

**THE CONSEQUENCES OF HIGH MORBIDITY AND MORTALITY IN MALAWI, 2008**  
**VCT QUESTIONNAIRE- ENGLISH/TUMBUKA**

**DATE OF INTERVIEW**            [\_\_][\_\_][\_\_][\_\_] (Day, Month)

**TIME STARTED**                [\_\_][\_\_][\_\_][\_\_] (24 HOUR TIME)

**VCT INTERVIEWER NAME**        [\_\_\_\_\_]

**VCT INTERVIEWER NUMBER**    [\_\_][\_\_][\_\_]

**RESPONDENT'S IDENTIFICATION**

Village name and number \_\_\_\_\_ [\_\_][\_\_][\_\_]

Headman's name \_\_\_\_\_

Head of compound \_\_\_\_\_

Respondent's name and Respondent ID \_\_\_\_\_ [\_\_\_\_\_]

Respondent's other names/nicknames \_\_\_\_\_ # Living children \_\_\_\_\_

Respondent's level of education (circle and fill in level): (0) No school (1) Primary- Level\_\_\_\_ (2) Secondary- Level\_\_\_\_ (3) Higher

Respondent's birthplace (District and Village) \_\_\_\_\_

Respondent's father's name \_\_\_\_\_

Respondent's age (estimate if respondent doesn't know) [\_\_][\_\_] Check if age was estimated by interviewer [\_\_]

Respondent's marital status 1.....MARRIED 33.....NEVER MARRIED 44.....SEPARATED 55.....DIVORCED 66.....WIDOWED

Spouse's name \_\_\_\_\_

(Note: if not currently married, write name of most recent spouse. If never married, leave blank. If polygamous, write name of the most recent wife to whom respondent is still currently married.)

Spouse's other names/nicknames \_\_\_\_\_

Spouse's birthplace (District and village) \_\_\_\_\_

Number of other wives that husband has (if male, number of other wives) \_\_\_\_\_

Spouse's level of education (circle and fill in level): (0) No school (1) Primary- Level\_\_\_\_ (2) Secondary- Level\_\_\_\_ (3) Higher

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DATE	_____	_____	_____	_____

**Chikalata chachizomerezo pakupokera uphungu na kupimiska kachibungu ka HIV, utali wamusinkhu kweniso Sikelo****Malawi Longitudinal Study of Families and Health (MLSFH)****PRINCIPAL INVESTIGATORS**

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**Title of the Research Project: Malawi Longitudinal Study of Families and Health****Kupempheka kutolapo gawo/lwandwe:**

Mukupempheka kutolapo nawo gawa mukafukufuku wa kasangilo ka chuma kweniso umoyo. Uwo ntchigawo chimoza chakafukufuku wakawerezgawerezga m'malawi wa ma banja na umoyo. Kafukufuku uyo mulikuzomera kutolapo nawo gawo:

(1) kupokera uphungu nakupimiska kachibungu ka HIV apo titolenge ndopa zinu pachoko nakupima kuti tiwoni para munakachibungu ka HIV panji chara, nakupokera.

uphungu wa umo mungajivikilirira imwe mwekha na wangi wakugonana nawo kukachibungu aka.

(2) Kuti mupimike utali wa msinkhu kweniso sikelo yinu ivyo vitivwirenge chomene kusambira zakusinthwa kwa utali wa msinkhu kweniso sikelo yinu uko kukukhwaskana na umoyo winu.

(3) Kuti wana winu wa vyaka vakuchepa vinkhondi vyakubabika kuti wa pimike utali wa msinkhu kweniso sikelo yawo ivyo vitovwirenge chomene kusambira zakusinthwa kwa utali wa msinkhu kweniso sikelo uko kukukhwaskana na umoyo wawo. Kunjira mukafukufuku wakupimiska ndopa, utali wamsinkhu na sikelo, nkwa wanangwa nthura kupimiskaso wana utali wamsinkhu nasikelo yawo nkwa wanangwa. Pambere mundapange chiganizo chakutolapo lwande mukafukufuku uyu panji chara, panji na wana winu wuwo, mukwenera kumanya vyakulata vyzkupimiska uku, unonono kweniso uweni uwo ungasangika, umo chinsinsi chinu chizamuvikiririka kweniso ivyo wakafukufuku awa wazamumupemphani kuchita. Vinandi viri muchikalata icho chikuchemeka, chikalata cha chizomerezo. Wupu wakafukufuku uyu uzamumulongosola zakafukufuku uyu nakumupasani chikalata ichi kuti muwerenge. Mukwenera kupanga chiganizo chinu nyengo iyi chara.

Usange mukupulikiska chara ivyo viri muchikalata ichi, chonde kuchisayinira chara. Mungamuphalira wakafukufuku uyo kuti wamuwerengereni chikalata ichi. Chonde muphalirani wakafukufuku uyo wamulongosolereni chirichonse kusazgirapo ving anamulo va mazgu ghanyakhe agho yakusangika muchikalata ichi. Usange mupangenge chiganizo chakutolapo nawo lwande mukafukufuku uyu, Timpemphaninge kusayinira chikalata ichi ndipo chikalata chinyakhe ngati ichi chizamumpika kwa imwe. Muchisunge chikalata ichi ndipo umo muzamusangamo mazgoro gha mafumbo awo mungawa nawo, kweniso wanthu awo mungadumbiskana nawo vakukhwaskana nakafukufuku uyu.

**Kasi chakulata chakafukufuku uyu Ntchichi?**

Chakulata chakafukufuku uyu nkukhumba kusambira nkhalo naumo zikukwaskirana nakachibungu ka HIV na matenda ya edzi, kweniso kuti kasi mbathu walinga muchigawa chino wana kachibungu ka HIV, kasi wanthu wakumalana uli na nkhalo iyo ikuwawika pampata wakutola kachibungu ka HIV, nanga mabanja yakumalana wuli na matenda kweniso masuzgo agho yakwiza chifukwa cha mliri uwu. Tikugomezga kuti ivo tisambirenge kufuma mukafukufuku uyu vovyirenge kupanga nakukwezga nthowa zakuchepsye kufara kwa ka chibungu ka HIV kweniso kutukula phampu la wa Malawi awo wakukhala mukayz pakulimbana namasuzgo agho yakwiza chifukwa cha mliri uwu.

**Ntchifukwa uli mukupempheka kutola nawo lwande mukafukufukuyu, kweniso mbanthu walinga wanyake awo wawenge nawo mukafukufukuyu?**

Mukupempheka kunjira nawo mukafukufuku uyu chifukwa mukazomereza kutora nawo lwande mukafukufuku unyakhe mumanyuma umu wa Malawi Longitudinal Study of Families and Health. Pafupifupi wanthu wakukwana 6,500 wakufumira madera ya ku kaya/kumidzi Malawi muno wakugomezeka kutola nawo lwande mukafukufukuyu. Mukupempheka kutola nawo lwande mukupimiska za kachibungu ka HIV kweniso utali wamsinkhu na sikelo chifukwa mukazomereza kutola nawo lwande mukafukufuku uyu apo tikiza masabata achoko awo yajumpha.

**Nichifukwa uli wana winu wambula kukwaniska vyaka vikhondi vakubabika wakupempheka kutola nawo lwande mukafukufukuyu kweniso bana wanyakhe wambula kukwaniska vyaka vinkhonde?**

Wana winu wambula kukwaniska vyaka vinkhonde wakupempheka kutola nawo lwande mukafukufukuyu chifukwa tikhumba kumanya zinandi vyaumo kusintha kwa utali kwa msinkhu na sikelo yawo kukukhwaskana na umoyo wawo, umoyo wa imwe na chuma chapanyumba pinu apa.

**Kasi mupempheka kuchitachi?**

Munthu wakupereka uphungu na kupima ndopa wamufumbaninge mafumbo yachoko waka kufuma papepala, yanyakhe mwamafumbo agha ngakukhwaskana nachisisi chinu nga umoyo winu wakugonana na wanakazi/ wanalume. Ubale winu nawanakazi panji wanalume winu usange walipo kweniso panji wapabanja pinu pano. Usange yamala mafumbo agha, mutimupephekenge usange mungatemwa:

**Kupokera uphungu kweniso kupimiska ndopa pa gawo la kachibungu ka HIV.**

Wupu wakuwona zaumoyo pachalo chose chapasi wa WHO wokusambizga kuti mbuwemi kuti wanthu awo wakukhala kumwera kwa chipalamba cha Sahara wapimiske ka chibungu ka HIV nakupulika vyakulondezga vyawo. Wupu wazaumoyo uli kuyowoya kuti kupimiska nkhuwemi chifukwa vikowwira kusanga ka

chibungu ka HIV mwaluwiwo ivo vikovwiraso kukwezga uwemi wamankhwa yakutaliskiska moyo na wovwiri kweniso kukovwira wanthu awo wanakachibungu ka HIV kupokera mauthenga yakovwira umo wangavikilirika wanthu wanyakhe kukutola kachibungu aka. Nanga wuli mungawa kuti mulije kachibungu aka, kumanya umo muliliri vikovwira kuchepeka wofyi uwo wukwiza chifukwa chambula kumanya, kweniso umo mungajivikilirika kukachibungu aka munthazi umo. Usange muzomerenge kutolapo nawo lwande, wakafukufuku uyo walikusambizgika mukupereka uphangu nakupima kachibungu ka HIV, watolenge tundopa pachoko uto wagwiriskenge ntchito pakupima kachibungu aka. Pakutola ndopa izi, phungu uyu wagwazenge kamunwe kinu, mupulikenge kuwawa pachoko ngati mwagwazika na nyaphini ndipo wazamutola tundopa pachoko. Ndopa izi ziwikikenge patwakupimila tuwiri uto tukuwona ka chibungu ka HIV mundopa zinu. Kutola ndopa izi kukutola nyengo yichoko waka ndipo vikutola nyengo pafupifupi makumi yawiri(20) kuti vyakulondezga vifume. Vyose ivo vigwiriskikireng ntchito pakupima uku,vitayikenge nyengo yenyeyo para kucheza uku kwa mala.

Ndikumbiro linu kupulika vyakulondezga. Palije icho chichitikenge usange mwasankha kuleka kupulika vyakulondezga vya kupimiska kwinu. Usange mwasankha kutolapo nawo chigawa mukafukufuku uyu, munavisankho viwiri, kupulika vyakulondezga panji chara. Usange mwasankha kupimiska penepano, mulindizenge nyengo yakukwana ma minisi makumi yawiri mpaka vyakulondezga ivi vifume ndipo phungu uyu wazamumuphalirani vyakulondezga ivi nyengo yenyeyo. Usange musankhenge kupimiska kachibungu ka HIV, phungu uyu wapenjenge malo agho ngachisisi ndipo palije uyo wazomerezgekenge kukhala pafupi usange kucheza uku kwa yamba.

#### **Kupimiska wutali wamsinkhu na sikelo**

Wutali wamsinkhu winu wuzampimika na ka khuni kakupimira. Mungawanga kuti mwavwala skapato chara, kweni mungavwala sokosi yakuyepuka. Mukwenera kuyimilira pamalo yawemi. Malundipamoza, mutu winu mungawonanga kuchanya panji pasi chara. Sikelo yinu yitolekenge pakugwiriska sikelo ya pasi mmakilogilamu, vingawa makola chomene usange mungakwera sikelo iyi kwambula skapato. Tikupuputa sikelo iyi pawumalilo pakupima kulikose nachakulata chakuti yiwenge yakutowa kweniso yambula tu majeremusi nyengo zose. Ndimwe wakuzomerezgeka kuvwara vyakuvwala ivo mukuvwala nyengo zose, kweni usange mwavwala, swentala, jekete panji chakuvwala chilichose chizito, mupemphekenge kuvula usange palije suzgo lililose. Para mungapulika makola chara kuvula chakuvwala ichi, mbuwemi pela ndipo kusintha kwasikelo yakupimila kuzamuchitika pambere kupima uku kundayambike.

#### **Kasi wanu winu wakuchepera vyaka vinkhonde yakubabika wapemphekenge kuchitachi?**

Wana winu wakuchepera vyaka vinkhonde yakubabika wapimikenge wutali wamsinkhu wawo pakugwiriska ntchito chipimo. Mwana uyu wakwenera kuvwara skapato chara kweni wagawwara sokosi zakuyepuka, ndipo wenerenge kukhala pamalo yawemi ayo yatipasenge vyakulata vyenecho, malundi malo yamoza mutu wangawa kuti wakutatawa kuchanya panji pasi chara. Wana wakuchepera vyaka viwiri vakubabika, awo wangayimilira pawekha chara, wagonekenge pasi umo wakugonera pabedi kunyumba kuno pamalo ayo wanogzenge wakafukufuku uyu.

Mwana winu wapimikenge sikelo pakugwiriska ntchito sikelo yapasi. Chakwamba tipimenge imwe ndipo timupemphaning kuti mumunyamule mwana muli pasikelo penepapo. Sikelo iyo mwakwera imwe namwana lumoza ku wuskako sikelo iyo mwakwera imwe pa mwekha ndiyo yiyimilenge sikelo ya mwana uyu. Mwana uyu wazo melegzekenge kuvwala yakuvwala ivyo wakuvwala nyengo zose. Kweni para wawwala swentala, jekete panji chakuvwala chilichose chizito, wapemphekenge kuvula usange palije suzgo lililose pakupima uku, kweni para mwana uyu wangapulika makola chara kuti wavula vakuvwala ivi, viri makola nipera ndipo kusintha kwakwenerera pasikelo yakupimira iyi kuchitikenge kupima uku kundayambe.

#### **Kasi Imwe nawana winu wakuchepera vyaka vinkhonde yakubabika mukhalenge myengo yitali wuli mukafukufuku uyu ndipo wazamchitikira nkhu?**

Gawa ili la **Malawi Longitudinal Study of Family and Health** yiti wenge navigawa vyakupambapambana ivo vichitikenge kwa vyaka vitatu ivyo vikwiza. Usange mwazomera kutolapo lwande mukafukufuku uyu pamoza nawana winu, timupemphaningiso kuti muzakatolepo gawo mukafukufuku uyu wakwiza munthazi umo wa gulu lene ili. Pambere tindambe gawo lililose lakafukufuku uyu muzamuphalirika chimoza na chimoza chandondomeko. Cha kafukufuku uyu, uwemi kweniso unonunu ungasangka chifukwa chakutola nawo lwande mukafukufuku uyu. Mungasankha kutolapo lwande mukafukufuku uyu imwe nawana winu kutolapo malwande wose panji lwande linyakhe lakafukufuku uyu panji kuleka kutolapo lwande lililose mukafukufuku uyu.

#### **Kasi kucheza uku kutolenge nyengo yitali wuli?**

Kupokera uphangu, wakupima ndopa kweniso sikelo namusinkhu kutolenge nyengo pafupifupi ola limoza.

#### **Kasi chichitikenge ntchichi usange mwasankha kuleka kutolapo lwande mukafukufuku uyu kweniso kasi munavisankho vinyakhe vichi?**

Mukwenera kutolapo lwande pera mukupimiska ndopa chisankho chinyakhe kupatulako kutolapo lwande, nkholeka kutolapo lwande mukafukufuku uyu.

#### **Kasi chichitikenge ntchichi usange mwasankha kuti wana winu wakuchepera vyaka vinkhonde vakubabika waleke kutolapo lwande mukafukufuku uyu kweniso munavisankho vinyakhe vichi?**

Mukwenera kuzomerezga pera wana winu kutolapo lwande pakupimiska sikelo na msinkhu chara chisankho chinyakhe kupatululako kutolapo lwande, nkholeka kutolapo lwande mukafukufuku uyu.

#### **Kasi mungayimiska uphangu wa HIV pambere undamale?**

Sikuti mukwenera kupulika mbwenu vyakulondezga vya vyakupimiska kwinu kwa HIV.

#### **Chingachitika ntchichi usange mwasankha kuleka kutolapo chigawa mukafukufuku uyu?**

Palije chilango chilichose usange mwasankha kuleka kutolapo chigawa mukupokera uphangu nakupimiska kachibungu ka HIV kweniso kupimiska msinkhu na sikelo. Ndipo wawwiri wuli wose uwo mukusanga sono panji uwo wukwiza munthazi utiwulekenge chara.

#### **Kasi imwe nawana wimu wakuchepera vyaka vinkhonde vakubabika muzamupindula vichi mukafukufuku uyu?**

Palije chandulo chilichose icho imwe na wana winu mutimusangenge chifukwa chakutolapo nawo chigawa mukafukufuku uyu. Ndipo pazamuwavya kutemwerekha kulikose pa mawovwiri ayo yakusangka midzi muno panji yakwiza na mawupu.

#### **Kasi mutilipirikenge usange mwatolapo gawo pakupimiska ka chibungu ka HIV?**

Mutimulipirikenge chara chifukwa chakutolapo chigawa mukupimiska kachibungu ka HIV.

#### **Kasi imwe mutilipirikenge kalikose?**

Kupimiska kwachibungu ka HIV nkhu wezi ntheula pera kupimiska sikelo na musinkhu Usange kuti mwasangka nakachibungu ka HIV, mulara panji wawupu wakafukufuku uyu wazamumupasani wovwiri wuliwose chara wakukwasuana nachipatala kweni wazamumanyiskani zavipatala ivo viripafupi uko imwe mungakapokera wovwiri wa mankhwa ya ma ARV. Kutu umoyo winu uwe wakulutirira munthazi.

#### **Kasi chisisi chinu chizamusungika uli?**

Chilichose icho chichitikenge pakupima kachibungu ka HIV chiwenge chachisisi chomene. Ndongomeka zose zizamulondezgeka nachakulata chakuti muleke kumanyikwa. Mwachiyezgelero, waphungu awo watiwagwiringe ntchito na imwe, mbakufuma kuwalo kwa muzi wuno panji mizi yapafupi nayo iyo yili

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mukafukufukuuyu ntheuraso walije wabale mumizi iyi. Phungu wazamutumika kumalo iye panji wabale wakhe wachali wandakhaleyo, walije wabale pafupi panji wanyawo chomene.

Pambere kafukufuku uyu wandayambe, muzamupasika nambala ya imwe mwekha mbwenu. Ndipo usange vyakulata vyafuma, phungu wazamu lembe vyakulata ivi papepala na nambala yinu yira mbwenu kwambura zina linu kulembekapo pa pepala ili. Usange pakumbikenge kugawana vyakulata yakafukufuku uyu, zina linu kuti lizamulembekapo chara. Muzamumanyikwa na nambala pera nyengo yakafukufuku uyu ntheura zina linu panji chili chose icho chingamanya kumumanyikwiskani chizamuwuskikamo usange pakumbikenge kugwiriska ntchito vyakulata vyakafukufuku uyu.

**Kasi unonono wake ni nguni?**

Pali unonono uwo ungasangika chifukwa chakutolapo nawo gawo mukupimiska kachibungu ka HIV. Mupulikenge ku winya pachoko usange phungu wamulasani ka njowe kuti watole ndopa. Kusazgirapo apa, kuti mwasangika nakachibungu ka HIV, mungawa wa wofyi kweniso wachitima. Munyengo yakuti ivi vyachitika, phungu uyu wazamudumbirana namwe nthowa zakovwira kumanzga wofi winu. Paliso mpata wakuti chisisi chinu chingawululirika, kweni wakafukufuku awa wazamuyezgesa nthowa zose kuti chisisi chinu chisungike ntheura kuti muleke kumanyikwa kweni nipera mupata uchoko waka wulipo wakuti mungamanyikwa nawanthu wanji awo kuti mbawupu wakafukufuku uyu chara. Munyengo yakuti chisisi chinu chamanyikwa na wanthu wanyakhe, wungakhala wakukwenyelera na chitima kweniso vingamanya kunangiska umoyo winu, umomwakhalaranga umoyo winu na wawoli/afuma winu panji wabwezi winu na banja linu dazi na dazi.

Tikugomezga kuti kutolapo nawo chigawa mukafukufuku uyu kuna unonono uchoko kwa imwe kweniso kwa wana winu chifukwa chakupimiska sikero namusinkhu wawo.

Sono khukhumba kumufumbani pala mungatemwa kutolapo chigawa mumagawa yaliyonse agha yazunulika mu chikalata ichi.

**Vidumbirano nvakupimiska kachibungu ka HIV**

Kasi mungatemwa kupimiska ndopa zinu pa kachibungu ka HIV? Enya Yayi

Kasi mungatemwa kupulika vyakulata vyapimiska kachibungu ka HIV? Enya Yayi

**Kupiska msinkhu kweniso sikelo**

Kasi muzomerenge kupimiska msinkhu kweniso sikelo yinu? Enya Yayi

**FOR HOUSEHOLD RESIDENT CHILDREN UNDER FIVE****(1) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(2) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(3) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(4) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(5) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(6) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(7) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(8) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**(9) Child under five**

Kasi muzomerenge kuti mwana winu \_\_\_\_\_ timupime msinkhu na sikelo? Enya Yayi

**Kasi munga yowoya nanjani usange munamafumbo yakukhwaskana na wanangwa winu kweniso wovwiri?**

Usange munamafumbo ghalighose yakukhwaska kutolapo chigawa panji mafumbo yakukhwaska wanangwa winu nga yunji wakutolapo gawo, panjiso madandawulo yali yose yakukhwaskana na kafukufuku uyu, chonde yowoyani na Dr. Winford Masanjala pa telefoni iyi (09425100) awo tikuvwirana nawo mukafukufuku uyu iwo wali ku sukulu ya Chancellor College panji waliyose uyo walembeke papepala lakudanga la chikalata ichi.

Usangeso munamafumbo yanyakhe yali yose, chikalata chinyakhe nga chene ichi mungachisangaso kwa afumu wa muzi winu wuno \_\_\_\_\_ afumu wanga manya kumuvwirani umo munga kwaskanirana na wupu wakafukufuku awa. Kweni afumu wazamuwazya chilichose chakukhwaska ivo tadumbirana pakati pa imwe na ise kweniso ivo mungapika ngati gawo linji lakafukufukuyu mungamanya kuyowoyaso nawalala walala awo wakudangirira mawupu agho yakugwira ntchito iyi mukaya umu panji mulara uyo wakudangilira wupu wakafukufuku ku office kuyamba pa \_\_\_\_\_ mpaka pa \_\_\_\_\_

Titi mupasaninge chimoza chachikalata ichi kuti musunge. Mbwangwa winu kupokera chikalata ichi panji chara.

**Kasi mukuzomera kutolapo chigawa mukafukufuku uyu?** Enya Yayi

Signature or thumb print of the Participant: \_\_\_\_\_

Name of Participant: \_\_\_\_\_

Participant ID number: \_\_\_\_\_

Signature of the Interviewer: \_\_\_\_\_ Interviewer ID: \_\_\_\_\_

**FOR ALL RESPONDENTS (Acceptance and refusal of HIV test)**

<b>V1</b>	<b>Nkhukhumba kumanya vyakulondezga vyakupimisku kwinu yayi, kasi muli kupimiska ka chibungu ka HIV?</b>  <b>Nkhukhumba kupanikizga para muli kapimiskapo na wa Let's Chat mchaka cha 2004 panji 2006?</b>  <i>I don't want to know the result of the test, but have you ever been tested for HIV before today? IF NO, PROMPT: I just want to confirm, you were not tested for HIV by Let's Chat in 2004 or in 2006?</i>	Yes..... 1 No..... 0	→ V2
<b>V1a</b>	<b>Nanga apo mukaluta ku chipatala ku kapokela wovwiri/nyengo iyo mukawa wanthu walwali, kasi mukapimiskapo yayi?</b>  <i>What about when you go for health care visits (or for women, what about when you had this last child?) Did you ever receive an HIV test then?</i>	Yes..... 1 No..... 0	→ V4
<b>V2</b>	<b>Pa moyo winu mwapimiskapo kalinga?</b>  <i>How many times have you been tested for HIV in your life?</i>	_____ # OF TIMES CAN'T REMEMBER..... 99	
<b>V3</b>	<b>Mphawuli apo mukapiska kawumaliro?</b>  <i>When was the last time you got tested for HIV?</i>	[ _ _ ], [ _ _ / _ _ ] (Month, Year) CAN'T REMEMBER..... 99	→V5 →V5
<b>V4</b>	<b>Ntchifukwa wuli mundapimiskepo ka chibungu ka HIV mumanyuma umu?</b>  <i>What are the reasons why you have never been tested?</i>  <b>MORE THAN ONE ANSWER IS POSSIBLE</b>	Distance to the testing center/cost..... 1 Wouldn't know where to go..... 1 Scared of results..... 1 Scared of partner's reaction..... 1 Scared of relative/friends reaction..... 1 No risk taken..... 1 Sure of my status..... 1	→V10 →V10 →V10 →V10 →V10 →V10 →V10
<b>V5</b>	<b>Kasi mukapaimiska nkhu kawumaliro apo mukapimiska kachibungu ka HIV?</b>  <i>Where did you get tested the last time you got tested?</i>	Local health centre..... 1 District hospital..... 2 Macro..... 3 Banja la mtsogolo..... 4 Mobile clinic (other than Let's Chat)..... 5 Let's chat..... 6 NGO..... 7 Elsewhere:..... 8	
<b>V6</b>	<b>Kasi apo mukapimiska kaumaliro za kachibungu ka HIV mumanyumaumu, mukawa nawofi uli pakupulika vyakulondezga vyakhe?</b>  <i>The last time you were tested for HIV, how worried were you to learn your HIV status?</i>  <b>(DO NOT READ LIST – ONLY ONE ANSWER POSSIBLE)</b>	Not worried at all..... 1 Worried a little..... 2 Worried a lot..... 3 Don't know/ Can't remember..... 4 Did not learn results..... 5	
<b>V7</b>	<b>Kasi apo mukapimiska kaumaliro, mukaphalirapo awori/afumu panji chibwezi chinu?</b>  <i>The last time you got tested, did you tell your spouse/regular partner your results?</i>	Yes..... 1 No..... 0 Can't remember..... 9	→V9 →V9

<b>V8</b>	<b>Chifukwa uli mukawaphalira yayi?</b> <i>Why would you not tell him/her?</i>	A) Don't want to upset partner..... 1 B) Afraid to lose him/her emotionally..... 1 C) Afraid to lose him/her physically..... 1 D) Everybody would know..... 1 E) None of his/her business..... 1 F) Other (SPECIFY: _____) 1	
<b>V9</b>	<b>Kasi mukaphalirapo waliyonse kupatulako awori/afumu winu?</b> <i>Did you tell anyone else?</i>  <b>More than one answer is possible</b>	A) Told other sexual partner(s)..... 1 B) Told relatives..... 1 C) Told friends..... 1 D) Told doctor/ traditional healer..... 1 E) Didn't tell anybody..... 1 F) Don't know..... 1 G) Other (SPECIFY: _____) 1	
<b>V10</b>	<b>Kasi mphauli kaumaliro, apo awori/afumu panji chibwezi chinu wakapimiska zakachibungu ka HIV?</b> <i>When was the last time your current spouse/regular partner got tested for HIV?</i>	[__],[__] (Month, Year) NEVER GOT TESTED..... 88 DON'T KNOW..... 99	→V13a →V13a
<b>V11</b>	<b>Kasi awori/afumu panji chibwezi chinu walikumuphaliranipo vyakulondezga pavyakupimiska kwawo kwa ka chibungu ka HIV?</b> <i>Did your spouse/regular partner share his/her HIV test results with you?</i>	Yes..... 1 No..... 0 Can't remember..... 9	→ V13 → V13
<b>V12</b>	<b>Ntchifukwa uli wakamuphalirani yayi?</b> <i>Why did he / she not tell you?</i>	A) Don't want to upset partner..... 1 B) Afraid to lose him/her emotionally..... 1 C) Afraid to lose him/her physically..... 1 D) Everybody would know..... 1 E) None of his business..... 1 F) Other (SPECIFY: _____) 1	
<b>V13</b>	<b>Kasi wakaphalirapo waliyonse kupatulako imwe?</b> <i>Did he/she tell anyone else?</i>  <b>More than one answer is possible</b>	A) Told other sexual partner(s)..... 1 B) Told relatives..... 1 C) Told friends..... 1 D) Told doctor/ traditional healer..... 1 E) Didn't tell anybody..... 1 F) Don't know..... 1 G) Other (SPECIFY: _____) 1	
<b>V13a</b>	<b>Is the respondent consenting to the HIV test?</b>	A) Yes 1 B) No 1	→V15 →V14

<b>V14</b>	<b>If refused current MDICP 2008 rapid-testing:</b> <b>Ntchifukwa uli mwakana kupimiska muhanya uno?</b> <i>Why did you refuse to be tested today?</i>  <b>(DO NOT READ LIST- MORE THAN ONE ANSWER POSSIBLE)</b>	A) Inconvenient..... 1 B) Worried about being tested..... 1 C) Worried about learning result..... 1 D) Have already been tested..... 1 E) Spouse was tested..... 1 F) Worried that others will find out..... 1 G) Others advised me against it..... 1 H) Did not like VCT team..... 1 I) Spouse/partner did not allow me to be tested..... 1 J) Did not feel I was in a confidential environment..... 1 K) Did not want test at home..... 1 L) OTHER (SPECIFY _____) 1	→V17 →V17 →V17 →V17 →V17 →V17 →V17 →V17 →V17 →V17 →V17 →V17
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<p><b>V15</b></p>	<p><b>Ntchifukwa uli mwasankha kupimiska muhanya uno?</b></p> <p><i>Why did you want to be tested for HIV today?</i></p> <p><b>(DO NOT READ LIST- MORE THAN ONE ANSWER POSSIBLE)</b></p>	<p>A) Was hopeful that I was HIV negative..... 1                  B) Was suspicious that I was HIV positive..... 1                  C) Was told by another Let's Chat respondent that I should get tested..... 1                  D) Wanted to plan for the future..... 1                  E) Was suspicious that my partner was HIV positive..... 1                  F) Knew that my partner was HIV positive..... 1                  G) Knew that my partner was HIV negative..... 1                  H) Other (specify _____) 1                  I) To know status..... 1                  J) It was convenient..... 1                  K) Because there are ARVs..... 1</p>	
<p><b>V16</b></p>	<p><b>Para mwapulika vyakulondezga vya ndopa zinu mukuyanayana kuti mungaphalirapo njani?</b></p> <p><i>After learning your results today, who do you plan on sharing today's test results with?</i></p> <p><b>(DO NOT READ LIST – MORE THAN ONE ANSWER POSSIBLE)</b></p>	<p>A) Spouse..... 1                  B) Other sexual partners..... 1                  C) Relative..... 1                  D) Friend..... 1                  E) Doctor/traditional healer..... 1                  F) Nobody..... 1                  G) Other Specify( _____) 1</p>	
<p><b>V17 Kasi kuti mwasangika munakachibungu ka HIV mungawaphalirako awori/afumu winu?</b></p> <p><i>If you found out that you were infected with HIV/AIDS, would you tell your spouse/regular partner?</i></p>	<p>Yes.....1→<b>V19</b>                  No.....0                  Don't know.....99→<b>V19</b></p>		
<p><b>V18 Ntchifukwa uli mungawaphalira yayi?</b></p> <p><i>Why would you not tell him/her?</i></p> <p><b>(DO NOT READ LIST – MORE THAN ONE ANSWER IS POSSIBLE – CIRCLE ALL THAT APPLY)</b></p>	<p>A) Don't want to upset partner.....1                  B) Afraid to lose him emotionally.....1                  C) Afraid to lose him physically.....1                  D) Everybody would know.....1                  E) None of his/her business.....1                  F) Other (SPECIFY: _____) 1</p>		
<p><b>V19 Kasi muli kupulikapo za nthengwa/banja inyakhe, kuti mwanalume panji mwanakazi wanakachibungu ka HIV apo yunji walije?</b></p> <p><i>Have you ever heard of a couple where one is HIV-positive but the other is not?</i></p>	<p>Yes.....1                  No.....0                  Don't know .....99</p>		
<p><b>V20 Kasi mukumanyapo munthu waliyose uyo wakupokera uvwiri wa ma ARV?</b></p> <p><i>Do you know any people that are currently being treated with ARV?</i></p>	<p>Yes.....1                  No.....0→ <b>V22a</b>                  Don't know.....99→ <b>V22a</b></p>		
<p><b>V21 Mukumanya uli za ivi?</b></p> <p><i>How do you know about this?</i></p> <p><b>(READ LIST – MORE THAN ONE ANSWER IS POSSIBLE – CIRCLE '1' or '0' FOR ALL THAT APPLY)</b></p>	<p>A) Was told directly by someone who is treated with ARVs                  B) Was told by a caretaker or "buddy" of a person who is treated with ARVs                  C) Heard from an HSA or someone who works in a health clinic or hospital                  D) Heard from someone else                  E) Other (SPECIFY: _____)</p>	<p>Yes                  1                  1                  1                  1                  1</p>	<p>No                  0                  0                  0                  0                  0</p>

**Tsono nkukhumba ndimufumbeni mafumbo yakukwaskana nakukotoleka.**

**Now I would like to ask you some questions about circumcision.**

<p><b>V22a</b> <u>Wanalume:</u> Naumo mukumanyira wanalume wanyakhe wakukotoreka, kasi imwe muli kukotoreka?</p> <p><u>Wamama:</u> Kasi afumu winu wasonosono, walikukotoreka?</p> <p><i>Men: As you know, some men are circumcised. What about you, have you been circumcised?</i></p> <p><i>Women: is your current/most recent husband circumcised?</i></p>	<p>Yes.....1</p> <p>No.....0→ <b>V23</b></p> <p>Refused to answer.....99→ <b>V23</b></p>
<p><b>V22b</b> <u>Wanalume:</u> Kasi mukakotoreka muli navyaka vilinga?</p> <p><u>Amama:</u> Kasi afumu winu wakakotoleka ali na vyaka vilinga?</p> <p><i>Men: at what age were you circumcised?</i></p> <p><i>Women: at what age was husband/most recent partner circumcised?</i></p>	<p>[ _ _ ] Age</p> <p>Don't know = 88</p>
<p><b>V23</b> Kasi mukughanaghana kuti kukotoreka kukukwezga, kuchepeka, panji kukusintha chirichonse chara ku mpata wakutora kachibungu ka HIV usange wagonana namunthu kwambura kujivikirira?</p> <p><i>Do you think circumcision increases, decreases or does not effect the chance of HIV transmission during unprotected intercourse?</i></p>	<p>A) Increases chance of HIV transmission.....1</p> <p>B) Decreases chance of HIV transmission.....1</p> <p>C) Does not affect chance of HIV.....1</p> <p>D) Don't know.....1</p>
<p><b>V24</b> Kasi munyinu wakuti wandakotoreke wakhumba kukutora kasi mungamughanaghanira vichi?</p> <p><i>If your friend who wasn't already circumcised decided to get circumcised, what would you think of him?</i></p> <p>(DO NOT READ LIST – MORE THAN ONE ANSWER IS POSSIBLE – CIRCLE ALL THAT APPLY)</p>	<p>A) He would be cleaner/better hygiene.....1</p> <p>B) He was smart/intelligent.....1</p> <p>C) He was modern.....1</p> <p>D) He would be protecting himself against STIs.....1</p> <p>E) He would be protecting himself against HIV.....1</p> <p>F) He would be protecting his partner against STIs.....1</p> <p>G) He would be protecting his partner against HIV.....1</p> <p>H) He would be healthy.....1</p> <p>I) He would have more sexual pleasure.....1</p> <p>J) He would give more sexual pleasure.....1</p> <p>K) He will be more desired by women.....1</p> <p>L) He will be having a lot of sex.....1</p> <p>M) He will be having a lot of sex anyhow.....1</p> <p>N) He would be losing his culture/tradition.....1</p> <p>O) He would be going against his religion.....1</p> <p>P) He would be foolish.....1</p> <p>Q) He would risk getting a disease.....1</p> <p>R) He would have less sexual pleasure.....1</p> <p>S) He would give less sexual pleasure.....1</p> <p>T) Other people would admire him.....1</p> <p>U) Other people would make fun of him.....1</p> <p>V) Other (SPECIFY):.....1</p>

**Tsono nakhumba nimufumbeni mafumbo yakukwaskana na umoyo winu.**

**Now I would like to ask you some questions about your health and well being.**

<p><b>B4</b> Ndikumba kumanya zaumoyo winu naumo muli wakukhutiskira na umoyo winu. Kasi ndimwe wakukhutiskira wuli naumoyo winu. Ghanaghanirani chirichose?</p> <p><b>(READ RESPONSES)</b></p> <p><i>I am interested in your general level of well-being or satisfaction with life. How satisfied are you with your life, all things considered?</i></p>	<p><b>Ndimwe wakukhutira chomene</b> Very satisfied.....1</p> <p><b>Wakukhutira Nadi</b> Somewhat satisfied.....2</p> <p><b>Wakukhutiskira waka</b> Satisfied.....3</p> <p><b>Ndimwe wambula kukhutiskira</b> Somewhat unsatisfied.....4</p> <p><b>Wambula kukhutiskira napachoko pose</b> Very unsatisfied.....5</p>
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<p><b>B5 Kasi mukughanaghana kuti ndimwe wakukhutira kwakuluska, mwakuyana, panji pachoko nawanthu wakukhala m'mudzi muno?</b> (READ RESPONSES) <i>Do you think that you are more, equally or less satisfied than other persons living in this village?</i></p>	<p><b>Ndimwe wakukhutiska mwakujumpha wanyinu</b> Much more satisfied 1  <b>Wakukhutiska chomne</b> More satisfied..... 2  <b>Wakukhutiska mwakuyana</b> Equally satisfied..... 3  <b>Wakukhutiskika pachoko</b> Less satisfied ..... 4  <b>Wambula kukhutiskika napachoko</b> Much less satisfied ..... 5  <b>Mukumanya yayi</b> Don't know..... 99</p>
<p><b>B6 Mwachisanisani mungati moyo winu uli sono?</b> (READ RESPONSES) <i>In general, would you say your health <u>now</u> is:</i></p>	<p><b>Makora kwakujumpha</b> Excellent.....1  <b>Makora chomene</b> Very good.....2  <b>Makora waka</b> Good.....3  <b>Makora chara</b> Fair.....4  <b>Mukumayi yayi</b> Poor.....5</p>
<p><b>B7 Kasi mungayaniska uli umoyo winu muhanya uno, naumoyo wino wavyaka viwiri vyajumpha?</b> (READ RESPONSES) <i>How would you compare your health today to your health two years ago?</i></p>	<p><b>Uli makora kwakuluska</b> Much better.....1  <b>Uli makora chomene</b> Better.....2  <b>Uli makora kwakuyana</b> Same.....3  <b>Uli makora yayi</b> Worse.....4  <b>Uli makora yayi napachoko</b> Much worse.....5  <b>Mukumanya yayi</b> Don't know.....99</p>
<p><b>B8 Kasi mungayaniska uli umoyo winu na wanakazi/wanalume awo mukuyana nawo vyaka m'mudzi muno?</b> (READ RESPONSES) <i>How would you compare your health to other people in your village who are of about the same age and sex?</i></p>	<p><b>Uli makora kwakuluska</b> Much better.....1  <b>Uli makora chomene</b> Better.....2  <b>Uli makora kwakuyana</b> Same.....3  <b>Uli makora yayi</b> Worse.....4  <b>Uli makora yayi napachoko</b> Much worse.....5  <b>Mukumanya yayi</b> Don't know.....99</p>
<p><b>B9 Kasi munasuzgo lilose la umoyo ilo likumutondeskani kugwira ntchito zichokozichoko za dzuwa na dzuwa [Nga ndi kuphika, kuteka maji, kulizka viweto nazinyakhe zanthoura]. Para nintheura ukumutondeskani wuli?</b> (READ RESPONSES) <i>Please tell me if your health <u>now</u> limits you in carrying out moderate activities that you might do during a typical day, such as cooking and cleaning, walking to meetings in the village, or tending to cattle and livestock? If so, how much?</i></p>	<p><b>Nkhutondeka chomene</b> Yes, Limited a Lot .....1  <b>Nkhutondeka pachoko</b> Yes, Limited a Little .....2  <b>Nkhutondekapo yayi</b> No, Not Limited at all.....3</p>
<p><b>B10 Kasi munasuzgo lilonse la umoyo likumutondeskani kugwira zikuluzikulu zakuvukiska zadazi lilonse [ngati kuyeya vinthu vizito, kulima, kupula panji kujima chimbuzi.] Para ninthena mukutondeka wuli?</b> (READ RESPONSES) <i>Please tell me if your health <u>now</u> limits you in carrying out strenuous activities that you might do during a typical day, such as carrying heavy loads, working on the farm, pounding maize, or digging a pit latrine. If so, how much?</i></p>	<p><b>Nkhutondeka chomene</b> Yes, Limited a Lot .....1  <b>Nkhutondeka pachoko</b> Yes, Limited a Little .....2  <b>Nkhutondekapo yayi</b> No, Not Limited at all.....3</p>
<p><b>B11 Masabata anayi ayo yajumpha kasi ninyengo yinandi wuli iyo mwakaniska ntchito zinyakhe za zuwa na zuwa mwakuchepa kuluska umo mwakhumbiranga, chifukwa chaumo mukajipulikilanga muthupi?</b> (READ RESPONSES) <i>During the <u>past 4 weeks</u>, how much of the time have you <u>accomplished less</u> than you would like with your work or other regular daily activities, as a result of your physical health?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B12 Mumasabata anayi ayo yajumpha kasi ninyengo yinandi wuli iyo mwa-tondeka kukwaniska ntchito yinyakhe panji ntchito za zuwa na zuwa chifukwa chaumo mukajipulikilanga mthupi?</b> (READ RESPONSES) <i>During the <u>past 4 weeks</u>, how much of the time have you been limited in the <u>kind</u> of work or other regular daily activities, <u>as a result of your physical health</u>?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B13 Mumasabata yanayi ayo yajumpha, kasi ninyengo yinandi uli iyo mwakaniska ntchito zinu za zuwa na zuwa mwakuchepa mwakuyana na umo mwakhumbiranga chifukwa chamaghanoghano?</b> (READ RESPONSES) <i>During the <u>past 4 weeks</u>, how much of the time have you <u>accomplished less</u> than you would like with your work or other regular daily activities, <u>as a result of any emotional problems</u> (such as feeling depressed or anxious)?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>

<p><b>B14 Mumasabata yanayi ayo yajumpha, aksi ninyengo yinandi wuli iyo mwagwira ntchito yinyakhe panji ntchito za zuwa na zuwa mwabula kulongozoka chifukwa cha maghanoghano?</b> (READ RESPONSES) <i>During the past 4 weeks, how much of the time have you done work or other regular daily activities less carefully than usual, as a result of any emotional problems (such as feeling depressed or anxious)?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B15 Mumasabata yanayi ayo yajumpha, kasi kuwinya kwamuthupi kwamtundu wuliwonse kwamutimbanizgani wuli muzintchito zinu za panyumba panji zinyakhe zilizose [zapakhomo kuphatikizapo zina]</b> (READ RESPONSES) <i>During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?</i></p>	<p><b>Mundatimbanizgikepo</b> Not at all.....1  <b>Mwatimbanizgika pachoko</b> A little bit.....2  <b>Mwatimbanizgika pakatikati</b> Moderately.....3  <b>Mwatimbanizgika ndithu</b> Quite a bit.....4  <b>Mwatimbanizgika chomene</b> Extremely.....5</p>
<p><b>B16 Kasi ndinyengo yinandi wuli iyo mwakhala wakusanguluka na mtende, masabata yanayi ayo yajumpha?</b> (READ RESPONSES) <i>How much of the time during the past 4 weeks have you felt calm and peaceful?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B17 Kasi ninyengo yinandi wuli iyo mwakhala na nkhongono zakukwana ndithu mumasabata yanayi ayo yajumpha?</b> (READ RESPONSES) <i>How much of the time during the past 4 weeks did you have a lot of energy?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B18 Kasi ndi nyengo yinandi wuli iyo mwakhala kwambula kusanguluka namaghanoghano mumasabata yanayi ayo yajumpha?</b> (READ RESPONSES) <i>How much of the time during the past 4 weeks have you felt downhearted and depressed?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B19 Kasi ninyengo yinandi wuli iyo masuzgo ya umoyo winu panji maghanoghano yamutimbizgani muvinthu vakusanguluka thupi nga kucheza nawanyinu paji wabale?</b> (READ RESPONSES) <i>During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?</i></p>	<p><b>Nyengo zose</b> All of the time.....1  <b>Nyengo zinandi</b> Most of the time.....2  <b>Nyengo zinyakhe</b> Some of the time.....3  <b>Nyengo yichoko</b> A little of the time.....4  <b>Paliye</b> None of the time.....5</p>
<p><b>B20 Maghanoghano yinu, kasi mukuwona kuti umoyo winu wusinthenge wuli mu miyezi khumi na yiwiri yikwiza?</b> (READ RESPONSES) <i>How do you think your health will change during the next 12 months?</i></p>	<p><b>Usinthenge makora chomene</b> Improve a lot.....1  <b>Usinthenge makora</b> Improve somewhat.....2  <b>Usinthenge yayi</b> Stay somewhat the same.....3  <b>Usithe makora yayi</b> Worsen somewhat.....4  <b>Usithe makora napachoko yayi</b> Worsen a lot.....5  <b>Mukumanya yayi</b> Don't Know.....6</p>

B21: Tajambula sikelo yakuyana nga ni lula kuvwira wanthu kuti wayowoye umu umoyo wawo wuliri. Apo 100 wakuyimirira kuti umoyo wawo wuli makora chomene apo 0 wakuyimirira kuti akuganiza moyo wuli makora chara.

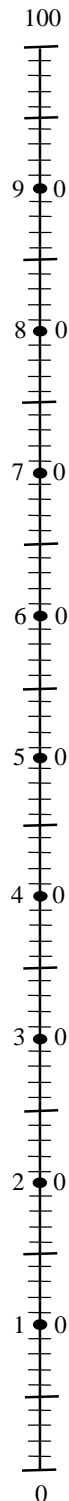
Tikukhumba kuti imwe mutioneske umu mukughanaghanira kuti moyo winu wuliri muhanya uno. Pangani nthura pakujambula muzele kufuma pabokosi lifika liri musu ili kufikira pa sikelo pamalo apo imwe mukuona ngati ndimo moyo winu wuliri muhanya uno.

*To help people say how good or bad a health state is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.*

*We would like you to indicate on this scale how good or bad your own health is today, in your opinion. Please do this by drawing a line from the box below to whichever point on the scale indicates how good or bad your health state is today.*

**Your own  
Health state  
Today**

Best  
imaginable  
health state



Worst  
Imaginable  
health state

**Aya ndiwo mafumbo nangukhumba kuti ndimufumbeni. Yewo chomeni pakuchezga nase muhanya wuno. Tikuonga chomeni pakutolapo lwande pakafukufuku uyu.**

**End of Survey**

**TIME FINISHED [ ][ ][ ][ ] (24 HOUR TIME)**