

Tsiku: \_\_\_\_\_

Dzina/Chizindikiro: \_\_\_\_\_

**RCADS-25**

**chonde zungulizani mawu amene akuonetsa kuti zinthu izi zimakuchitikirani kochulukwa bwanji. Palibe yankho lokhonzika kapena lolakwa.**

1. Ndimakhala okhumudwa kapena kulephera kudziwa mmene ndikumvera.	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
2. Ndimadandaula ndikaganiza kuti sinachite bwino pa chinachake	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
3. Nditha kukhala ndi mantha kukhala ndekha pakhomo	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
4. Palibe chomwe chikundisangalatsa	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
5. Ndimadandaula kuti chinthu choipa chitha kumuchitikira m'bale wanga.	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
6. Ndimapopa kukhala malo a gulu la anthu (monga kugulitsa zinthu, koonera filimu, mu basi, malo osewera otanganidwa)	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
7. Ndimadandaula kuti anthu ena amaganiza chani za ine.	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
8. Ndimavutika kugona	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
9. Ndimakhala wamantha ndiikamagona ndekha	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
10. Ndili ndi vuto ndi chilakolako cha chakudya.	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
11. Nthawi zina ndimangomva chizungulire kapena ndimakomoka popanda chifukwa	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
12. Ndimayenera ndipange zinthu zina mobwereza bwereza (monga kusamba mmanja, kutsuka kapena kuyika zinthu moyenera)	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
13. Ndiliba phamvu yopangira zinthu	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
14. Mwadzidzidzi ndimayamba kunjenjemera popanda palibe chifukwa f	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
15. ndikukhanika kuganiza bwino bwnino	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
16. ndikumva kapena kuganiza kuti ndine munthu osafunika kapena opanda phindu.	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
17. ndimayenera kuNdikuyenera kuganiza mwapadera (monga kuchulukwa kwa mawu) kuti ndiletse zinthu zoipa kuchitika	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
18. Ndimaganiza za imfa	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
19. Ndimamva ngati sindikufuna kuyenda	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
20. ndimakhala ndi mantha popanda chifukwa .	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
21. Ndine otopa kwambiri	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
22. Ndimapopa kuti nditha kupusa pagulu	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
23. ndimaonetsetsa kuti ndipange zinthu mchimake kuopa kuti zosakhala bwino zingathe kuchitika	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
24. Ndimamva kusakhazikika	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse
25. Ndimadandaula kuti china chake choipa chitha kundichitikira	Palibe	Nthawi zina	Kawiri kawiri	Nthawi zonse

Source: English Short 25-Item Youth Version RCADS <https://dev-rcads-ucla-site.pantheonsite.io/sites/default/files/2023-06/RCADS25-Youth-English-2018.pdf> This Chichewa translation was provided by Steve Mphonda on December 4th, 2024.