

ANNEX I

ENGLISH VERSION QUESTIONNAIRE

General instruction

1. For multiple choice questions circle to the number which contains your correct answer (the most appropriate answer) in the space provided.
2. If your answer is not listed among alternatives, please tell your own answer for the data collector

Part I: Socio demographic and health status data

Date: _____ Code _____		
Q/N	Questions	Response
101	How old are you?	_____years
102	Sex?	1. Male 2. Female
103	What is your marital status?	1. Single 2. Married 3.Divorced 4. Widowed
104	Residence?	1. Urban 2. Rural
105	Ethnicity?	1. Oromo 2. Amhara 3. Tigray 4. Other(specify)_____
106	What is your religion?	1.Orthodox 2. Muslim 3.Protestant 4. Others(specify) -----
107	What is your educational status?	1. Unable to read and write 2. Primary school 3. Secondary school 4. College and above
108	What is your occupation?	1. Student 2. Daily laborers 3. Farmer 4. House wife 5. Merchant 6. Civil servant 7. Other (specify)_____
109	Income (average monthly income)	_____Ethiopia birr

Part II. Clinical characteristics related factor

No	Questions	Response
301	Age at which the asthma occurred (in years)	_____years
302	Duration of Asthma since diagnosis	_____years
303	Family Hx of asthma	1. Yes 2. No
304	Do you have any Co-morbidity?	1. Yes 2. No
305	If yes to question No 304, which one?	1. Chronic heart failure 2. Diabetes mellitus 3. Renal disease 4. Chronic liver disease 5. Hypertension 6. Other (specify)-----
306	History of asthma exacerbation in last 12 months	1. Yes 2. No
307	Have you been admitted in the hospital within the past 12 months	1. Yes 2. No
308	If your answer is yes for the above question No 307, what was the cause for admission	1. Asthma 2. Others
309	Triggering factors (you can select more than one option)	1. Seasonal variations 2. Dusts3. Pets 4.Stressful events 5. Pollens 6. Physical exercise 7. Molds 8. Emotions 9. Smoke 10. Others(specify)_____

Part III. Behavioral and Psychological related factor

A. Questionnaires to assess factors of behavioral habit

Q/N	Questions	Response	Skip
501	Are you ever drinker alcohol?	1. Yes 2. No -----	504
502	Are you currently drinking alcohol?	1. Yes 2. No -----	504
503	If Q502 is yes, how many times a week?	_____	
504	Are you ever smoker?	1. Yes 2.No -----	507
505	Are you currently smoking?	1. Yes 2. No-----	507
506	If Q505 yes, how many cigarettes do you smoke per day	_____	
507	Have you doing regular physical exercise	1. Yes 2. No-----	601
508	If Q507 yes, which physical exercise do you practice	1. Waking 2. Gymnastic 3. Running 4. Other(specify)---	
509	For how much minute per day	_____ minute	

B. Psychological factor: Multidimensional Scale of Perceived Social Support

Q/N	Social support questions	V/Strongly disagree	Strongly disagree	Neutral	Strongly agree	Very Strongly
		1	2	3	4	5
601	There is a special person who is around when I am in need					
602	There is a special person with whom I can share joys and sorrows.					
603	My family really tries to help me.					
604	I get the emotional help & support I need from my family.					
605	I have a special person who is a real source of comfort to me					
606	My friends really try to help me.					
607	I can count on my friends when things go wrong.					
608	I can talk about my problems with my family.					
609	I have friends with whom I can share my joys and sorrows					
610	There is a special person in my life who cares about my feelings.					
611	My family is willing to help me make decisions					
612	I can talk about my problems with my friends.					

C. Anxiety and Depression Scale HADS Questionnaires

Please check you have answered all the questions Scoring: Depression (D) , and Anxiety (A) _____					
0-7 = Normal, 8-10 = Borderline abnormal (borderline case), 11-21 = Abnormal (case) Total score:					
D	A		D	A	
701		I feel tense or 'wound up':	708		I feel as if I am slowed down
	3	Most of the time	0		Nearly all the time
	2	A lot of the time	1		Very often
	1	From time to time, occasionally	2		Sometimes
	0	Not at all	3		Not at all
702		I still enjoy the things I used to enjoy:	709		I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much	3		Not at all
1		Not quite so much	2		Occasionally
2		Only a little	1		Quite Often
3		Hardly at all	0		Very Often
703		I get a sort of frightened feeling as if something awful is about to happen:	710		I have lost interest in my appearance:
	3	Very definitely and quite badly	0		Definitely
	2	Yes, but not too badly	1		I don't take as much care as I should
	1	A little, but it doesn't worry me	2		I may not take quite as much care
	0	Not at all	3		I take just as much care as ever
704		I can laugh and see the funny side of things:	711		I feel restless as I have to be on the move:
0		As much as I always could	3		Very much indeed
1		Not quite so much now	2		Quite a lot
2		Definitely not so much now	1		Not very much
3		Not at all	0		Not at all
705		Worrying thoughts go through my mind:	712		I look forward with enjoyment to things:
	3	A great deal of the time	0		As much as I ever did
	2	A lot of the time	1		Rather less than I used to
	1	From time to time, but not too often	2		Definitely less than I used to

	0	Only occasionally	3		Hardly at all
706		I feel cheerful:		713	I get sudden feelings of panic:
0		Not at all		3	Very often indeed
1		Not often		2	Quite often
2		Sometimes		1	Not very often
3		Most of the time		0	Not at all
707		I can sit at ease and feel relaxed:		714	I can enjoy a good book or radio or TV program:
	3	Definitely	0		Often
	2	Usually	1		Sometimes
	1	Not Often	2		Not often
	0	Not at all	3		Very seldom

D. Knowledge of Asthma self-management questionnaire

Assign one point for each preferred response sum all pointes to generate the row score range from 0-16.

Transform the row score to range from 0-100 transform score= (raw score/16) *100 report the transformed score higher score indicates more knowledge of asthma self-management

801	A main method of prevent asthma flare-ups is to--	805	The correct way to use of a peak flow meter is to
	A. Take medicine before meals B. Take steroid in pill form C. Get a flu vaccine D. Go to emergency room at the first sign of symptom E. I don't know		A. Take deep breath and then blow in to mouth piece slowly B. Start exhaling and then put the mouth piece in your mouth C Put the mouth piece in your mouth and then inhale and exhale D. Take deep breath and then blow in to mouth piece as fast as you can E. I don't know
802	Taking prescribed two puff of your inhaler two times per day	806	Rescue medications
	A. Is the same taking one puff four times day B. Is the same taking four puff once day C. can be arrange in away as long as you four times a day D. Is not the same as any other region E. I don't know		A. Should not be taken more than three or four times per day B. Help prevent future flare ups C. Have no side effects D. Don't cause you become tolerant to medicine E. I don't know
803	If you are not having symptom of asthma	807	When use your inhaler you should
	A. Your lung is not sensitive to irritant B. It is ok to skip same dose of medicine		A. Take shallow breaths B. Inhale quickly C. Inhale slowly D. Press your inhaler several times while you

	C. You should still avoid triggers D. You are probably of cured asthma E. I don't know		are inhaling E. I don't know
804	Maintenance medicines	808	After you have used your inhaler you should
	A. help prevent future symptom B. do not to be taken every day C. make your breath better right after you take them D. can only be taken in pill form E. I don't know		A. hold your breath for several B. Take the second puff as soon as possible after the first puff C. keep taking puff until you feel better D. wash the inhaler in the tube of water E. I don't know
809	If you are having symptom don't know why	813	Asthma can be cured by
	A. Some dose of steroid medication B. Call your doctor C. Count how fast you are breathing D. Change your immediate environment E. I don't know		A. Taking daily medicine B. Avoid trigger such as dust and cigarette smoking C. Using a peak flow meter D. There is no known for cure asthma E. I don't know
810	Taking more rescue medication prescribe	814	Asthma flair up
	A. Is really not harm full B. Is good way managing a symptom C. May mean you can take less maintenance medicine D. May mean you need more maintenance medicine E. I don't know		A. Usually occur suddenly with out B. Can occur when several minor triggers come to gather C. Cannot be triggered by strong emotion D. Always cause wheezing E. I don't know
811	The benefit of using a peak flow meter every day is	815	If you are prescribed a seven-day course of steroid pills

	A. You can detect small change B. It can tell you when you can decrease your medicine C. You can see how well you can inhale D. You can have a way to compare yourself to other people E. I don't know		A. You don't have to avoid triggers while you are taking the pills B. Your symptom can't get worse while you are taking the pill C. You don't need to use your peak flow meter while you are taking the pills D. You should finish the proscription even if you feel better after several dose E. I don't know
812	For people with asthma exercise	816	Which of the following can help control asthma
	A. Is something that should not be done B. Can help improve breathing capacity C. Is only good if done 30 minutes at a time D. Can trigger symptom because the lung are not taking in enough oxygen E. I don't know		A. Reduce stress level B. Drinking plenty of water to stay hydrated C. Avoid foods with sulfates, such as dried fruits and wine D. All of the above E. I don't know

E: Questions to assess the participant’s attitude toward asthma

Instruction: Read each statement carefully and put 1 for strongly disagree, 2 for disagree, 3 for neutral, 4 for agree and 5 for strongly agree in the corresponding column that most likely reflects the respondents answer to the following questions

S/N	Questions	Strongly disagreed	Disagree	Neutral	Agree	Strongly agree
901	Following a healthy diet and life style will help control your asthma					
902	It is important for you to take your asthma medications as prescribed					
903	Your family can help you to remain calm during your asthma episode					
904	You can learn to be an effective asthma self-manager.					
905	The more you know about asthma, the more you can help your self					

Part IV: Self-care practice questionnaire

The Asthmatic Self-care Practice Questionnaire a four-point Likert scale ranged from 1 to 4; 4= always perform, 3= frequent perform, 2= sometimes perform, and 1=never perform. The score of Asthmatic Self-Care Practice Questionnaire calculated from summing the total score ranged from 9 to 32.					
Q/N	Self-care practice	Always perform	Frequent perform	Sometimes perform	Never perform
201	Do you smoke cigarette				
202	Do you live with a person who smoke cigarette				
203	Avoid contact with furry animals (e.g., cats, dogs)				
204	Reduce pollen exposure				
205	Reduce exposure to house dust mite				
206	Avoid sensitizers and irritants (dust and fumes) which aggravate or cause asthma especially in the workplace				
207	Avoid food and beverages containing preservatives				
208	Avoid drugs that aggravate asthma such as beta-blockers and aspirin and non-steroidal anti-inflammatory drugs				

Thank you for your participation

ANNEX II.

WARRAAQSA ODEEFFANNOO AFAAN OROMOON

Kutaa I: Odeeffannoo hawaasa-dimoogiraafii fi haala fayyaa isaanii

Guyyaa: _____ kooddii_____		
Lak	Gaaffiilee	Deebiii gaaffilee
101	Umriin kee meeqa?	_____waggaa
102	Saalaa?	1. Dhiira 2. Dhalaa
103	Haalli gaa’ela keessanii akkamii?	1. Hin fuune/hin heerrumne 2. Fudheera/heerumeera 3. Hiikeen jira 4. Naa irra du'e/tte
104	Bakka jireenyaa keessan ?	1. Magaala 2.Baadiyyaa
105	Sabummaan keessan?	1. Oromoo 2. Amaharaa 3.Tigiree 4.kan biroo (ibsi)_____
106	Amantiin kee maalii?	1.Orthodoksii 2.Muslima 3.Protestaantii 4.Kan biroo(ibsi) -----
107	Haalli barnootaa keessan akkami?	1. Dubbisuu fi barreessuu hin danda’u 2.M/B/sadarkaa 1ffaa 3. M/B/sadarkaa 2ffaa 4. Kolleejjii fi isaa ol
108	Hojiin kee maali?	1. Barataa 2. Hojjetoota guyyaa guyyaa 3. Qotee bulaa 4. Hojii Manaa keessan hojjedha 5. Daldalaa 6.Hojjetaa mootummaa 7. Kan biroo (ibsi)_____
109	Galii giddugaleessa ji’aatti argattan meeqa ta’a	_____ birri Itoophiyaan

Kutaa II: Gaaffii shaakala kunuunsa asmii ofiif taasisaan

4= yeroo hunda raawwachuu, 3= yeroo baay'ee raawwachuu, 2= yeroo tokko tokko raawwachuu, fi 1=gonkumaa raawwachuu dhiisuu.					
	Shaakala of kunuunsuu	4	3	2	1
201	Sigaaraa ni xuuxaa?				
202	Nama sigaaraa xuuxu waliin nijiraattaa?				
203	Bineensota rifeensa qaban (fkn ,saree ,aduree) waliin wal tuttuqqaa gochuu irraa of qusattaa?				
204	Saaxilamuu pooleenii (kakkaastuu) ni hir'istaa?				
205	Saaxilamummaa dafqa manaa ni hir'istaa?				
206	Keessattuu bakka hojiitti wantoota miira namaa kakaasan fi nama aarsan, gaasii dhukkuba asmii hammeessan ykn fidan irraa ni fagaattaa?				
207	Nyaataa fi dhugaatii wantoota nyaata ittisan of keessaa qaban irraa ni fagaattaa?				
208	Qorichoota dhukkuba asmii hammeessan kanneen akka beta-blockers (cophia ijaa dabalatee), fi aspirin fi non-steroidal irraa of ni fageessitaa?				

Kutaa III. Amaloota mana yaalaa wajjin walqabatee

Lakk	Gaaffiiee	Deebii
301	Umurii meeqatti dhukkubni asmii si qabee	_____waggaadhan
302	Dhukkuba Asmii qabachuu kee erga adda ba'ee hangaam ta'eera?	_____Waggaadhan
303	Maatii seenaa dhukkuba asmii qabu qabdaa?	2. Eyyee 2. Lakkii
304	Dhukkuba qancarroo asmii waliin walittii dhufeenya qaban qabda(Co-morbidity)?	1. Eyyee 2. Lakkii
305	Gaaffii Lakk 304 irratti eeyyee yoo ta'e isa kam?	1. Dadhabbi onnee yeroo dheeraa 2. Dhukkuba sukkaaraa 3. Dhukkuba kalee 4. Dhukkuba tiruu 5. Dhiibbaa dhiigaa 6. Kan biroo (ibsi)_____
306	Ji'oota 12 darban keessatti dhukkubni asmii sitti hammacha tureeraa?	2. Eyyeen 3. Lakkii
307	Ji'oota 12 darban keessatti hospitaala ciiftee beektaa?	2. Eyyeen 2. Lakkii
308	Gaaffii lakk 307, kanaaf deebiin kee eeyyee yoo ta'e sababni ati ciifteef maali ture?	2. Asmii 2. Kanneen biroo
309	Wantoota asmii natti kakaasan jettee yaadduu filadhu. Deebii tokkoo of filachuu ni dandeessa	2. Jijjiirama waqtiilee 2. Dafqa manaa 3. Bineensota manaa 4. Taateewwan dhiphina 5. Pollenii garagaraa 6. Sochii qaama taasisuu 7. Suphee/lafa 8. Miira aarii 9. Sigaaraa aarsuu 10. Kan bieoo(ibsi)_____

Kutaa IV. Qabxii amala waliin walqabatu

Gaaffiiwwan sababoota amala madaaluuf nu gargaaran

Lak	Gaaffiilee	Deebii	Darbii
501	Alkoolii dhugdee beektaa?	1. Eyyee 2. Lakkii -----	504
502	Yeroo ammaa kana dhugaatii alkoolii ni dhugduu?	1. Eyyee 2. Lakkii-----	504
503	Yoo gaaffiin 502 eeyyee ta’e torbanitti yeroo meeqa dhugduu?	_____	
504	Tamboo xuuxxee beektaa?	1. Eyyee 2.Lakkii -----	507
505	Yeroo ammaa kana tamboo xuuxaa jirtaa?	1. Eyyee 2. Lakkii-----	507
506	Yoo gaaffiin 505 eeyyee ta’e guyyaatti sigaaraa meeqa xuuxa?	_____	
507	Sochii qaamaa yeroo hunda ni taasistaa?	1. Eyyee 2. Lakkii-----	601
508	Yoo gaaffiin 507 eeyyee ta e sochii qaamaa akkamii taasisaa jirtaa?	1. Miilaan deemuu 2. Jiimnaastikii 3. Fiigicha 4. Kan biroo (ibsi)___	
509	Guyyaatti daqiiqaa meeqaf sochii qaamaa taasiftaa?	_____ daqiiqaa	

Kutaa V: Qabxii xiinsammuu

I. Gaaffilee Qajeelfama deeggarsa hawaasummaa nama hubamef taasifaamu qabu 1=

Baayee cimsee irratti walii hin galu, **2=** Cimsee irratti walii hin galu, **3=** Giddu galeessa , **4=** ciimsee irratti waliin gala, fi **5=** Baay'ee cimsee irratti waliin galla

Lak	Gaaffilee	1	2	3	4	5
601	Namni addaa yeroo rakkattuu naannoo kee jira?					
602	Namni addaa gammachuu fi gadda waliin qooddachuu dandeessu jiraa					
603	Maatiin kee dhuguma si gargaaruuf yaalu.					
604	Gargaarsa miiraa fi deeggarsa si barbaachisu maatii kee irraa ni argattaa					
605	Nama addaa madda jajjabina dhugaa sif ta'e qabda.					
606	Hiriyoonna kee dhuguma ni gargaaruuf yaalu.					
607	Yeroo wanti tokko dogoggora ta'u hiriyyoota keetti himachuu ni dandeessa.					
608	Waa'ee rakkoo kee maatii kee wajjin haasa'uu ni dandeessa					
609	Hiriyyoota gammachuu fi gadda kee waliin qooddattu qabda					
610	Jireenya kee keessatti namni addaa miira keetiif dhimmamutu jira.					
611	Maatiin kee murtoo akka godhattu si gargaaruuf fedhii qabu					
612	Rakkoo kee hiriyyoota kee wajjin haasa'uu ni dandeessa.					

II. Gaaffilee Iskeelii Yaaddoo fi Dhiphina safaraan

Qabxii: Dhiphina sammuu (D) _____ Yaaddoo (A) _____ .					
D	A		D	A	
701		Dhiphinni ykn 'madaa'ee' sitti ni dhaga'ama:		708	Akka waan saffisa koo hir'iseetti natti dhaga'ama
	3	Yeroo hunda	0		Yeroo hunda jechuun ni danda'ama
	2	Yeroo baayyee	1		Yeroo baayyee
	1	Darbee darbee	2		Yeroo tokko tokko
	0	Gonkumaa miti	3		Gonkumaa miti
702		Ammas wantoota duraan itti gammadutti nan gammada:		709	Garaa keessatti miira sodaa akka 'billaachatu' natti dhagahama:
0		Baay'ee tti		3	Gonkumaa
1		Baay'ees miti		2	Yeroo tokko tokko
2		Xiqqoo qofa		1	Yeroo Baay'ee
3		Tasumaa rakkisaadha		0	Yeroo hundaa
703		Miira sodaa akka wanti hamaan tokko ta'uuf jedhutti natti dhaga'ama:		710	Bifa kootiif fedhii dhabeera:
	3	Baayyee hamaatu natti dhaga'ama	0		Dhugaadha
	2	Garuu baay'ee hamaa miti	1		Hanga of eeggannoo gochuu qabu hin godhu
	1	Xiqqoo, garuu na hin yaaddessu	2		Ani hamma tokko of eeggannoo nan godha
	0	Tasumaa iyyuu	3		Akkuma yeroo kaanii of eeggannoo nan godha
704		Wantootaan argutti kolfee qoosuu nan danda'a:		711	Sochii irra waanan jiruuf, boqonnaa dhabuun natti dhagahama:
0		Yeroo hundumaa		3	Baayyee dhuguma
1		Amma baay'ee miti		2	Baay'ee baay'eedha
2		Baayee xiqqoo dha		1	Baay'ee miti
3		Gonkuma iyyuu		0	Gonkumaa

705		Yaadonni na yaaddressaa ta'an sammuu keessa darbu:		712	Wantootta tokko tokko gammachuu fi hawwii guddaanin eeggadha:
	3	Yeroo hunduma	0		Akkuma yeroo kamiyyuu godhe
	2	Yeroo baay'ee	1		Kan duraan ture caalaa xiqqaadha
	1	Yeroo yerootti	2		Kan duraan ture irraa baayee xiqqaa dha
	0	Darbee darbee qofa	3		Tasumaa rakkisaadha
706		Gammachuun natti dhagahama:		713	Miira rifachuun akka tasaa natti dhagahama:
0		Tasumaa iyyuu		3	Yeroo baayyee dhuguma
1		Yeroo baay'ee miti		2	Yeroo baay'ee
2		Yeroo tokko tokko		1	Yeroo baayyee miti
3		Yeroo baay'ee		0	Tasumaa iyyuu
707		Tasgabbaa'ee taa'ee boqonnaan natti dhaga'amuu ni danda'a:		714	Kitaaba ykn sagantaa raadiyoo ykn TV gaarii ta'e tokkotti gammaduu nan danda'a:
	3	Dhugaadha	0		Yeroo baayyee
	2	Yeroo baay'ee	1		Yeroo tokko tokko
	1	Yeroo muraasa	2		Yeroo baay'ee miti
	0	Tasumaa iyyuu	3		Gonkuma iyyuu

Kutaa VI. Gaaffii of bulchuu beekumsa Asmii

Maaloo deebii gaaffilee keessan wajjin kan walsimutti maruun filadha

801	Malli guddaan dhukkuba asmii ittisuuf gargaaru isaa kamii?	805	Karaan sirrii itti fayyadama safartuu yaa'a olka'aa (peak flow meter) kamii
	A. Nyaata nyaachuu dura qoricha fudhachuu B. Istirooyidii bifa kiniiniitiin fudhachuu C. Talaallii infuleenzaa argachuu D. Mallattoo jalqabaa irratti gara kutaa yaalaa hatattamaa deemuu E. Ani hin beeku		A. Hafuura dheeraa baafadhuu achiis suuta suutaan gara afaanitti afuufi B. Hafuura baafachuu jalqabi achiis afaan kee keessa kaa'i C. Qaama afaanii afaan kee keessa kaa'i achiis afuura baafachuu fi hafuura baafachuu D. Hafuura dheeraa baafadhu sana booda hamma dandeessutti saffisaan gara afaanitti afuufi E. Ani hin beeku
802	Guyyaatti al lama meeshaa inhaler kee lama kan ajajame fudhachuu	806	Qorichoota baraarsaa kee:
	A. Guyyaatti si'a afur puff tokko fudhachuun walfakkaataadha B. Guyyaa tokko al tokko puff afur fudhachuun wal fakkaataadha C. Guyyaatti si'a afur hanga siif ta'utti fagootti qopheessuun ni danda'ama D. Naannoo biraa wajjin tokko miti E. Ani hin beeku		A. Guyyaatti yeroo sadii ykn afur ol fudhatamuu hin qabu B. Fuulduratti akka hin mul'anne gargaaruu C. Miidhaa cinaa hin qaban D. Qoricha akka obsa qabdu hin godhin E. Ani hin beeku
803	Yoo hin beekne mallattoo dhukkuba asmii qabaachuu kee	807	Yeroo inhaler kee fayyadamtu maal gochuu qabda?
	A. Sombi kee wantoota asmii kakasaniif carraa saaxilamuu hin qabu B. Qoricha doosiin wal fakkaatu dhabuu ni dandeessaa C. Kakaastoota dhibee asmii irraa fagaachuu qabda		A. Hafuura gadi fagoo fudhachuu B. Dafii afuura baafachuu C. Suuta suutaan afuura baafachuu D. Yeroo afuura baafachaa jirtutti meeshaa afuura baafachuu kee yeroo hedduu dhiibaa E. Ani hin beeku

	D. Dhukkuba asmiirra fayyaa taateetta E. Ani hin beeku		
804	Qorichoota suphaa(maintenance) ta'an	808	808. Erga inhaler kee fayyadamtee booda fayyadamuu maal gochuu qabda
	A. Mallattoo amala ittisuuf gargaara B. Guyyaa guyyaan akka hin fudhatamne C. Erga isaan fudhattee booda afuura kee fooyyessuu D. Bifa kiniinii qofaan fudhatamuu danda'a E. Ani hin beeku		A. Yeoo hedduudhaaf hafuura kee qabadhu B. Puff isa jalqabaa booda daftee puff lammaffaa fudhachuu C. Hanga miira gaarii sitti dhagahamutti puff fudhachuu itti fufi D. Inhaler tuubii bishaanii keessatti dhiqachuu E. Ani hin beeku
809	Yoo mallattoon Asmii si mudate garuu maaliif akka ta'e hin beektu ta'e	813	813 Dhukkuba Asmii fayyuu kan danda'u kamii?
	A. Qoricha isteeroyidii doosii tokko tokko fudhachuu B. Doktora keef bilbililu C. Saffisaan akka hafuura baafachaa jirtu lakkaaftaa D. Naannoo dhiyoo kee jijjiirtaa		A. Qoricha guyyaa guyyaan fudhachuu B. Trigger kan akka dafqa fi sigaaraa xuuxuu irraa fagaachuu C. Safartuu yaa'a olka'aa fayyadamuu D. Dhukkuba asmii kan fayyisuun beekamu hin jiru E. Ani hin beeku
810	Qoricha baraarsaa(rescuer) dabalataa fudhachuu ajaja:	814	Asmiin akkamitti namatti ka'a
	A. Guutummaatti miidhaa guutuu hin fidu B. Mallattoo tokko to'achuuf karaa gaarii dha C. Qoricha suphaa xiqqaa fudhachuu dandeessa jechuu ta'uu danda'a D. Qoricha suphaa dabalataa si barbaachisa jechuu ta'uu danda'a		A. Yeroo baayyee waan tokko malee akka tasaa uumama B. Yeroo kakaastuun xixiqqoo hedduuminan walitti qabaman uumamuu danda'a C. Miira cimaadhaan kakaafamuu hin danda'u D. Yeroo hunda 'wheezing' namatti fida E. Ani hin beeku

811	Faayidaan safartuu yaa'a olka'aa guyyaa guyyaan fayyadamuu	815	Yoo kiniinii isteeroiyidii guyyoota torbaaf siif ajajame:
	A. Jijjiirama xiqqaa adda baasuu dandeessa B. Yoom qoricha kee hir'isuu akka dandeessu sitti himuu danda'a C. Hammam akka gaariitti hafuura baafachuu akka dandeessu arguu dandeessa D. Namoota biroo wajjin karaa itti of madaaltu qabaachuu dandeessa E. Ani hin beeku		A. Yeroo kiniinii fudhattu triggers irraa fagaachuu hin qabdu B. Yeroo kiniinii fudhattu mallattoon kee hammachuu hin danda'u C. Yeroo kiniinii fudhattu safartuu dhangala'aa olka'aa kee fayyadamuun si hin barbaachisu D. Qoricha yeroo dheeraaf fudhattee fooyyee yoo argatteyyuu doosii sana xumuruu qabda E. Ani hin beeku
812	Namoota dhukkuba asmii qabaniif sochii qaamaa:	816	Kanneen armaan gadii keessaa kamtu dhukkuba asmii to'achuuf gargaaruu danda'a?
	A. Waan hojjetamuu hin qabneedha B. Dandeettii hafuura baafachuu fooyyessuuf gargaaruu danda'a C. Yeroo tokkotti daqiiqaa 30 yoo hojjetame qofa gaarii dha D. Somba oksijiinii gahaa waan hin fudhanneef mallattoo kaasuu danda'a E. Ani hin beeku		A. Sadarkaa dhiphina hir'isuu B. Bishaan baay'ee dhuguun bishaan qaama keessaa akka hin dhumnee gochuu C. Nyaata salfeet qabu kan akka fuduraalee goggogaa fi wayinii irraa fagaachuu D. Hunduu deebii dha E. Ani hin beeku

Kutaa VII: Gaaffiiwwan ilaalcha dhukkubsataan dhukkuba asmii irratti qabu

Qajeelfama: Tokkoo tokkoo hima armaan gadii sirriitti dubbisiitii Likert iskeelii qabxii afur qabu 1 hanga 4 gidduutti ture filadhu; 1= Cimsee walii hin galle, 2= Walii hin galle, 3= Giddu galeessa, 4=Waliin gala, fi 5= Baayisee cimseen walii gala.

Lak	Gaaffilee	1	2	3	4	5
901	Nyaata fayya qabeessaa fi akkaataa jireenyaa hordofuun dhukkuba asmii kee to’achuuf ni gargaara					
902	Qorichoota asmii keessan akka ajajametti fudhachuun keessan barbaachisaadha					
903	Maatiin kee yeroo dhukkubni asmii sitti dhaga’amu tasgabbii akka qabaattu si gargaaruu danda’u					
904	Of bulchuu asmii bu’a qabeessa ta’uu isa hubachuu ni dandeessa.					
905	Waa’ee dhukkuba asmii hamma beektutti of gargaaruu dandeessa					

Hirmaannaa keessaniif galatoomaa