

Life Events Questionnaire (MLEQ)

Subject ID _____

I am going to ask you some questions about traumatic or stressful events people sometimes experience. These questions are related to events that you might have experienced, witnessed, or been confronted with (ie. someone told you that the event happened). Please tell me if the events have ever happened to you. If so, when was the most recent time?

Ndikufunsani mafunso okhudzana kuvulazidwa kapena nkhawa zomwe anthu nthawi zina amakumana nazo. Mafunsowa atha kufanana ndi nyengo zomwe munakumana nazo, Munazona zikuchitika kwa ena (Mwa chitsanzo wina anakuuzani kuti zinachitikapo). Chonde ndiuzeni ngati zinachitikapo kwa inuyo. Ngati ndi choncho, Zinachitika liti komaliza?

1. A serious illness or injury?

Munadwalika kwambiri kapena kuvulala?

- ☐ Yes Eya
☐ No Ayi
☐ Don't know Sindikudziwa

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

2. Being the victim of a serious physical attack or assault?

Munapangidwa nkhanza kapena kuvulazidwa mwa mtundu uli wonse?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

3. Being robbed or having your home burglarized?

Munapangidwa chiwembu kapena kuthyoledwa m'nyumba?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

4. Something valuable being stolen or lost?

Munasowa kanthu kapena kuberedwa?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

5. The death of anyone close to you?

Kutaya wachibale wanu ali yense woyandikana naye?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

6. A separation from your spouse or partner because of marital difficulties?

Kusiyana banja kamba ka zovuta za m'banja?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

7. The break up of any other close relationship?

Kusokonekera kwa ubale uli wonse?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

8. Being fired from your job?

Munachotsedwapo pa ntchito?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

9. Retiring from a job when you did not want to?

Munakakamizidwa kupuma pa ntchito ngakhale sanakonzekere?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

10. Losing your job for some other reason?

Kuchotsedwa ntchito kamba ka zifukwa zina?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

11. Unsuccessfully searching for a new job for more than one month?

Kusowa kwa mwai wa ntchito mutaisaka koposera mwezi umozi?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

12. Been in a major financial crisis?

Kodi muli pa mavuto akulu okhudza za chuma?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

13. Problems with the police?

Munamangidwapo kapena kumenyedwa ndi a police?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

14. Did someone very close to you have a serious illness, injury, physical attack or assault?

Kodi alipo yemwe mumamudziwa anapangidwa chiwembu, nkhaa, kunzunzidwa kapena kuvulazidwa komanso kudwalika?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

15. Had serious ongoing disagreements or problems getting along with any family members or relatives?

Kodi munakanganapo ndi wachibale wanu pa miyezi khumi ndi iwiri yapitayi?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

16. Had serious ongoing disagreements or problems getting along with any close friend?

Kodi munakanganapo ndi m'nzanu pa miyezi khumi ndi iwiri yapitayi?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

17. Had serious ongoing disagreements or problems getting along with anyone at work?

Kodi munakanganapo ndi wina aliyense ku ntchito pa miyezi khumi ndi iwiri yapitayi?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

18. Serious problems at work?

Kukhala ndi mavuto akulu ku ntchito?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

19. A natural disaster (such as a flood, hurricane, tornado, earthquake)?

Kukumana ndi ngozi za chilengedwe monga kusefukira kwa madzi, mphepo ya mkuntho ndi kutembenezika kwa nthaka?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

20. Chronic health problems or a life-threatening illness

Kukhala munyengo yowawitsa kamba kamatenda amgonagona?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

21. Have you ever been in military combat or in military service in a war zone?

Munayamba mwakhala munyengo ya nkondo ndi asilikari?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

22. Living in a neighbourhood that you felt was unsafe?

Munakhalapo kudera koti mumaona kuti simuli otetezedwa?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

23. Murder of a close friend or relative?

Kuphedwa kwa wachibale kapena mnzanu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

24. Unexpected loss of a confidant/loved one?

Kusowa kwa chikondi kwa okondedwa anu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

25. Has your child(ren) had a life threatening injury or illness?

Kodi mwana kapena ana anu anadwalika kapena kuvulala kwambiri?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

26. Abandonment by a partner, or divorce?

Kodi munasiyidwa kapena kusiyana ndi okondedwa anu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

27. Have you been attacked with a gun, knife, or other weapon by a spouse, romantic partner/boyfriend or girlfriend?

Kodi munapangidwapo chiwembu kapena chifwamba ndi wachikondi / chibwenzi chanu pogwiritsa ntchito mfuti, mpeni kapena chida china?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

28. Have you been attacked without a weapon by a spouse, romantic partner/boyfriend or girlfriend?

Kodi munapangidwapo chiwembu kapena chifwamba ndi wachikondi / chibwenzi chanu posagwiritsa ntchito chida chili chonse?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

29. Have you been attacked with a gun, knife, or other weapon by someone other than a spouse, romantic partner/boyfriend or girlfriend?

Kodi munapangidwapo chiwembu kapena chifwamba ndi munthu wina osati wachikondi wanu pogwiritsa ntchito mfuti, mpeni kapena chida chili chonse?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

30. Have you been attacked without a weapon by someone other than a spouse, romantic partner/boyfriend or girlfriend?

Kodi munapangidwapo chiwembu kapena chifwamba ndi munthu wina osati wachikondi wanu posagwiritsa ntchito chida chili chonse?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

31. Have you been sexually assaulted (eg. rape, other sexual assault)?

Kodi munachitidwapo nkhanza monga kugwiliridwa?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

32. Have you been stalked (ie. repeatedly followed and harassed by another person)?

Kodi munatukwanidwapo kapena kutonzedwa ndi munthu wina?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

33. An unplanned or unwanted pregnancy?

Kutenga mimba yosakonzekera?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

34. Caring for or raising children other than your own because their parents were not able to care for them?

Kodi munalelapo ana oti sianu chifukwa chakuti makolo awo analephera kuwasamalira?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

35. Your own child(ren) raised by others because you were not able to care for them?

Kodi ana anu analeredwapo ndi anthu ena chifukwa chakuti munalephera kuwasamalira?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

36. Job loss of a person that your household depended on for financial assistance?

Kodi amene mumamudalira zokhudza chuma pa banja panu anachotsedwa ntchito?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

37. Failure or bankruptcy of a family business?

Mulibe ndalama yopangira bisinezi pa banja lanu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

38. Having inadequate financial resources to support or obtain food for your family?

Muli ndi vuto losowa ndalama zokwanira zogulira zakudya za pabanja lanu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

39. Being homeless; living in a shelter or on the streets

Muli ndi vuto losowa nyumba ndipo mumakhala mumsasa kapena mumapezeka mpepete mwa misewu?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

40. Being homeless with temporary or unplanned housing (eg. living with friends or family)?

Mulibe malo okhala ndipo mumakhala ndi anzanu kapena apa banja lanu mongoyembekezera pa nyumba ina?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

41. Being evicted from your home; or losing your home/land?

Munachotsedwapo m'nyumba yanu kapena munalandidwapo malo anu?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

42. Has your child/spouse/significant other/other family member been in prison/jail?

Mwana wanu, wa chikondi wanu kapena wina ali yense yemwe ndi ofunika kwa inu anamangidwapo kapena kukhala mundende?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

43. Have you witnessed a family member or friend being attacked with a gun, knife or other weapon?

Munaonapo wachibale wanu kapena nzanu akuchitidwa chiwembu pogwiritsa ntchito mfuti,mpeni kapena chida china?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

44. Have you witnessed a family member or friend being attacked without a weapon?

Munaonapo wachibale wanu kapena nzanu akuchitidwa chiwembu posagwiritsa ntchito chida?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

45. Have you witnessed someone other than a family member or friend being attacked with a gun, knife or other weapon?

Munaonapo wina ali yense kupatula nzanu kapena wachibale wanu akuchitidwa chiwembu pogwiritsa ntchito mfuti, mpeni kapena chida?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo
-

46. Have you witnessed someone other than a family member or friend being attacked without a weapon?

Munaonapo wina aliyense kupatula nzanu kapena wachibale wanu akuchitidwa chiwembu posagwiritsa ntchito chida?

- ☐ Yes
☐ No
☐ Don't know
-

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

47. Did you witness violence between your parents or caregivers when you were a child?

Munaonapo nkhanza zokhudza makolo anu kapena okulerani pamene munali mwana?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

48. Were you abused as a child?

Pamene munali mwana munachitidwapo nkhanza?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

49. Have you ever injured or killed another person (including abuse against a spouse, romantic partner/boyfriend or girlfriend)?

Muna vulazapo kapena kupha (munthu) mwachitsanzo wa chikondi wanu ngakhaleenso munthu ali yense?

- ☐ Yes
☐ No
☐ Don't know

When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

50. Are there any other experiences that have been traumatic or very stressful for you that we have not covered yet?

Muli ndi nyengo zomwe mwakumana nazo ndipo zikusautsani mtendere zoti sitidakambirane?

- ☐ Yes
☐ No
☐ Don't know

50.1 If you answered Yes to Question 50, please describe the WORST experience, in your own words.

Munganene nkhowa yomwe yakuvutitsani kwa mbiri m'moyo wanu? Lembani zovuta zomwe mwakumana nazo mu mizere ili m'musimu mu mawu anu.

50.2 When was the most recent time?

Zinachitika liti komaliza?

- ☐ Within the past 12 months Pamiyezi 12 yapitayi
☐ More than 12 months ago Kuposera miyezi 12 yapitayo

Notes/Comments:

Completed by:

In which languages was this tool administered?

- ☐ Chichewa
☐ English
☐ Other

If other language, please specify:

Was a translator involved in administering this questionnaire?

- ☐ Yes
☐ No

Translator's name:
