

**Nceda ukhethe ingxelo ibenye ekuchaza ngcono ngokubanzi kwimeko nganye**

**1. Isazisi**

- Ixesha elininzi andiziqondi ukuba ndingubani na, ingakumbi xa ndikunye nabanye abantu
- Ngamanye amaxesha ndiyabhideka ukuba ndingubani na, ingakumbi xa ndikunye nabanye abantu
- Ndinoluvo oluzinzileyo lokuba ndingubani
- Uluvo lwam lokuba ndingubani na ngendlela eqhelekileyo luzinze kakhulu kwaye luezithintelo (umz. ngokunxulumene nomsebenzi okanye omnye umntu)
- Uluvo lwam lokuba ndingubani lumiselwe imida kakhulu kwaye aluguquki nokuba iimeko zingathini na.

**2. Ukuzixabisa**

- Ixesha elininzi ndiziva ndingenaxabiso, into leyo iye ichaphazela indlela endinxulumana ngayo nabanye abantu
- Ixesha elininzi ndibanexesha elinzima lokuziva kamnandi ngesiqu sam, into leyo ngamanye amaxesha iye ichaphazele indlela endinxulumana ngayo nabanye abantu.
- Ndidla ngokuziva kamnandi ngesiqu sam
- Ixesha elininzi ndiziva ndingcono kunabanye into leyo iye ichaphazela indlela endinxulumana ngayo nabanye abantu
- Ndiziva ndibhetele kunabanye, into leyo iye ichaphazela indlela endinxulumana ngayo nabanye abantu

**3. Indlela ozijonga ngayo**

- Andinawo amandla okunyamezela
- Ndinamandla ambalwa
- Ndinoluvo olulungileyo malunga namandla wam kunye nokuba buthathaka kwam
- Ndinobuthathaka okanye izithintelo ezimbalwa
- Andinabuthathaka okanye imida

#### 4. Iinjongo

- Andifane ndikwazi ukuzibekela nokulandela iinjongo
- Ngamanye amaxesha ndiye ndikufumanise kunzima ukuzibekela iinjongo nokuyilandela
- Andinangxaki yokuzibekela nokulandela iinjongo ezifikelelekayo
- Ngamanye amaxesha ndikufumanisa kunzima ukutshintsha iinjongo zam nangoku sendibona ukuba kunzima ukuyiphumeza
- Ndihlala ndikufumanisa kunzima ukutshintsha iinjongo zam nangona iphantse ungabinakho ukuphunyezwa

#### 5. Umdla kubudlelwane

- Andinamdla wokuba kunye nabanye kwaye ndenza nantoni na ukubaphepha
- Ndinomdla omncinci kakhulu ukuba nabanye kwaye ngenxa yalonto ndiyabaphepha
- Ndinolungelelwano oluhle lokuba ndedwa nokuba kunye nabanye
- Ngamanye amaxesha ndiziva ndicaphukile xa ndigekho phakathi kwabanye abantu
- Ixesha elininzi ndiyacaphuka xa ndingekho phakathi kwabanye

#### 6. Ukuthatha-imbono

- Andikhe ndicinge ngeengcinga neemvakalelo zabanye abantu
- Andifane ndicinge ngeengcinga neemvakalelo zabanye abantu
- Ndiyakwazi ukuziqhelanisa lula neengcinga neemvakalelo zabanye abantu
- Ixesha elininzi ndicinga kakhulu malunga nendlela abacinga nabaziva ngayo abanye abantu
- Ndisoloko ndicinga kakhulu ngendlela abacinga ngayo nabaziva ngayo abanye abantu

### 7. Intsebenziswano kubudlelwane

- Abantu bahlala bekhazisa ukuba ndicingela mna ndedwa kubudlelwane
- Abantu ngamanye amaxesha baye bakhazise ukuba ndizicingela ndedwa kubudlelwane
- Ndiyakwazi ukuseka nokugcina ubudlelwano obusondeleyo nobanelisayo
- Ngamanye amaxesha andikwazi ukuphelisa ubudlelwane nangona bunobungozi kum
- Andifane ndikwazi ukuphelisa ubudlelwane, nokuba buyingozi kum

### 8. Ulawulo lokungavisisani

- Ixesha elininzi ndingena kukungavisisani nabanye abantu okubangela iingxaki ezinkulu kubudlelwane
- Ngamanye amaxesha ndingena kukungavisisani nabanye abantu okubangela iingxaki kubudlelwane
- Ndiyakwazi ukulawula ukungavisisani kubudlelwane ngendlela yentsebenziswano
- Ixesha elininzi ndiyakuphepha ukungavisisani ngokunikezela kwabanye, nokuba ndizokuba kwimeko enzima kakhulu.
- Ndiyakuphepha ukungavisisani kunye neengxabano nabanye phantsi kwayo nayiphi na imeko

### 9. Ukulawula kunye nokubonakalisa iimvakalelo

- Ixesha elininzi andikwazi ukulawula iimvakalelo zam, into leyo iye ibangela iingxaki ezinkulu kunye nabanye abantu
- Ngamanye amaxesha ndibanengxaki ekulawuleni iimvakalelo zam, into leyo iye ibangela iingxaki nabanye abantu
- Ndiqhele ukukwazi ukulawula nokuvakalisa iimvakalelo zam ngendlela efanelekileyo
- Abantu ngamanye amaxesha bayakhazisa ukuba andizivakalisi iimvakalelo zam
- Ixesha elininzi abantu bakhazisa ukuba andikhe ndizivakalise iimvakalelo zam tu kwaphela

### 10. Ulawulo lwendlela yokuziphatha

- Ndidla ngokwenza izinto ngokungxama okanye ndingacingisisanga kangangokuba oko kuye kubangele iingxaki ezinkulu
- Ngamanye amaxesha ndiye ndenze izinto ndingacingisisanga ndijonge iziphumo, ezonokubangela iingxaki
- Ndiqhele ukukwazi ukuzibamba ngelixa ndilawula izenzo zam ngendlela efanelekileyo
- Ngamanye amaxesha ndizilawula kakhulu kwizenzo zam kangangokuba andifumani okufanayo ebomini njengabanye
- Ndihlala ndilawulwa kakhulu kwizenzo zam kangangokuba kubanzima ukufumana nantoni na ebomini

**11. Amava okwenene ngexesha loxinzelelo**

- Amava wam eemeko adla ngokuchaneka xa ndiziva ndinoxinzelelo
- Amava wam eemeko ayagqwetheka xa ndiziva ndinoxinzelelo (umz. ukulindela ukuba kwenzeke okubi kakhulu, uzive ungafunwa xa ugxeke ngabanye)  
Ngamanye amaxesha ndiye ndingazibambi izinto eziyinyani xa ndiziva ndinoxinzelelo (umz. ukukrokra, ukuziva uphulukene nenyani, okanye izinto ezindingqongileyo zifane nephupha)
- Ixesha elininzi ndiphulukana nenyani xa ndiziva ndinoxinzelelo (umz. ukukrokra okugqithisileyo, ukuva okanye ukubona izinto ezingekhoyo okanye ezingabonwayo ngabanye abantu, ukuba namava angaphandle komzimba)

**12. Ukuzenzakalisa**

- Andizange ndazenzakalisa
- Andifane ndizenzakalise
- Ngamanye amaxesha ndiye ndizenzakalise
- Ndihlala ndizenzakalisa

**13. Ukwenzakalisa abanye (ngenjongo okanye ngempazamo)**

- Andizange ndonzakalisa abanye abantu
- Andifane ndonzakalise abanye abantu
- Ngamanye amaxesha ndiyabonzakalisa abanye abantu
- Ndihlala ndibonzakalisa abanye abantu

**14. Xa ucinga ngezi mpendulo zakho ezi zingasentla, ingaba zibangela kangakanani iingxaki kwiindawo ezibalulekileyo zobomi bakho (umz. kubuqu, kwizihlobo, ekuhlaleni, kwimfundo, emsebenzini)?**

- Hayi kwaphela
- Kancinci
- Ngokuphakathi
- Kakhulu

**Isikali soBungqongqo bokuPhazamiseka koBuqu (i-PDS-ICD-11)**

**Imiyalelo yamanqaku**

Izinto 1-10 amanqaku abalwa ngolu hlobo 2 – 1 – 0 – 1 – 2

Izinto 11-14 amanqaku abalwa ngolu hlobo 0 – 1 – 2 – 3

I-PDS-ICD-11 ibalwa ngokudityaniswa kwamanqaku azo zoli-14 izinto (dibanisa amanqaku ukuqala ku-0 -32).

*Qaphela.* Kwiimeko apho abaphenduli bakhethe ngaphezulu kwempendulo ezininzi kwinto enye, impendulo enamanqaku amaninzi iyabalwa.

**Ukucaphula i-PDS-ICD-11**

Bach, B., Brown, T. A., Mulder, R. T., Newton-Howes, G., Simonsen, E., & Sellbom, M. (2021). Development and Initial Evaluation of the ICD-11 Personality Disorder Severity Scale: PDS-ICD-11. *Personality and Mental Health*. <https://doi.org/10.1002/pmh.1510>

**Ukophuculwa nokuguqulelwa**

Isikali se-PDS-ICD-11 saphuculwa ngokuhambelana ne-WHO ICD-11 neSikhokelo seNgcaciso yoNyango kunye neXilongo (CDDG) ngokumisela ubukho kunye nobunzima bokuPhazamiseka koBuqu. Oku kuphunyezwe ngentsebenziswano phakathi kwala maqumrhu alandelayo:

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Iuguqulelwe nguKHULULWA MHLAWULI