
11. Waxyaalihii aan horay ii dhibi jirin oo hadda I dhiba.
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Qiimeyn guud
12. Isbarbardhig Somalida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga
   1.aad uga fiican 2.ka fiican 3.isku mid 4.ka 1iita 5.aad uga 1iita

Su'aalaha soo socda, goobaabin geli jawaabta ugu wanaagsan ee tilmaameysa sida dareenkaagu yahay

13. Guud ahaan, sideed caafimaadkaaga ku qiimeyn kartaa 4tii asbuuc ee tagtay
   • Aad iyo aad u wanaagsan
   • Wanaagsan
   • Iska fiican
   • Ma xuma
   • Xun
   • Aad u 1iita

14. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga jidhku kaa xadiday awoodada aad wax ku qabsan lahayd (sida socodka ama jaran-jarada fuulideeda)?
   • Waxbana .
   • Wax yar
   • Wax aan sidaas u badneyn .
   • Wax badan
   • Wax dhaqdhaqaq jirka ah ma sameyn Karin

Hadda, waxaa noo haray su'aalo yar oo gunaanad ah:

15. Ma nin ayaad tahay mise haweeney? Calaamadi Rag_______ Dumar_______

16. Meeqa ayaad jidhaa? Fadlan qor tiro ahaan inta sanno ood jidho:_______

17. Meeqa ayaad ku nooleyd Columbus? _______

18. Meeqa ayaad ku nooleyd Mareykanka?_______

19. Xaasle miyaad tahay? Haah _______ Maya _______

20. Haddii aad xaasle tahay, imisa caruur ah ayaad leedahay?_______

21. Ma leeday qaraabo aan aheyn reerkaaga iyo caruurtaada oo degan Columbus ood ugu yaraan aragtid asbuucii? Haah _______ Maya _______
22. Maku leedahay saaxiib Columbus kaas ood aragtid asbuucii mar? 
Haah _____ Maya _______

23. Ma shaqeysa? Haah ______ Maya _______

Reference

*ODMH 3/06*
Somali Psychological Distress Scale (SPDS-5): English

We would like to ask you how often each of the following bother you. You may skip a question if you find it too sensitive or personal. Please circle the response that best represents how often the problem bothers you. The number and responses are:

Response: 1= all the time  2= frequently  3= occasionally  4= seldom 5= never

1. Feeling shakiness inside
   1= all the time  2= frequently  3= occasionally  4= seldom 5= never

2. Feeling confused
   1= all the time  2= frequently  3= occasionally  4= seldom 5= never

3. Not being able to read, watch TV, or listen to the radio because you cannot pay attention or sit still
   1= all the time  2= frequently  3= occasionally  4= seldom 5= never

4. Having thoughts or memories that you cannot control
   1= all the time  2= frequently  3= occasionally  4= seldom 5= never

5. Being bothered by things that usually don’t bother you
   1= all the time  2= frequently  3= occasionally  4= seldom 5= never

General Assessment

6. Compared to other Somalis your age, how would you rate your health?
   Much Better About the same Worse Much worse

7. Overall, how would you rate you health in the past 4 weeks
   Excellent Very Good Good Fair Poor

8. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)
   Not at all Very little Somewhat Quite a lot Could not do physical activities

Now, we have just a few final questions.

9. Are you a male or female? Male_____ Female_____

10. How old are you? Please write the number of years of age you are: __________

11. How long have you lived in Columbus? _______

12. How long have you lived in the United States? __________

13. Are you married? Yes_____ No_______

14. If married, how many children do you have: _______
15. Do you have relatives other than spouse and children in Columbus that you see at least once a week? Yes_______  No_______

16. Do you have friends in Columbus that you see at least once a week? Yes____  No _____

17. Are you employed? Yes ____  No ______

Schwirian, K.P. & Schwirian, P.M., The Ohio State University.
Research funded by Ohio Department of Mental Health, Office of Program Evaluation & Research Grants 03.1187 & 04.1187
Somali Psychological Distress Scale (SPDS-5): Somali

Waxaan jecelahay inaan ku weydiinno sida waxyaalaha soo socdaa midkasta oo ka mid ahi kuu dhibeyso. Waad ka boodi kartaa su'aal haddii aad u aragtid inay ku dhibeyso ama si gooni ah kuu taabaneyso. Fadlan goobo geli jawaabta ugu haboon ee ka turjumeysa sida dhibku adiga kuu taabanayo. Lambarada iyo jawaabahu waa:

Jawaab: 1 =mar kasta 2=inta badan 3=mar-mar 4=dhif 5=marnaba

1. Dareen welwel (gariir) gudaha (uurkaaga) ah
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

2. Dareemid jaahwareer
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

3. Adigoon awoodi karin inaad wax akhridtid, T.V daawatid, ama raadiyaha dhageysatid sababtoo ah maskaxaada oo maqan ama toos u fariisan karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

4. Lahaansho afkaar iyo xusuus oo aanad waxba ka qaban karin
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

5. Waxyaalihii aan horay ii dhibi jirin oo hadda l dhiba.
   1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

Qiimeyn guud

6. Isbarbardhig Somalida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga
   1.aad uga fiican 2.ka fiican 3.isku mid 4.ka 1iita 5.aad uga 1iita

Su'aalaha soo socda, goobaabin geli jawaabta ugu wanaagsan ee tilmaameysa sida dareenkaagu yahay

7. Guud ahaan, sideed caafimaadkaaga ku qiimeyn kartaa 4tii asbuuc ee tagtay
   • Aad iyo aad u wanaagsan
   • Wanaagsan
   • Iska fiican
   • Ma xuma
   • Xun
   • Aad u 1iita
8. 4tti asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga
jidhku kaa xadidaysiwoodaada aad wax ku qabsan lahayd (sida socodka ama
jaran-jarada fuulideeda)?
  • Waxbana.
  • Wax yar
  • Wax aan sidaas u badneyn.
  • Wax badan
  • Wax dhaqdhaqaaq jirka ah ma sameyn Karin

Hadda, waxaa noo haray su'aalo yar oo gunaanad ah:

9. Ma nin ayaad tahay mise haweeney? Calaamadi Rag________ Dumar_______

10. Meeqa ayaad jidhaa? Fadlan qor tiro ahaan inta sanno ood jidho:_______

11. Meeqa ayaad ku nooleyd Columbus? _______

12. Meeqa ayaad ku nooleyd Mareykanka?________

13. Xaasle miyaad tahay? Haah _______ Maya ______

14. Haddii aad xaasle tahay, imisa caruur ah ayaad leedahay?_______

15. Ma leeday qaraabo aan aheyn reerkaaga iyo caruurtada oo degan Columbus
    ood ugu yaraan aragtid asbuucii? Haah _______ Maya ______

16. Maku leedahay saaxiib Columbus kaas ood aragtid asbuucii mar?
    Haah _______ Maya ______

17. Ma shaqeyesaa? Haah _______ Maya ______

Reference


ODMH 3/06