Sibulela kakhulu ngentsebenziswano yakho

*(Many thanks for your participation)*

1. Yenza uphawu lomnqamlezo kwindawo emiselweyo apha ngasezantsi ubonise indlela oziva ngayo ngoku:

*(Please make a cross on the scale below to indicate how anxious you feel right now:)*



Unayo indawana enexhala ndiyakucingela

*(Most anxious I can imagine)*

Akunaxhala konke konke

*(Not anxious at all)*

Inkcazelo:

(Explanation:)

Xa liphezulu inani oko kubonisa ukuba unexhala kakhulu

(The higher the number the more anxiety you have)

Ukuba akunaxhala beka ungxabalaza ku 0

(If you have no anxiety put a cross at 0)

Ukuba akunaxhala kangako beka ungxabalaza phakathi ko 1 no 4

(If you have mild anxiety then put your cross between 1 and 4)

Ukuba unexhala noko beka ungxabalaza ku 5

(If you have moderate anxiety put your cross at 5)

Ukuba unexhala kakhulu beka ungxabalaza phakathi ko 6 no 9

(If you have a lot of anxiety then put your cross between 6 and 9)

Ukuba uziva unexhala ngendlela ongazange wanexhala ngayo beka ungxabalaza ku 10

(If this is the most anxious you have ever felt then put a cross at 10)