

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?

Ndizokubuza imibuzo ngezehlo ezibuhlungu nezikhathaza umphefumlo abantu bathi badibane nazo ngamaxesha athile. Le mibuzo iyelelene nezehlo othe wadibana nazo, wazingqina, okanye waxelelwa ngazo. Nceda undazise ukuba ezi zehlo zakhe zakwehlela na. Ukuba kunjalo, senzeke nini esakutsha nje?

1. A serious illness or injury?

Ukugula ngamandla (ubomi bubblesemngciphekweni) okanye ukwenzakala kakhulu okanye ingozi?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

Senzeke NINI esakutsha nje?

☐ Within the past 12 months (Kwiinyanga ezi-12 ezidlulileyo) ☐ More than 12 months ago (Ngaphezu kweenyanga ezi-12 ezidlulileyo)

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

Walixhoba lokuhlaselwa ngokwasemzimbeni (okanye ukubethwa) ngamandla?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

3. Being robbed or having your home burglarized?

Wakhuthuzwa okanye waqhekezelwa endlini?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

4. Something valuable being stolen or lost?

Walahlekelwa okanye wabelwa into exabisekileyo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

5. The death of anyone close to you?

Waswelekelwa ngumntu onsondeleyo kuwe (umzekelo umntu ohlala naye endlini, isihlobo, isizalwane)?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wahlukana neqabane lakho ngengxa yeengxaki zomtshato?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

7. The break up of any other close relationship?

Wohlukana nobunye ubudlelwane obusondeleyo kuwe?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

8. Being fired from your job?

Wagxothwa emsebenzini?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wathatha umhlalaphantsi emsebenzini nangona ubungafuni?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

10. Losing your job for some other reason?

Waphulukana nomsebenzi wakho ngengxa yezinye izizathu?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ukukhangelana nomsebenzi kangangaphezu kwenyanga ngaphandle kwempumelelo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

12. Been in a major financial crisis?

Ukuba sengxakini enkulu yezimali?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

13. Problems with the police?

Waneengxaki nabantu bomthetho / namapolisa?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ngaba umntu ondelene naye (umzekelo umntu ohlala naye endlini, isihlobo, isizalwane) kakhulu uyewagula kakhulu, walimala, wahlaselwa ngokwasemzibeni okanye wabethwa?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ingaba uye waba nokungavisisani okanye iingxaki yokungovani nosapho lwakho okanye isizalwane?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ingaba uye waba nokungavisisani okanye iingxaki yokungovani nesihlobo sakho esisondele kuwe?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ingaba uye waba nokungavisisani okanye iingxaki yokungovani nabantu emsebenzini?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

18. Serious problems at work?

Iingxaki ezinobuzaza emsebenzini?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Intlekelo yemvelo (enje ngesikhukhula, inkanyamba, inyikima)?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

20. Chronic health problems or a life-threatening illness?

Iingxaki zempilo ezingapheliyo okanye isigulo esibeka ubomi emngciphekweni?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabasemlweni wamajoni okanye wakhonza ebujonini kwindawo yemfazwe?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlala kwindawo ocinga ukuba ayikhuselekanga?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

23. Murder of a close friend or relative?

Ukubulawa kwesihlobo esisondeleyo okanye isizalwane?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

24. Unexpected loss of a confidant/loved one?

Ukulahlekelwa ngumntu omthembayo/omthandayo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ingaba umntwana wakho (okanye abantwana bakho) wakhe wonzakala okanye wagula ubomi bakhe bade babasemngciphekweni?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

26. Abandonment by a partner, or divorce?

Wakhe washiywa ngumlingane wakho, okanye naqhawula umtshato?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlaselwa ngompu, ibhoso, okanye esinye isikhali ngumlingane okanye umntu othandana naye / isinqandamathe sakho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlaselwa ngaphandle kwesikhali ngumlingane okanye umntu othandana naye / isinqandamathe sakho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlaselwa ngompu, ibhoso, okanye esinye isikhali ngomnye umntu ongengumlingane okanye umntu othandana naye / isinqandamathe sakho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlaselwa ngaphandle kwesikhali ngomnye umntu ongengumlingane okanye umntu othandana naye / isinqandamathe sakho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe waxhatshazwa ngokwesondo (umzekelo udlwengulo, okunye ukuxhatshazwa ngokwesondo)?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wahlutshwa ngumntu apho wayelandelelane nawe konke apho wawusiya khona, ngokuphindaphindiweyo okanye akuxhaphaze/akuthuthumbise?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

33. An unplanned or unwanted pregnancy?

Wakhe wakhulelwa ungacebanga okanye wakhulelwa isisu ongasifuniyo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wakhathalela okanye wakhulisa abantwana abangabo abakho kuba abazali babo bengakwazi ukubakhathalela?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Bakhe abantwana bakho bakhuliswa ngabanye abantu kuba wena ungakwazi ukubakhathalela?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ukulahlekelwa ngumsebenzi komntu apho ikhaya lakho lixhomekeke kuye ngokwezimali?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

37. Failure or bankruptcy of a family business?

Ukwahluleka okanye ukuphelelwa yimali kweshishini losapho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wangabinayo imali eyaneleyo ukuxhasa okanye ukufumana ukutya kosapho lakho?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe awabinakhaya okanye indawo yokuhlala; wahlala kwindawo yabantu abangenakhaya okanye ezitalatweni?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe awabinandawo yokuhlala okwexeshana okanye intlalo engacwangciswa (umzekelo ukuhlala nabahlobo okanye usapho)?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wakhutshwa ekhayeni lakho okanye ulahlekelwe likhaya/umhlaba?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe umntwana/iqabane/umlingane/okanye omnye wosapho lwakho wasentolongweni/ejele?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabona okanye weva ilungu losapho okanye umhlobo ehlaselwa ngompu, ibhoso okanye esinye isixhobo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabona okanye weva ilungu losapho okanye umhlobo ehlaselwa ngaphandle kwesixhobo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabona okanye weva omnye umntu ongelolungu losapho ehlaselwa ngompu, ibhoso okanye esinye isixhobo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabona okanye weva omnye umntu ongelolungu losapho ehlaselwa ngaphandle kwesixhobo?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wabona okanye weva ubudlobongela phakathi kwabazali bakho okanye abantu ababekukhathalela ngexesha wawusengumntwana?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

48. Were you abused as a child?

Wakhe wahlukunyezwa ngexesha wawusengumntwana?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Wakhe wonzakalisa okanye wabulala omnye umntu (kuquka ukuhlukumeza iqabane, umlingane/umntu othandana naye)?

☐ Yes ☐ No ☐ Don't know

When was the most recent time?

☐ Within the past 12 months ☐ More than 12 months ago

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

Ingaba zikhona ezinye izehlo eziye zaba buhlungu kuwe okanye zakubangela uxinzelelo olukhulu esingekazikhankanyi?

☐ Yes ☐ No ☐ Don't know

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

Ukuba uphendule ngo Ewe kuMbuzo 50.1, nceda uchaze esona sehlo sisibi kakhulu.

50.2 When was the last time this happened?

☐ Within the past 12 months ☐ More than 12 months ago

Notes/Comments:

Completed by:

In which languages was this tool administered?

☐ IsiXhosa ☐ English ☐ Other

If other language, please specify:

Was a translator involved in administering this questionnaire?

☐ Yes ☐ No

Translator's name:
