

# THE KEELE STArT BACK SCREENING TOOL

Date: \_\_\_\_\_

Cabanga ngamaviki amabili adlulile bese uphendula le mibuzo elandelayo.

- |  | Yala                     | Vuma                     |
|--|--------------------------|--------------------------|
| 1. Ubuhlungu bomgogodla wami behlele emilenzeni kwezinye izikhathi kula maviki amabili adlulile.               | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Benginobuhlungu emahlombe noma entanyeni kwezinye izikhathi emavikini amabili adlulile.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Ngihambe amabanga amafushane ngenxa yobuhlungu bomgogodla wami.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Kula maviki amabili adlulile ngithathe isikhathi eside ukugqoka kunasemihleni ngenxa yobuhlungu bomgogodla. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Akuphephile neze ukuba umuntu okulesi simo esinjengesami anyakazise umzimba.                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Imicabango engikhathazayo ibilokhu isemqondweni wami izikhathi eziningi.                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Ngizwa sengathi umgogodla wami ubuhlungu kakhulu, futhi ngeke usaba ngcono.                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Angizange ngizithokozele izinto engivame ukuzijabulisa ngazo njengenjwayelo.                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Kuko konke kukuhluphe kangakanani ubuhlungu bomgogodla wakho kula maviki amabili adlulile?                  |                          |                          |

Neze

Kancanyana

Kancane

Kakhulu

Ngokwedlulele