

**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 21<sup>st</sup> 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.

## SPDS Summary Statistics

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

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

\* Statistically significant beyond .001

### Quartile Values for Four Versions of the SPDS, Sample 1

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

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

Schwirian, K. & Schwirian, P. (2006). *Measuring Psychological Distress in Somali Refugees: Final Report*. Columbus, OH: Ohio Department of Mental Health, Office of Program Evaluation & Research.

## 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          Better          About the same          Worse          Much worse

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

Excellent          Very Good          Good          Fair          Poor

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  
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## **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:

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

### **Dhibaataada hurdada**

1. lima suuro gasho inaan habeenkii seexo.  
1 =mar kasta 2=inta badan 3=mar-mar 4=dhif 5=marnaba
2. lima suuro gasho inaan seexo 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 riyoooyin xun xun iyo qarow  
1 =mar kasta 2=inta badan 3=mar-mar 4=dhif 5=marnaba
5. Waxaan doon doonaa inaan seexo mar kasta  
1 =mar kasta 2=inta badan 3=mar-mar 4=dhif 5=marnaba

### **Dhibka darreemeyasha madaxa**

6. Dareen welwel (gariir) 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 adigoo heleyn hawo kugu fiilan 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

### **Dhibka 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 ka1igaa 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 lahaayeen  
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 inaad qiiimo laheyn  
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba
- Dhibaatada qaabka aad u fakareysid ama u dhaqmeysid**
23. Lahaansho ilowsho badan oo aan caadi aheyn  
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. Iloobid 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 inaad garan karin ama xasuusan karin wixii aad sameyneysay  
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 SomaLida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga

. 1.aad uga fiican 2.ka fiican 3.isku mid 4.ka liita 5.aad uga liita

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 liita

38. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga jidhku kaa xadiday awoodaada 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:**

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**

Schwirian, K. & Schwirian, P. (2006). *Measuring Psychological Distress in Somali Refugees: Final Report*. Columbus, OH: Ohio Department of Mental Health, Office of Program Evaluation & Research.

*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
9. Feeling worthless  
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?

Much Better          Better          About the same          Worse          Much worse

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

Excellent          Very Good          Good          Fair          Poor

18. 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.

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 \_\_\_\_\_

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## **Somali Psychological Distress Scale (SPDS-15): 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:

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

### **Dhibaatada qaabka aad u fakareysid ama u dhaqmeysid**

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 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
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 caafimaadkaaga  
. 1.aad uga fiican 2.ka fiican 3.isku mid 4.ka liita 5.aad uga liita

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

17. Guud ahaan, sideed caafimaadkaaga 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 caafimaadkaaga jidhku kaa xadiday awoodaada 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:**

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 caruurtaada 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**

Schwirian, K. & Schwirian, P. (2006). *Measuring Psychological Distress in Somali Refugees: Final Report*. Columbus, OH: Ohio Department of Mental Health, Office of Program Evaluation & Research.

*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 you health in the past 4 weeks

Excellent      Very Good      Good      Fair      Poor

14. 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.

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. 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

### **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

### **Dhibaataada qaabka aad u fakareysid ama u dhaqmeysid**

7. Iloobid wax aad bilowday  
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba
8. 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
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 SomaIida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga  
. 1.aad uga fiican 2.ka fiican 3.isku mid 4.ka liita 5.aad uga liita

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 liita

14. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga jidhku kaa xadiday awoodaada 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:

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 shaqeysaa? Haah \_\_\_\_\_ Maya \_\_\_\_\_

#### Reference

Schwirian, K. & Schwirian, P. (2006). *Measuring Psychological Distress in Somali Refugees: Final Report*. Columbus, OH: Ohio Department of Mental Health, Office of Program Evaluation & Research.

*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          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 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:

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 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
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 I dhiba.  
1 =mar kasta 2=inta badan 3=mar mar 4=dhif 5=marnaba

### **Qiimeyn guud**

6. Isbarbardhig SomaIida kula da'da ah, sideed ku qiimeyn laheyd caafimaadkaaga

. 1.aad uga fiican 2.ka fiican 3.isku mid 4.ka liita 5.aad uga liita

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 liita

8. 4tii asbuuc eela soo dhaafay, intee in le'eg ayaa dhibaato caafimaadkaaga jidhku kaa xadiday awoodaada 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 caruurtaada oo degan Columbus ood ugu yaraan aragtid asbuucii? Haah \_\_\_\_\_\_Maya \_\_\_\_\_

16. Maku leedahay saaxiib Columbus kaas ood aragtid asbuucii mar?  
Haah \_\_\_\_\_ Maya \_\_\_\_\_

17. Ma shaqeysaa? Haah \_\_\_\_\_ Maya \_\_\_\_\_

**Reference**

Schwirian, K. & Schwirian, P. (2006). *Measuring Psychological Distress in Somali Refugees: Final Report*. Columbus, OH: Ohio Department of Mental Health, Office of Program Evaluation & Research.

