

**MA'AUNIN CIWON BAKIN CIKI, FARGABA DA DAMUWA
(DEPRESSION ANXIETY STRESS SCALE)**

SUNA: _____

KWANAN WATA: _____

Ana bukatar da karanta kowane bayani sannan kuma ka kewaye lamba daya tak daga cikin wandannan jerin amsoshin 0 ko 1 ko 2 ko 3 da suka dace da kai daidai fahimtarka cikin sata da ya wuce.

Babu wata amsa da ta ke ba dai-dai ba. Kar a bata lokaci a kan tambaya daya.

Ga ma'aunin amsoshin kamar haka

0= Sam bai shafe ni ba – Sam (SM)

1= Ya shafe ni kadan – Jefa-jefa (JJ)

2= Ya shafe ni sosai – Akai-akai (AA)

3= Ya mutakar shafe ni kwarai – Koda yausha (KY)

		SM	JJ	AA	KY	BC	F	D
1	Nakan sha wuya wajen kwantar da hankali na	0	1	2	3			
2	Ina sane da bushewar bakina	0	1	2	3			
3	Ba na jin zan iya samun annushuwa (jindadi) ko kadan	0	1	2	3			
4	Nakan sami wahalar numfashi (kamar numfasawa da sauri ko yankewar numfashi ba tare da nayi wani aikin karfi ba)	0	1	2	3			
5	Nakan sha wuya wajen fara aiwatar da wasu ayyuka	0	1	2	3			
6	Nakan yi azarbabi (sauri-sauri) a wasu yanaye-yanaye	0	1	2	3			
7	Nakan yi karkarwa (misali, a hannaye na)	0	1	2	3			
8	Nakan ji ina yin garaje sosai	0	1	2	3			
9	Ina damuwa da wasu yanaye-yanaye da zasu iya bani tsoro kuma su jawo min raini	0	1	2	3			
10	Nakan ji bani da wata mafita	0	1	2	3			
11	Nakan sami kaina cikin firgici	0	1	2	3			
12	Nakan kasa natsuwa	0	1	2	3			
13	Nakan samu damuwa da karayar zuciya	0	1	2	3			
14	Ina da rashin juriya kan duk wani abu da zai hana ni cigaba da abin da nake yi	0	1	2	3			
15	Nakan ji kamar zan gigita	0	1	2	3			
16	Ba na samun sha'awar komai	0	1	2	3			

17	Nakan ji bani da daraja, a matsayina na						
18	Nakan ji ina cikin harzuka (hasala)	0	1	2	3		
19	Ina jin bugun zuciyata ko da kuwa babu wani aikin karfi da nayi (kamar yanayin karuwar bugun zuciya da tsayawar bugun zuciya)	0	1	2	3		
20	Nakan tsorata ba tare da wani dalili ba	0	1	2	3		
21	Nakan ji rayuwa bata da amfani	0	1	2	3		

JIMILLA

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Translated with permission, from the original English version developed by Lovibond and Lovibond (1995) Lovibond SH, Lovibond PF. Manual for the Depression Anxiety Stress Scale. Sydney. 2nd Ed. The Psychological Foundation of Australia, 1995.