

Hopkins Symptom Checklist-25 - Tigrigna Version (HSCL-T)

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እዘም ኣብ ታሕቲ ተዘርዚሮም ዘለው ምልክታት ወይ ጸገማት ኣብ ሰባት ዝረአዩ እዩም። ብኸብረትካ/ኪ ነዞም ዝስዕቡ ብጥንቃቄ ኣንቢብካ/ኪ ክሳዕ ክንደይ እዚ ምልክታት የሸግረካ/ኪ ወይ የጨንቐካ/ኪ ክብ ዝሓለፈ እዋን ጀሚሩ ክሰብ እዚ ግዜ'ዚ፡ ምልክት ግበረሉ ኣብዚ ዝስዕብ ዓምዲ፡-

Listed below are some symptoms or problems that people sometimes have. Please read each one carefully and decide how much the symptoms bothered or distressed you in the last week, including today. Place a check in the appropriate column.

1ይ ክፋል					
Part I					
	ናይ ጨንቐት ምልክታት Anxiety Symptoms	በፍጹም Not at all	አዝዩቁሩብ A little	ቁሩብ Quite a bit	አዝዩ ብዙሕ/ ብዙይ መጠን Extremely
1	ብዘይ ምኽንያት ሃንደበታዊ ፍርሒ ይስምዓካ/ኪ Suddenly scared for no reason	1	2	3	4
2	ብርቱዕ ፍርሒ ይመልኣካ/ኪ Feeling fearful	1	2	3	4
3	ውነኽ ትስኢት፡ጽርውርው የብለካ ወይ ውን ድኻም ይስምዓካ/ኪ Faintness, dizziness, or weakness	1	2	3	4
4	ቁጡዕነት ወይ'ውን ብውሽጥኽ ዝሓቕን ነገር ይስምዓካ/ኪ Nervousness or shakiness inside	1	2	3	4
5	ትርግታ ልብኽ ቕልጡፍ ይኸውን Heart pounding or racing	1	2	3	4
6	የንፈጥፍጠካ Trembling	1	2	3	4
7	ዓቕልኽ ይጸበካ ርብሽ፡ርብሽ ትብል Feeling tense or keyed up	1	2	3	4
8	ርእስኽ/ኺ የሕመካ Headaches	1	2	3	4
9	ብርቱዕ ራዕዲ ወይ ፍርሒ ይስምዓካ/ኪ Spells of terror or panic	1	2	3	4
10	ዘይቕሱን ስምዒት፡ ኣብ ሓይ ኮፍ ክትብል ኣይትኸእልን Feeling restless, can't sit still	1	2	3	4
2ይ ክፋል ቃዝኖት					
Part II- Depression					
11	ትሑት ዓቕሚ ዘሎካ ከይኑ ይስምዓካ/ኪ Feeling low energy, slowed down	1	2	3	4
12	ብነገራት ነብስኽ ትውቕስ Blaming yourself for things	1	2	3	4
13	ብቕሊሉ ትነብዕ/ትበኪ Crying easily	1	2	3	4
14	ትሑት ጸታዊ ስምዒት/ ድልዩት/ ዕግበት Loss of sexual interest or pleasure	1	2	3	4
15	ናይ መግቢ ሸውሃትካ/ኪ ዕጹው Poor appetite	1	2	3	4
16	ድቓስ ይኣብዩካ፡ ድንዙዝ/ ዘይንቕሕ ትኸውን Difficulty falling asleep, staying asleep	1	2	3	4

17	ብዛዕባ መጻኢኹ/኿ ተስፋ ትቐርጽ Feeling hopeless about the future	1	2	3	4
18	ጉሁይ/ትኩዝ ስምዒት ይስመዓካ/ኪ Feeling blue	1	2	3	4
19	ባሕታውነት ይስምዓካ Feeling lonely	1	2	3	4
20	ነፍስኻ ኣጥፍእ ዝብል ሓሳብ ኣብ ኣእምሮኻ እንዳ መጻ የሽግረካ Thoughts of ending your life	1	2	3	4
21	ዝተታለልካ ኮይኑ ይስምዓካ Feeling of being trapped or caught	1	2	3	4
22	ብዛዕባ ዝኾነ ነገር ሸቀልቐል ትብል Worrying too much about things	1	2	3	4
23	ብዛዕባ ዝኾነ ነገር ግዲ/ተገዳስነት የብልካ/ኪ? Feeling no interest in things	1	2	3	4
24	ዝኾነ ነገር ጻዕሪ ወይ ጻዓት ዘድልዩ ኮይኑ ይስምዓካ Feeling everything is an effort	1	2	3	4
25	ዘይትረብሕ ወይ ዘይትጠቕም ኮይኑ ይስምዓካ Feeling of worthlessness	1	2	3	4

Reliability and Validity

The translated Tigrigna version of the HSCL-T has been tested for its psychometric properties in a sample of Eritrean refugees ($N = 322$) with significant traumatic experiences. The total HSCL as well as anxiety and depression subscales showed high internal consistency of .92, .89, .87, respectively. In addition, it showed good discriminant validity ($r = .69$) with PTSD Symptom Checklist-DSM-5. Based on different refugee sample, 1.75 cutoff points have been recommended as a criterion based on different diagnostic interviews to tentatively diagnose anxiety and depression disorder among refugees.

Citation

Tekie, Y.T. Factor structure and psychometric properties of the Posttraumatic Stress Disorder Checklist: A study among Eritrean refugees. *Unpublished manuscript*