

**Edinburgh Postnatal Depression Scale  
Translation – Somali**

Heerka Cabiraadda Isku buuqa Dhalamada ka dib

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Haddii aad uur leedahay: Inta todobaad ee aad uurka leedahay: \_\_\_\_\_

Haddii aad dhashay: Inta todobaad ee ka soo wareegtay dhalamada ka dib: \_\_\_\_\_

Ma ilmo ayaad dhalaysaa (ama dhawaanta ayaad ilmo dhashay), waxaanu jeclaan lahayn in aanu ogaano sida aad dareemeyso. Fadlan calaamadee jawaabta ugu dhow sidii aad dareentay 7dii cisho ee la soo dhaafay ma aha sida aad maanta dareemeyso. Tusaalaha hoos ku qoran, calaamadda “X” waxa ay u taagan tahay waxa aan dareemay waqtigiisa badan farxad todobaadkii la soo dhafay.”

Tusaale: Waxaan dareemayey farxad:

- Haa, mar kasta  
 Haa, inta badan  
 Maya, inta badan ma dareemeyn farax  
 Maya, farax marnaba ma dareemeyn

Fadlan u dhamaystir su'aalahan soo socda sida kuwa kor xusan oo kale.

**7 dii maalmood ee la soo dhaafay gudahooda:**

1. Waan qosli karay oo waxyaalaha dhinaca maaweelada ayaan ka arkayey  
 Sidii aan waligayba uga arki jiray  
 Hadda sidii hore aad uma aha  
 Shaki la'aan hadda sidii hore aad uma aha  
 Habo yaraatee sidii hore ma aha
2. Waxaan si rajo fiican leh u sugayey inaan waxyaalaha ku raaxeysto  
 Sidii aan waligayba ugu sugi jirey  
 In sidii hore xoogaa ka yar  
 Shaki la'aan si sidii hore ka yar  
 Habo yaraatee sidii hore ma ahan
3. Si aan loo baahneyn ayaan naftayda isugu eedeynayey marka ay waxyaalo khaldamaan  
 Haa, inta badan  
 Haa, mararka qaar  
 Maya inta badan  
 Maya, marnaba maya

4. Waan iska walaacsanaa iyadoo wax sabab ah oo weyn aysan jirin
- \_\_\_ Maya, haba yaraatee ma jirto  
 \_\_\_ Si dirqi ah oo aad u yar  
 \_\_\_ Haa, marmar  
 \_\_\_ Haa, inta badan
5. Waxaan dareemayey cabsi iyo argagax iyadoo aan sabab weyn jirin
- \_\_\_ Haa, in aad u badan  
 \_\_\_ Haa, marmar  
 \_\_\_ Maya, in badan ma aha  
 \_\_\_ Maya, marnaba maya
6. Hawlahu ama waxyaalahu waa iga adkaanayeen
- \_\_\_ Haa, inta badan hawlaha ama arrimaha waan la qabsan waayey ama waan maamuli waayey gebi ahaanteedba  
 \_\_\_ Haa, mararka qaarkood hawlaha ama arrimaha waan la qabsan waayey ama waan u maamuli waayey sidii caadiga ii ahayd  
 \_\_\_ Maya, Inta badan si fiican ayaan ula qabsaday una maamulay  
 \_\_\_ Maya, waxaan ula qabsaday una maamulayey sidii aan waligay ahaa
7. Aad baan u farxad xumaa oo sidaa darteed seexashadu waa igu xumayd
- \_\_\_ Haa, wakhtiga intiisa badan  
 \_\_\_ Haa, mararka qaar  
 \_\_\_ Inta badan sidaa ma ahan  
 \_\_\_ Maya, haba yaraatee
8. Waxaan dareemayey murugaysnaan
- \_\_\_ Haa, wakhtiga intiisa badan  
 \_\_\_ Haa, marar badan  
 \_\_\_ Inta badan sidaa ma ahan  
 \_\_\_ Maya, haba yaraatee
9. Aad baan u farxad xumaa sidaa darteed waan ooyayey
- \_\_\_ Haa, wakhtiga intiisa badan  
 \_\_\_ Haa, marar badan  
 \_\_\_ Mararka qaar oo kaliya  
 \_\_\_ Maya, marnaba maya
10. Fakar ah inaan naftayda waxyeelo ayaa igu soo dhacayey
- \_\_\_ Haa, in badan  
 \_\_\_ Marmar  
 \_\_\_ Si dirqi ah oo aad u yar  
 \_\_\_ Marnaba maya

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