

苗栗縣政府心理健康中心

Miaoli County Government Mental Health Center

您好：

感謝您撥空協助，本量表為研究來台移工之心理健康狀況，內容無關對錯，所填內容僅供學術研究之用並絕對保密，敬請安心填答。

本問卷第一部分為心情溫度計（簡氏健康量表），第二部分為困擾成因及因應方式，請仔細閱讀後以自身狀況回答問題，並在內打v。

感謝您撥空填答！

Hi:

Thank you for your time and assistance, this scale is to study the mental health condition of migrant workers in Taiwan. There's no any right or wrong, and the content you fill in is only for academic study and completely confidential, please feel safe when filling.

The first part of this questionnaire is Brief Symptom Rating Scale, second part is the cause of disturbance and reaction. Please read in details and answer according to your condition, and v in .

Thank you for your time!

基本資料

Basic Information

1. 生理性別：男 女

Sex: Male Female

2. 年齡：18-22 歲 22-29 歲 30-39 歲 40-49 歲 50 歲以上

Age: 18-22 years old 22-29 years old 30-39 years old 40-49 years old 50 or more years old

3. 國籍別：越南 印尼 泰國 菲律賓 其他

Nationality: Vietnam Indonesia Thailand Philippine Others

第一部分：心情溫度計（簡氏健康量表）

Part I: Brief Symptom Rating Scale

請您仔細回想「最近一星期（包含今天）」，這些問題使您感到困擾或苦惱的程度，然後圈選一個您認為最能代表您感覺的答案。

Please recall carefully 「in the past week (including today)」, how much these questions make you feel annoyed or disturbed, and tick the answer meets with your filling the most.

	完全沒有 None	輕微 Mild	中等程度 Moderate	厲害 Much	非常厲害 Severe
1. 睡眠困難，譬如難以入睡、易醒或早醒 Having difficulties in sleeping, difficult to fall asleep、sleep lightly or wake up early.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2. 感覺緊張不安 Feeling nervous and unsafe.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. 覺得容易動怒 Feel easily angry.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. 感覺憂鬱、心情低落 Feeling depressed、down.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. 覺得比不上別人 Feeling inferior to others.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. ★有自殺的想法 Having suicidal ideation.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

得分與說明

Score and instruction

前 5 題的總分

The calculation of first 5 items

0-5 分 一般正常範圍

0-5 Normal scope

6-9 分 輕度情緒困擾：建議找親友談談，抒發情緒

6-9 Mild emotion disturbance: It is suggested to talk with family& friends, to vent your feelings.

9-14 分 中度情緒困擾：建議尋求心理醫生或精神醫療專業諮詢

9-14 Moderate emotion disturbance: It is suggested to find professional consult from psychologist or psychiatry.

15 分以上 重度情緒困擾：建議尋求精神醫療專業諮詢

15 or more Severe emotion disturbance: It is suggested to find professional consult from psychiatry.

★有自殺想法評分為 2 分以上（中等程度）時：建議尋求精神醫療專業諮詢

★Having suicidal ideation, and the rating is 2 or more (moderate level), It is suggested to find professional consult from psychiatry.

第二部分：困擾成因及因應方式

Part II: Cause of Disturbance and Reaction

您最近是否有因為遇到以下狀況而感到困擾：

Have you ever felt disturbed when facing below condition:

- 感情 工作 經濟 健康（包含心理或生理）
- Affair Work Economy Health（Both physiological and psychological）
- 生活適應（包含語言、飲食或文化）
- Life adaption（Including language、diet and culture）
- 人際關係（包含同事或室友）
- Relationship（Including colleagues and room mates）
- 其他：_____
- Others：_____

您在遇到困擾時，您會選擇如何處理：

When you feel disturbed, how you will choose to handle it:

- 自行隱忍 和友人反應 尋求專業諮詢
- Hide and endure Talk with friends Find professional consult

- 和雇主、仲介或翻譯反應 和家鄉親屬反應
- Talk with employer、agent or translator Talk with families at hometown

- 其他：_____
- Others：_____