



# Mental Health

## is important for overall health

For a healthy and energetic world



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# Brief Symptom Rating Scale

## BSRS-5, Mood Thermometer

Instructions : BSRS-5 is a self report scale. To rate based on the level of distress of personal feeling about each item during the past week, including today.

| Rating description                    | not at all | a little bit | moderately | quite a bit | extremely |
|---------------------------------------|------------|--------------|------------|-------------|-----------|
| 1 Trouble falling asleep              | 0          | 1            | 2          | 3           | 4         |
| 2 Feeling tense or keyed up           | 0          | 1            | 2          | 3           | 4         |
| 3 Feeling blue                        | 0          | 1            | 2          | 3           | 4         |
| 4 Feeling easily annoyed or irritated | 0          | 1            | 2          | 3           | 4         |
| 5 Feeling inferior to others          | 0          | 1            | 2          | 3           | 4         |
| ★ Having suicidal thoughts            | 0          | 1            | 2          | 3           | 4         |

## Scores and Recommendations

If your total score from Q1-Q5 is

**Lower than 5** congratulations! You are very well adjusted.

**Within 6 to 9** you have slight mental stress. We recommend that you seek emotional support. Talk to your friends or families!

**High than 10** you are under great mental stress. We recommend that you seek psychological counseling and medical service.

**If your score to "having suicidal thoughts" is Higher than 2, we recommend that you seek psychological counseling or medical service.**



The 24-hour Toll-Free Hotline for foreign workers : **1955**

Toll-free number for psychological counseling appointment : **06-335-2982**

24-hour toll-free relief hotline : **1925**

# Bản tóm tắt về mức độ đánh giá sức khỏe con người

(BSRS-5)

Nhằm mục đích hướng dẫn bạn tìm hiểu được tình trạng thích nghi về mặt tâm lý của người cao niên mà bạn đang chăm sóc, bạn hãy quan sát về mức độ cảm nhận sự lo lắng ưu phiền hoặc khổ náo của người đó **trong 1 tuần gần đây nhất ( kể cả ngày hôm nay )** qua các vấn đề sau đây ; Sau đó, bạn hãy khoanh tròn một câu trả lời mà bạn cho rằng tiêu biểu nhất đối với sự cảm nhận của người mà bạn đang chăm sóc ấy

|                                             | Hoàn toàn không có | Mức độ nhẹ | Mức độ trung bình | Mức độ nặng | Mức độ rất trầm trọng |
|---------------------------------------------|--------------------|------------|-------------------|-------------|-----------------------|
| Sự trở ngại về giấc ngủ, như :              |                    |            |                   |             |                       |
| ❶ Không ngủ, dễ tỉnh ngủ hoặc thức giấc sớm | 0                  | 1          | 2                 | 3           | 4                     |
| ❷ Cảm thất căng thẳng và bất an             | 0                  | 1          | 2                 | 3           | 4                     |
| ❸ Dễ cảm thấy khổ náo hoặc dễ nóng giận     | 0                  | 1          | 2                 | 3           | 4                     |
| ❹ Cảm thấy u sầu, tâm trạng ủ ê             | 0                  | 1          | 2                 | 3           | 4                     |
| ❺ Có ý tưởng thua kém người ta              | 0                  | 1          | 2                 | 3           | 4                     |
| ★ Có ý nghĩ muốn tự tử                      | 0                  | 1          | 2                 | 3           | 4                     |

## Thuyết minh về cách chấm điểm

### 0 ~5 điểm :

tình trạng thích nghi tốt.

### 6 ~9 điểm :

cảm thấy lo lắng ưu phiền với mức độ nhẹ, đề nghị tìm người nhà hoặc bạn bè để chút bầu tâm sự.

### 10 ~14 điểm :

cảm thấy lo lắng ưu phiền với mức độ trung bình, đề nghị tìm nhà tư vấn về tâm lý hoặc qua nhà tư vấn tâm lý chuyên nghiệp để được tư vấn.

### trên 15 điểm :

cảm thấy lo lắng ưu phiền với mức độ nặng, cần được sự quan tâm cao độ, đề nghị tìm nhà hỗ trợ chuyên nghiệp hoặc chữa trị về tinh thần.

**Các vấn đề nêu trên nếu đạt tổng số điểm trên 10 điểm, hoặc có ý nghĩ muốn tự tử trên 2 điểm ; xin vui lòng bàn bạc với thân nhân của người cao niên để hỗ trợ trong việc chữa trị, hoặc lưu lại số điện thoại : 1925 để tiện việc liên hệ qua đường dây phục vụ an tâm 24/24**

**Đường dây nóng phục vụ 24h miễn phí cho người lao động nước ngoài : 1955**

**Đường dây nóng tư vấn tâm lý miễn phí : 06-335-2982**

**Đường dây nóng yên tâm miễn trà phi 24 giờ : 1925**

# Tabel/Kuesioner Kesehatan

## Mental/Fisik

Demi membantu memahami kondisi fisik dan mental dari pasien usia lanjut (LANSIA) yang anda jaga/rawat. menurut tinjauan/penilaian anda **dalam seminggu terakhir ini (termasuk hari ini)**, apakah pasien usia lanjut yang anda rawat mengalami hal atau situasi seperti dibawah ini. Silahkan anda memilih dan melingkari salah satu jawaban dari pertanyaan di bawah ini yang anda anggap sesuai atau mendekati keadaan lansia selama anda merawatnya.

|                                                                                       | Tidak ada sama sekali | Ringan | Sedang | Berat atau parah | Sangat parah |
|---------------------------------------------------------------------------------------|-----------------------|--------|--------|------------------|--------------|
| 1 Sulit tidur, kalau terbangun susah tidur lagi, mudah terbangun atau bangun kepagian | 0                     | 1      | 2      | 3                | 4            |
| 2 Merasa gugup dan tidak nyaman                                                       | 0                     | 1      | 2      | 3                | 4            |
| 3 Merasa mudah tertekan dan gampang marah                                             | 0                     | 1      | 2      | 3                | 4            |
| 4 Merasa depresi, perasaan drop/menurun                                               | 0                     | 1      | 2      | 3                | 4            |
| 5 Merasa rendah diri/tidak percaya diri                                               | 0                     | 1      | 2      | 3                | 4            |
| ★ Ada pikiran bunuh diri                                                              | 0                     | 1      | 2      | 3                | 4            |

### Keterangan Nilai

#### Nilai 0-5 :

Adaptasi fisik dan psikologis dalam kondisi baik.

#### Nilai 6-9 :

Gangguan emosi ringan, dianjurkan untuk mencari keluarga atau teman untuk bercakap-cakap guna mengekspresikan emosi.

#### Nilai 10-14 :

tekanan emosional berat atau parah, dianjurkan untuk mencari konsultasi psikologis atau menerima nasehat professional.

#### Nilai 15 keatas :

Tekanan emosional yang sangat parah.perlu kepedulian atau perhatian yang tinggi, disarankan untuk mencari pembimbing yang professional atau perawatan psikiatris.

**Jikalau masalah diatas bernilai 10 atau lebih, atau pikiran untuk bunuh diri bernilai 2 atau lebih, silahkan berdiskusi atau berunding dengan keluarga lansia untuk mencari bantuan medis yang tersedia 24jam secara gratis dan aman, silahkan hubungi No. Telp**

**1925 Terima kasih atas kesediaan anda meluangkan waktu untuk mengisi kuesione ini.**

**Pelayanan khusus bebas pulsa 24 jam untuk tenaga kerja asing : 1955**

**Saluran bebas pulsa konsultasi psikologis : 06-335-2982**

**Saluran bebas pulsa 24 jam ketenangan pikiran : 1925**

# ตารางประเมินสุขภาพแบบย่อ

## BSRS

กรุณานึกย้อนกลับไปในช่วงหนึ่งอาทิตย์ที่ผ่านมา(รวมทั้งวันนี้)ค่ากล่าวต  
'อไปนี้ทำให้คุณรู้สึกถึงขั้นกังวลใจ กลัดกลุ้ม ระทมทุกข์ วงกลมในคำตอบ  
ข้อที่คุณคิดว่าสามารถแทนความรู้สึกของคุณ

|                                                   | ไม่มีเลย | เล็กน้อย | ระดับกลาง | รุนแรงมาก | รุนแรง |
|---------------------------------------------------|----------|----------|-----------|-----------|--------|
| 1 รู้สึกตื่นเต้นจิตใจไม่สงบสุข                    | 0        | 1        | 2         | 3         | 4      |
| 2 รู้สึกกลัดกลุ้มหรือโกรธง่าย                     | 0        | 1        | 2         | 3         | 4      |
| 3 รู้สึกซึมเศร้า จิตใจเศร้าหมอง                   | 0        | 1        | 2         | 3         | 4      |
| 4 มีความรู้สึกแย่ผู้อื่นไม่ได้                    | 0        | 1        | 2         | 3         | 4      |
| 5 นอนหลับลำบากเช่นหลับยาก<br>ตื่นง่ายหรือตื่นเช้า | 0        | 1        | 2         | 3         | 4      |
| ★ มีความคิดอยากฆ่าตัวตาย                          | 0        | 1        | 2         | 3         | 4      |

แยกระดับคะแนนและคำแนะนำตารางประเมินสุขภาพแบบย่อ

**0-5 :**

ยินดีด้วย คุณมีสุขภาพจิตที่ดี

**6-9 :**

อารมณ์กลัดกลุ้มเล็กน้อย แนะนำคุยกับเพื่อนๆ และคนในครอบครัว หาทางคลาย  
ความกดดัน

**10-14 :**

อารมณ์กลัดกลุ้มระดับปานกลาง แนะนำหา จิตแพทย์หรือปรึกษาผู้เชี่ยวชาญเฉพาะ  
ด้าน

**15คะแนนขึ้นไป :**

อารมณ์กลัดกลุ้มระดับรุนแรง แนะนำ ให้ปรึกษาผู้เชี่ยวชาญเฉพาะด้าน หรือรักษา  
ด้านโรคประสาท

มีความคิดฆ่าตัวตายหรือไม่ : ข้อนี้เป็นข้อเสริม เมื่อคำนวณให้ ๒ คะแนนขึ้นไป(ระดับกลาง)  
แนะนำให้ส่งต่อถึงแผนกจิตแพทย์ เพื่อปรึกษา และรับการรักษา

The 24-hour Toll-Free Hotline for foreign workers : **1955**

สายตรงนัดปรึกษาจิตแพทย์ฟรี : **06-335-2982**

สายตรงสบายใจโทรฯฟรีตลอด 24 ชั่วโมง : **1925**

# 簡式健康量表

BSRS-5

為協助您瞭解您的身心適應狀況，請您仔細回想在最近一星期中(包括今天)，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。

| 項目                  | 完全沒有 | 輕微 | 中等程度 | 厲害 | 非常厲害 |
|---------------------|------|----|------|----|------|
| ① 感覺緊張不安            | 0    | 1  | 2    | 3  | 4    |
| ② 覺得容易苦惱或動怒         | 0    | 1  | 2    | 3  | 4    |
| ③ 感覺憂鬱、心情低落         | 0    | 1  | 2    | 3  | 4    |
| ④ 覺得比不上別人           | 0    | 1  | 2    | 3  | 4    |
| ⑤ 睡眠困難，譬如難以入睡、易醒或早醒 | 0    | 1  | 2    | 3  | 4    |
| ★ 有自殺的想法(本題不計分)     | 0    | 1  | 2    | 3  | 4    |

0-5分 恭喜您，身心適應狀況良好。

6-9分 您有輕度情緒困擾，建議找家人或朋友談談，抒發情緒。

10-14分 您有中度情緒困擾，建議尋求心理諮商或接受專業諮詢。

15分以上 您有重度情緒困擾，建議尋求專業精神科治療或接受專業諮詢。

## 附加題

為單項評分之附加題，若本題評分為2分以上(中等程度)時宜考慮轉介至精神科治療或接受專業諮詢。



外籍勞工24小時  
免付費諮詢專線

**1955**

免費心理諮商預約專線：06-335-2982  
免付費24小時安心專線：1925