

- President
- Secretary General
- National Health Secretary

LuM/035/0004/15

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21/03/1988

The Directorate
Department of MAT
Lusaka
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Dear comrade Nhlanhla

When I was in Lusaka attending the seminar on constitutional guidelines, I was introduced to a young lady called Vuyo Mpuhlwana from Canada. I was told that she is a clinical psychologist who is doing a survey on victims of torture, detention and raids by the South African Police. She was interested in people who had undergone traumatic experiences. As you know I left Lusaka for Amsterdam with comrade Alf Mgijima. When I reached Mazimbu I found her here. On a Monday 21/03/'88 I met her and asked her to come at my place and see me so that we discuss her work. We made an appointment for 22/03/'88 Tuesday.

To my surprise that very evening of 21/03/1988 I was visited by the security unit with the questionnaires which we are sending to you for your perusal. I then asked comrade Masoko to come to my place so that we should discuss the implications of these questionnaires ~~xxxx~~. We decided to confiscate all questionnaires that had already been filled and cancelled the trip to Dakawa. We asked her to stop operations until we get clarification from HQ whether they had seen these questionnaires and indicate whether information of such detail can be allowed to leave the area with someone we do not really know. The following are the questions raised in my mind and that of the security unit by the questionnaires:-

1. On experience of detention and raids outside South Africa.

Considering that we have people who were in Camp 32, what are they going to write. Considering that we have people who were in 32 and and now in Canada spreading malicious information about the movement, is this page not to ascertain whether what they have been saying is true or not?

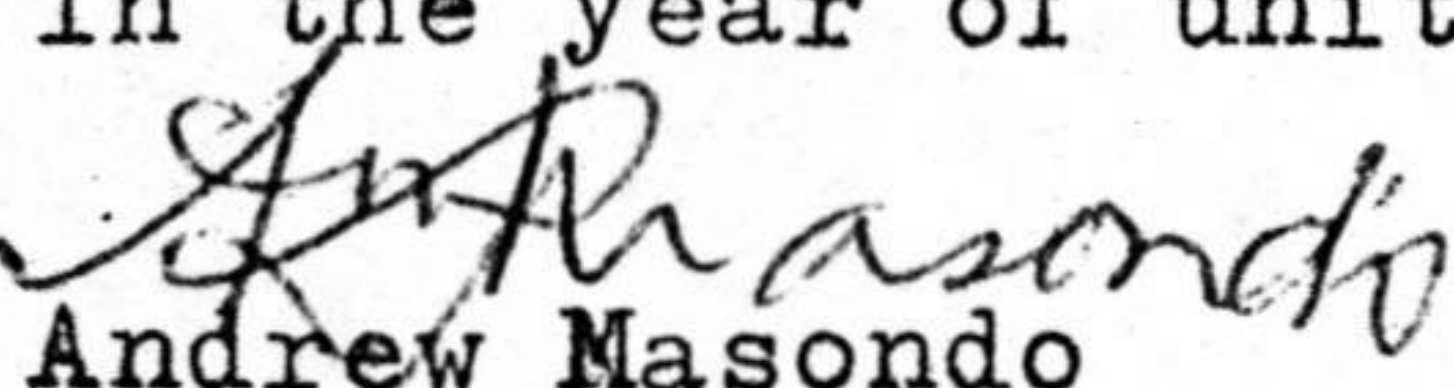
2. Both questionnaires goes into thorough biographical detail of individuals inspite of the fact that there are no names, are we sure that if this information can land into the hands of the enemy could it not be used against us?

I would like to make it clear that we are not questioning the right of the HQ to allow people to come and make studies but we would insist that questionnaires should be scrutinised by the HQ before these people come here. We also would like to stress that we would also like to see these questionnaires before the people proceed. I left her to go on only because I did not want to create a scene. She actually went on before we discussed.

We would like to get a quick reply so that we are not seen doing things arbitrarily. We have explain to her that as soon as you give us the green light then we will allow her. Comrade Maseko facilitated her work because word came from HQ.

Yours,

In the year of united action for people's power.


Andrew Masondo

BACKGROUND QUESTIONNAIRE

On the pages that follow you will find a series of questions on your personal background. Circle one answer for each question. Explain where necessary.

1. Sex: a) Male b) Female
2. How old are you? _____
3. What is the highest level of formal education you have achieved?

4. What is your current occupation now? For example are you a student, are you working in the farm, factory, etc? Indicate.

5. Before you left South Africa what was your occupation? For example, were you in school, you had a job, you were not working? Indicate.

6. Were you ever married while you were in SA?
a) Yes b) No
7. Presently:
a) living with spouse and children (or expecting one)
b) living with spouse, no children
c) living with children, or family (no husband or wife)
d) living in a hostel with comrades
e) living alone
f) living with a girlfriend (if you are male) or boyfriend (if female)
8. If unmarried, are you:
a) engaged?
b) going steady?
c) dating several (men/women) frequently?
d) dating several (men/women) infrequently?
e) not dating?
9. When did you leave SA?

10. When (in order) and how long did you live in places before coming to Mazimbu (indicate whether or not you were in refugee camp there).

<u>Where?</u>	<u>How Long?</u>	<u>Refugee Camp?</u>	
1) _____	_____	Yes	No
2) _____	_____	Yes	No
3) _____	_____	Yes	No
4) _____	_____	Yes	No
11. When you left SA did you leave:
a) alone?
b) with other comrades?
c) with your children/child but without your spouse?
d) with spouse without children?
e) with parents

The Life Experiences Survey

Listed below are a number of events which sometimes bring about change in the lives of those who experience them and which necessitate social readjustment. Please check those events which you have experienced in the recent past and indicate the time period during which you have experienced each event. Be sure that all check marks are directly across from the items they correspond to.

Also, for each item checked below, please indicate the extent to which you viewed the event as having either a positive or negative impact on your life at the time the event occurred. That is, indicate the type and extent of impact that the event had. A rating of -3 would indicate an extremely negative impact. A rating of 0 suggests no impact either positive or negative. A rating of +3 would indicate an extremely positive impact.

	0 to 6 mo	7 mo to 1 yr	extremely negative	moderately negative	somewhat negative	no impact	slightly positive	moderately positive	extremely positive
1 Marriage			-3	-2	-1	0	+1	+2	+3
2 Detention in jail or comparable institution			-3	-2	-1	0	+1	+2	+3
3 Death of spouse			-3	-2	-1	0	+1	+2	+3
4 Major change in sleeping habits (much more or much less sleep)			-3	-2	-1	0	+1	+2	+3
5 Death of close family member:									
a. mother			-3	-2	-1	0	+1	+2	+3
b. father			-3	-2	-1	0	+1	+2	+3
c. brother			-3	-2	-1	0	+1	+2	+3
d. sister			-3	-2	-1	0	+1	+2	+3
e. grandmother			-3	-2	-1	0	+1	+2	+3
f. grandfather			-3	-2	-1	0	+1	+2	+3
g. other (specify)			-3	-2	-1	0	+1	+2	+3
6 Major change in eating habits (much more or much less food intake)			-3	-2	-1	0	+1	+2	+3
7 Death of close friend			-3	-2	-1	0	+1	+2	+3
8 Male: Wife/girlfriend's pregnancy			-3	-2	-1	0	+1	+2	+3
9 Female: Pregnancy			-3	-2	-1	0	+1	+2	+3
10 Change work situation (different work responsi- bility, major change in working conditions, working hours, etc)			-3	-2	-1	0	+1	+2	+3

	0 to 6 mo	7 mo to 1 yr	extremely negative	moderately negative	somewhat negative	no impact	slightly positive	moderately positive	extremely positive
11 Serious illness or injury of close family member:									
a. father			-3	-2	-1	0	+1	+2	+3
b. mother			-3	-2	-1	0	+1	+2	+3
c. sister			-3	-2	-1	0	+1	+2	+3
d. brother			-3	-2	-1	0	+1	+2	+3
e. grandfather			-3	-2	-1	0	+1	+2	+3
f. grandmother			-3	-2	-1	0	+1	+2	+3
g. spouse			-3	-2	-1	0	+1	+2	+3
h. other (specify)			-3	-2	-1	0	+1	+2	+3
12 Sexual difficulties			-3	-2	-1	0	+1	+2	+3
13 Major change in closeness of family members (increased or decreased closeness)			-3	-2	-1	0	+1	+2	+3
14 Gaining a new family member			-3	-2	-1	0	+1	+2	+3
15 Change of residence			-3	-2	-1	0	+1	+2	+3
16 Marital separation from mate (due to conflict)			-3	-2	-1	0	+1	+2	+3
17 Major change in church activities (increased or decreased attendance)			-3	-2	-1	0	+1	+2	+3
18 Marital reconciliation with mate			-3	-2	-1	0	+1	+2	+3
19 Major change in number of arguments with spouse (a lot more or a lot less arguments)			-3	-2	-1	0	+1	+2	+3
20 Major change in usual type and/or amount of recreation			-3	-2	-1	0	+1	+2	+3
21 Major personal illness or injury			-3	-2	-1	0	+1	+2	+3
22 Major change in social activities, eg parties, movies, visiting (increased or decreased participation)			-3	-2	-1	0	+1	+2	+3
23 Divorce			-3	-2	-1	0	+1	+2	+3
24 Serious injury or illness of close friend			-3	-2	-1	0	+1	+2	+3

	0 to 6 mo	7 mo to 1 yr	extremely negative	moderately negative	somewhat negative	no impact	slightly positive	moderately positive	extremely positive
25 Separation from spouse (due to work, travel, etc)			-3	-2	-1	0	+1	+2	+3
26 Engagement			-3	-2	-1	0	+1	+2	+3
27 Breaking up with boyfriend/ girlfriend			-3	-2	-1	0	+1	+2	+3
28 Reconciliation with boy- friend/girlfriend			-3	-2	-1	0	+1	+2	+3
Other recent experiences which have had an impact on your life. List and rate.									
29. _____			-3	-2	-1	0	+1	+2	+3
30. _____			-3	-2	-1	0	+1	+2	+3

PSR

We would like to know something about relationships with other people. Please read each statement below and decide how well the statement describes you. For each statement, show your answer by indicating to the left of the item the number that best describes how you feel. The numbers represent the following answers:

- 1 = very like me
- 2 = much like me
- 3 = somewhat like me
- 4 = not very much like me
- 5 = not at all like me

- _____ 1 When I'm with my friends, I feel completely able to relax and be myself.
- _____ 2 I share the same approach to life that many of my friends do.
- _____ 3 People who know me trust me and respect me.
- _____ 4 No matter what happens, I know that my family will always be there for me should I need them.
- _____ 5 When I want to go out to do things I know that many of my friends would enjoy doing these things with me.
- _____ 6 I have at least one friend I could tell anything to.
- _____ 7 Sometimes I'm not sure if I can completely rely on my family.
- _____ 8 People who know me think I am good at what I do.
- _____ 9 I feel very close to some of my friends.

- ____ 10 People in my family have confidence in me.
- ____ 11 My family lets me know they think I am a worthwhile person.
- ____ 12 People in my family provide me with help in finding solutions to my problems.
- ____ 13 My friends would take the time to talk over my problems, should I ever want to.
- ____ 14 I know my family will always stand by me.
- ____ 15 Even when I am with my friends I feel alone.

Instructions: Please answer each question by putting a circle around the 'YES' or the 'NO' following the question. There are no right or wrong answers, and no trick questions. Work quickly and do not think too long about the exact meaning of the questions.

PLEASE REMEMBER TO ANSWER EACH QUESTION

- | | | |
|--|-----|----|
| 1 Do you have many different hobbies? | YES | NO |
| 2 Do you stop to think things over before doing anything? | YES | NO |
| 3 Does your mood often go up and down? | YES | NO |
| 4 Have you ever taken the praise for something you knew someone else had really done? | YES | NO |
| 5 Do you take much notice of what people think? | YES | NO |
| 6 Are you a talkative person? | YES | NO |
| 7 Would being in debt worry you? | YES | NO |
| 8 Do you ever feel 'just miserable' for no reason? | YES | NO |
| 9 Do you give money to charities? | YES | NO |
| 10 Were you ever greedy by helping yourself to more than your share of anything? | YES | NO |
| 11 Are you rather lively? | YES | NO |
| 12 Would it upset you a lot to see a child or an animal suffer? | YES | NO |
| 13 Do you often worry about things you should not have done or said? | YES | NO |
| 14 Do you dislike people who don't know how to behave themselves? | YES | NO |
| 15 If you say you will do something, do you always keep your promise no matter how inconvenient it might be? | YES | NO |
| 16 Can you usually let yourself go and enjoy yourself at a lively party? | YES | NO |
| 17 Are you an irritable person? | YES | NO |
| 18 Should people always respect the law? | YES | NO |
| 19 Have you ever blamed someone for doing something you knew was really your fault? | YES | NO |
| 20 Do you enjoy meeting new people? | YES | NO |
| 21 Are good manners very important? | YES | NO |
| 22 Are your feelings easily hurt? | YES | NO |
| 23 Are <u>all</u> your habits good and desirable ones? | YES | NO |

- 24 Do you tend to keep in the background on social occasions? YES NO
- 25 Would you take drugs which may have strange or dangerous effects? YES NO
- 26 Do you often feel 'fed-up'? YES NO
- 27 Have you ever taken anything (even a pin or button) that belonged to someone else? YES NO
- 28 Do you like going out a lot? YES NO
- 29 Do you prefer to go your own way rather than act by the rules? YES NO
- 30 Do you enjoy hurting people you love? YES NO
- 31 Are you often troubled about feelings of guilt? YES NO
- 32 Do you sometimes talk about things you know nothing about? YES NO
- 33 Do you prefer reading to meeting people? YES NO
- 34 Do you have enemies who want to harm you? YES NO
- 35 Would you call yourself a nervous person? YES NO
- 36 Do you have many friends? YES NO
- 37 Do you enjoy practical jokes than can sometimes really hurt people? YES NO
- 38 Are you a worrier? YES NO
- 39 As a child did you do as you were told immediately and without grumbling? YES NO
- 40 Would you call yourself happy-go-lucky? YES NO
- 41 Do good manners and cleanliness matter much to you? YES NO
- 42 Have you often gone against your parents' wishes? YES NO
- 43 Do you worry about awful things that might happen? YES NO
- 44 Have you ever broken or lost something belonging to someone else? YES NO
- 45 Do you usually take the initiative in making new friends? YES NO
- 46 Would you call yourself tense or 'highly-strung'? YES NO
- 47 Are you mostly quiet when you are with other people? YES NO
- 48 Do you think marriage is old-fashioned and should be done away with? YES NO
- 49 Do you sometimes boast a little? YES NO
- 50 Are you more easy-going about right and wrong than most people? YES NO
- 51 Can you easily get some life into a rather dull party? YES NO
- 52 Do you worry about your health? YES NO
- 53 Have you ever said anything bad or nasty about anyone? YES NO
- 54 Do you enjoy co-operating with others? YES NO
- 55 Do you like telling jokes and funny stories to your friends? .. YES NO
- 56 Do most things taste the same to you? YES NO
- 57 As a child were you ever cheeky to your parents? YES NO
- 58 Do you like mixing with people? YES NO
- 59 Does it worry you if you know there are mistakes in your work? YES NO

- 60 Do you suffer from sleeplessness? YES NO
- 61 Have people said that you sometimes act too rashly? YES NO
- 62 Do you always wash before a meal? YES NO
- 63 Do you nearly always have a 'ready answer' when people talk
to you? YES NO
- 64 Do you like to arrive at appointments in plenty of time? YES NO
- 65 Have you often felt listless and tired for no reason? YES NO
- 66 Have you ever cheated at a game? YES NO
- 67 Do you like doing things in which you have to act quickly? YES NO
- 68 Is (or was) your mother a good woman? YES NO
- 69 Do you often make decisions on the spur of the moment? YES NO
- 70 Do you often feel life is very dull? YES NO
- 71 Have you ever taken advantage of someone? YES NO
- 72 Do you often take on more activities than you have time for? YES NO
- 73 Are there several people who keep trying to avoid you? YES NO
- 74 Do you worry a lot about your looks? YES NO
- 75 Do you think people spend too much time safeguarding their
future with savings and insurance? YES NO
- 76 Have you ever wished that you were dead? YES NO
- 77 Would you dodge paying taxes if you were sure you could never
be found out? YES NO
- 78 Can you get a party going? YES NO
- 79 Do you try not to be rude to people? YES NO
- 80 Do you worry too long after an embarrassing experience? YES NO
- 81 Do you generally 'look before you leap'? YES NO
- 82 Have you ever insisted on having your own way? YES NO
- 83 Do you suffer from 'nerves'? YES NO
- 84 Do you often feel lonely? YES NO
- 85 Can you on the whole trust people to tell the truth? YES NO
- 86 Do you always practice what you preach? YES NO
- 87 Are you easily hurt when people find fault with you or the
work you do? YES NO
- 88 Is it better to follow society's rules than go your own way? YES NO
- 89 Have you ever been late for an appointment or work? YES NO
- 90 Do you like plenty of bustle and excitement around you? YES NO
- 91 Would you like other people to be afraid of you? YES NO
- 92 Are you sometimes bubbling over with energy and sometimes
very sluggish? YES NO
- 93 Do you sometimes put off until tomorrow what you ought to
do today? YES NO

- 94 Do other people think of you as being very lively? YES NO
- 95 Do people tell you a lot of lies? YES NO
- 96 Do you believe one has special duties to one's family? YES NO
- 97 Are you touchy about some things? YES NO
- 98 Are you always willing to admit it when you have made a mistake? YES NO
- 99 Would you feel very sorry for an animal caught in a trap? YES NO
- 100 When your temper rises, do you find it difficult to control? . YES NO

SYMPTOM CHECKLIST

Instructions: Below are a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, please circle one of the numbers to the right that best describes HOW MUCH THAT PROBLEM HAS BOTHERED OR DISTRESSED YOU DURING THE PAST WEEK INCLUDING TODAY. Circle one number for each problem and do not skip any items. If you change your mind, erase your first choice completely. Please read the example below before beginning.

Example;

HOW MUCH WERE YOU BOTHERED BY:

	Not at All	A Little Bit	Moderately	Quite A Bit	Extremely
1 Backaches	0	1	2	3	4
1 Headaches	0	1	2	3	4
2 Nervousness or shakiness inside	0	1	2	3	4
3 Unwanted thoughts, words or ideas that won't leave your mind	0	1	2	3	4
4 Faintness or dizziness	0	1	2	3	4
5 Loss of sexual interest or pleasure	0	1	2	3	4
6 Feeling critical of others	0	1	2	3	4
7 The idea that someone else can control your thoughts	0	1	2	3	4
8 Feeling others are to blame for most of your troubles	0	1	2	3	4
9 Trouble remembering things	0	1	2	3	4
10 Worried about sloppiness or carelessness	0	1	2	3	4

	Not at All	A Little Bit	Moderately	Quite A Bit	Extremely
11 Feeling easily annoyed or irritated	0	1	2	3	4
12 Pains in heart or chest	0	1	2	3	4
13 Feeling afraid in open spaces or on the streets	0	1	2	3	4
14 Feeling low in energy or slowed down	0	1	2	3	4
15 Thoughts of ending your life	0	1	2	3	4
16 Hearing voices that other people do not hear	0	1	2	3	4
17 Trembling	0	1	2	3	4
18 Feeling that most people cannot be trusted	0	1	2	3	4
19 Poor appetite	0	1	2	3	4
20 Crying easily	0	1	2	3	4
21 Feeling shy or uneasy with the opposite sex	0	1	2	3	4
22 Feeling of being trapped or caught	0	1	2	3	4
23 Suddenly scared for no reason	0	1	2	3	4
24 Temper outbursts that you could not control	0	1	2	3	4
25 Feeling afraid to go out of your house alone	0	1	2	3	4
26 Blaming yourself for things	0	1	2	3	4
27 Pains in lower back	0	1	2	3	4
28 Feeling blocked in getting things done	0	1	2	3	4
29 Feeling lonely	0	1	2	3	4
30 Feeling blue	0	1	2	3	4
31 Worrying too much about things	0	1	2	3	4
32 Feeling no interest in things	0	1	2	3	4
33 Feeling fearful	0	1	2	3	4
34 Your feelings being easily hurt	0	1	2	3	4
35 Other people being aware of your private thoughts	0	1	2	3	4
36 Feeling others do not understand you or are unsympathetic	0	1	2	3	4
37 Feeling that people are unfriendly or dislike you	0	1	2	3	4

	Not at All	A Little Bit	Moderately	Quite A Bit	Extremely
38 Having to do things very slowly to insure correctness	0	1	2	3	4
39 Heart pounding or racing	0	1	2	3	4
40 Nausea or upset stomach	0	1	2	3	4
41 Feeling inferior to others	0	1	2	3	4
42 Soreness of your muscles	0	1	2	3	4
43 Feeling that you are watched or talked about by others	0	1	2	3	4
44 Trouble falling asleep	0	1	2	3	4
45 Having to check and double- check what you do	0	1	2	3	4
46 Difficulty making decisions	0	1	2	3	4
47 Feeling afraid to travel on buses, subways or trains	0	1	2	3	4
48 Trouble getting your breath	0	1	2	3	4
49 Hot or cold spells	0	1	2	3	4
50 Having to avoid certain things, places, or activities because they frighten you	0	1	2	3	4
51 Your mind going blank	0	1	2	3	4
52 Numbness or tingling in parts of your body	0	1	2	3	4
53 A lump in your throat	0	1	2	3	4
54 Feeling hopeless about the future	0	1	2	3	4
55 Trouble concentrating	0	1	2	3	4
56 Feeling weak in parts of your body	0	1	2	3	4
57 Feeling tense or keyed up	0	1	2	3	4
58 Heavy feelings in your arms or legs	0	1	2	3	4
59 Thoughts of death or dying	0	1	2	3	4
60 Overeating	0	1	2	3	4
61 Feeling uneasy when people are watching or talking about you	0	1	2	3	4
62 Having thoughts that are not your own	0	1	2	3	4
63 Having urges to beat, injure or harm someone	0	1	2	3	4
64 Awakening in the early morning	0	1	2	3	4

	Not at All	A Little Bit	Moderately	Quite A Bit	Extremely
65 Having to repeat the same actions such as touching, counting, washing	0	1	2	3	4
66 Sleep that is restless or disturbed	0	1	2	3	4
67 Having urges to break or smash things	0	1	2	3	4
68 Having ideas or beliefs that others do not share	0	1	2	3	4
69 Feeling very self-conscious with others	0	1	2	3	4
70 Feeling uneasy in crowds, such as shopping or at a movie	0	1	2	3	4
71 Feeling everything is an effort	0	1	2	3	4
72 Spells of terror or panic	0	1	2	3	4
73 Feeling uncomfortable about eating or drinking in public	0	1	2	3	4
74 Getting into frequent arguments	0	1	2	3	4
75 Feeling nervous when you are left alone	0	1	2	3	4
76 Others not giving you proper credit for your achievements	0	1	2	3	4
77 Feeling lonely even when you are with people	0	1	2	3	4
78 Feeling so restless you could not sit still	0	1	2	3	4
79 Feelings of worthlessness	0	1	2	3	4
80 Feeling that familiar things are strange or unreal	0	1	2	3	4
81 Shouting or throwing things	0	1	2	3	4
82 Feeling afraid you will faint in public	0	1	2	3	4
83 Feeling that people will take advantage of you if you let them	0	1	2	3	4
84 Having thoughts about sex that bother you a lot	0	1	2	3	4
85 The idea that you should be punished for your sins	0	1	2	3	4
86 Feeling pushed to get things done	0	1	2	3	4
87 The idea that something serious is wrong with your body	0	1	2	3	4
88 Never feeling close to another person	0	1	2	3	4
89 Feelings of guilt	0	1	2	3	4
90 The idea that something is wrong with your mind	0	1	2	3	4

EXPERIENCE OF DETENTION AND RAIDS OUTSIDE SOUTH AFRICA

1. Indicate whether or not you were ever detained or arrested outside SA before you came to Mazimbu and for how long.

Imprisoned?

How many times?

For how long in all?

Yes OR No

2. Were detained/arrested for political or nonpolitical reasons?

Explain

3. Can you describe your experience during detention/imprisonment? eg torture, interrogation, threats about deportation, etc. The examples under Number 8 and 9 under Experience in S Africa may be helpful as you try to remember some of your experiences.

4. Did you ever experience S African raids in one of southern African countries?

a) Yes

b) No

5. If yes, did you get physically injured in the raid(s)?

a) Yes

b) No

6. Did any of your family members get killed or severely injured in the raid(s)?

a) Yes

b) No

7. Did any of your close friends/comrades get severely injured or killed in the raid(s)?

a) Yes

b) No

8. Did the killing take place in your presence?

a) Yes

b) No

9. Did anybody else other than friend or relative get killed in the raids in your presence?

a) Yes

b) No

10. Did you escape the killing narrowly?

a) Yes

b) No

11. If so, how? Explain.

EXPERIENCE IN SOUTH AFRICA

The questions below are about your traumatic experiences associated with detention, torture, imprisonment, and injuries during demonstrations in South Africa. Please try and give as accurate information as you can possibly remember.

1. Were you ever detained?

- a) Yes b) No

2. When (in order) were you ever detained and for how long in all?

When (Year)	Under which law/section	Length of time in all
-------------	-------------------------	-----------------------

- | | | |
|----------|-------|-------|
| a) _____ | _____ | _____ |
| b) _____ | _____ | _____ |
| c) _____ | _____ | _____ |
| d) _____ | _____ | _____ |
| e) _____ | _____ | _____ |

3. Were you charged? a) Yes b) No

4. Did you serve? a) Yes For how long? _____

 b) No Why not? _____

5. During detention I was:

- a. interrogated and tortured
- b. tortured but was never interrogated
- c. interrogated only

6. How many interrogation/torture sessions did you have?

7. How many people on the average were involved during interrogation/torture sessions at a time?

8. Did you experience any of the following physical torture method?

Method	Yes	No	Number of times
Beatings	_____	_____	_____
Forced standing	_____	_____	_____
Maintain abnormal body position	_____	_____	_____
Forced gym exercises	_____	_____	_____
Bag over head	_____	_____	_____
Electric shock	_____	_____	_____
Food deprivation	_____	_____	_____
Strangulation	_____	_____	_____
Torture in genitals	_____	_____	_____
Rape	_____	_____	_____
List other methods:-			

16. Did you suffer from any of the following health problems within six months after you were released from detention?

Health problems	Yes
Difficulty sleeping	_____
Headaches	_____
Excessive fantasy	_____
Weight loss	_____
Appetite loss	_____
Difficulty concentration	_____
Nightmares	_____
Tiredness	_____
Difficulty memory	_____
Stomach pains	_____
Restlessness	_____
Depressed	_____
Constipation	_____
Shivering	_____
Crying	_____
Nausea	_____
Sweating	_____
List other problems:-	_____

17. Did you receive any medical attention immediately after detention? Explain.

18. Did you get any help from a psychologist or psychiatrist within the first six months after detention? a) Yes b) No

19. Did you get any medical help from a traditional doctor within the first six months after detention? a) Yes b) No

20. Were you ever injured during demonstration?

a) Yes Explain _____ b) No

21. If you were injured did you receive any medical attention?

Explain _____

22. Did any of your relatives/friends get injured or killed? Explain.

23. Did you see anybody (other than your relative or friend) injured or killed during demonstration? Explain.

9. Did you experience any of the following psychological torture methods?

Method	Yes	No
False accusation		
Solitary confinement		
Verbal abuse		
Threatened violence		
Good/bad interrogators		
Misleading information		
Witness/knowledge of others' torture		
Threats of execution - self or family		
Offer rewards		
Forced to undress		
Constant interrogation		
Blindfolded		
Sleep deprivation		
List other methods:-		

10. Usually one of the aims of torturers is to make a person sign a statement about the person's political activities as well as those of others. Did this happen to you?

a) Yes b) No

11. During detention did you have any need for doctor's attention?

a) Yes b) No

12. If so, did you obtain it? a) Yes b) No

13. Were you satisfied with the doctor's treatment? a) Yes b) No

Explain _____

14. After you were released what kind of reception did you receive from your friends, comrades and family members? (eg were they supportive?)

15. Were you satisfied by the reception? Explain and rate the satisfaction, from very satisfied to very unsatisfied.

sat=satisfied; dissat=dissatisfied; Mod=Moderately

Very sat	Mod sat	Somehow sat	Neutral feelings	Somehow dissat	Mod dissat	Very dissat
3	2	1	0	-1	-2	-3

The following questions relate to common life issues. There are no right or wrong answers. Indicate the extent to which you agree or disagree with each statement by circling the appropriate number, using the scale below as a reference. Please try to answer all the questions, even if you must guess.

1	2	3	4	5
STRONGLY DISAGREE	MODERATELY DISAGREE	NEUTRAL	MODERATELY AGREE	STRONGLY AGREE
1. I believe that death is the absolute end of my existence in all respects.				1 2 3 4 5
2. I value my freedom above all else.				1 2 3 4 5
3. For the most important decisions I have had to make, the principles and standards I was taught have served me well.				1 2 3 4 5
4. There are no absolutes---everything depends on how you look at it.				1 2 3 4 5
5. In the long run, we can only rely on ourselves				1 2 3 4 5
6. Even when it's important not to be, I can expect to be wrong sometimes.				1 2 3 4 5
7. There are things about myself I would rather not know.				1 2 3 4 5
8. I don't know who I am, where I come from, or where I am going.				1 2 3 4 5
9. Personal failures can be valuable experiences.				1 2 3 4 5
10. My most meaningful experiences come from my relationships with others.				1 2 3 4 5
11. I am glad to be alive.				1 2 3 4 5
12. I am afraid of dying even a painless death.				1 2 3 4 5
13. I think about the ultimate meaning of life.				1 2 3 4 5
14. Some people are very frightened of death, but I am not.				1 2 3 4 5
15. My life lacks purpose and direction.				1 2 3 4 5
16. I am constantly being forced to make another decision about something.				1 2 3 4 5
17. Nothing is certain.				1 2 3 4 5
18. I know who I really am.				1 2 3 4 5
19. What concerns me about dying is that all my hopes and dreams will come to an end.				1 2 3 4 5
20. There are no final answers---just new questions.				1 2 3 4 5
21. Sometimes I just want to be alone.				1 2 3 4 5
22. God is my ultimate authority.				1 2 3 4 5
23. I have pretty well accepted the fact that I will die.				1 2 3 4 5
24. God exists.				1 2 3 4 5
25. With regard to death, I am prepared and unafraid.				1 2 3 4 5

	1 STRONGLY DISAGREE	2 MODERATELY DISAGREE	3 NEUTRAL	4 MODERATELY AGREE	5 STRONGLY AGREE
26. I feel that life is full of conflict and unhappiness.					1 2 3 4 5
27. I feel good about my future.					1 2 3 4 5
28. Life seems very exciting to me.					1 2 3 4 5
29. I hope to go to heaven.					1 2 3 4 5
30. Often I just don't know what to do with myself.					1 2 3 4 5
31. Even though death is inevitable, I cannot help but be concerned about dying.					1 2 3 4 5
32. Life without love would not be worth living.					1 2 3 4 5
33. I find periods of solitude rewarding.					1 2 3 4 5
34. I have very clear goals and aims in life.					1 2 3 4 5
35. I am usually exuberant and enthusiastic.					1 2 3 4 5
36. Life is tragic and there is no escaping life's pain.					1 2 3 4 5
37. My life is running over with exciting good things.					1 2 3 4 5
38. Sometimes I think that I am too afraid of being alone.					1 2 3 4 5
39. Right now I am not ready to die.					1 2 3 4 5
40. I feel that lack of and a need to find a real meaning and purpose in my life.					1 2 3 4 5
41. I know that I will die, but I do not worry about it.					1 2 3 4 5
42. Everything changes so quickly these days that I often have trouble deciding which are the right rules to follow.					1 2 3 4 5
43. With everything in such a state of disorder it's hard for a person to know where he or she stands from one day to the next.					1 2 3 4 5
44. On occasion, I have thought that I had found what I was looking for in life, only to have it vanish later.					1 2 3 4 5
45. My life is phony and artificial.					1 2 3 4 5
46. In the deepest sense, I think we are all alone in this world.					1 2 3 4 5
47. There is a real chance that I could die at anytime.					1 2 3 4 5
48. I sense a basic separateness between myself and all others.					1 2 3 4 5
49. Life doesn't have much meaning.					1 2 3 4 5
50. I feel a sense of well-being about the direction my life is headed in.					1 2 3 4 5
51. I feel very fulfilled and satisfied with life.					1 2 3 4 5
52. I feel unsettled about my future.					1 2 3 4 5
53. I believe there is some real purpose for my life.					1 2 3 4 5
54. My trust is in God.					1 2 3 4 5

	1	2	3	4	5
	STRONGLY DISAGREE	MODERATELY DISAGREE	NEUTRAL	MODERATELY AGREE	STRONGLY AGREE
55. Death seems so far away that I never even think about it.					1 2 3 4 5
56. I sometimes wonder whether this is all there is to life.					1 2 3 4 5
57. It is pointless for me to think about death until I have to.					1 2 3 4 5
58. The world is always changing and can never be the same again.					1 2 3 4 5
59. Sometimes life seems unbearable to me.					1 2 3 4 5
60. I hope for something exciting in the future.					1 2 3 4 5
61. Death is a natural part of life.					1 2 3 4 5
62. The worst part about being alone is the thought that no one would miss me.					1 2 3 4 5
63. I would willingly accept my death after a long and full life.					1 2 3 4 5
64. In thinking of my life, I always see a reason for being here.					1 2 3 4 5
65. I am becoming more prepared for death.					1 2 3 4 5
66. The worst pain is losing someone you love.					1 2 3 4 5
67. The worst death is a lonely death.					1 2 3 4 5
68. Some of my decisions are too difficult to make.					1 2 3 4 5
69. My life has meaning.					1 2 3 4 5
70. I have no genuine connection with any other human being.					1 2 3 4 5
71. Sometimes I wonder whether I could ever have a meaningful relationship.					1 2 3 4 5
72. I feel that life is a positive experience.					1 2 3 4 5
73. I am free to believe or doubt anything that I choose.					1 2 3 4 5
74. Everything I consider fixed, precious and good can suddenly vanish.					1 2 3 4 5
75. I wish that I could be more intimate with other people.					1 2 3 4 5
76. I can rarely get as much love as I want.					1 2 3 4 5
77. True love is the perfect union between two people.					1 2 3 4 5
78. I have discovered clear cut goals and a satisfying life purpose.					1 2 3 4 5
79. I believe that I was born for a reason.					1 2 3 4 5
80. When I die I believe my soul will go to heaven.					1 2 3 4 5
81. I could not be happy being alone.					1 2 3 4 5
82. Living means more than just passing the time between birth and death.					1 2 3 4 5

1 STRONGLY DISAGREE	2 MODERATELY DISAGREE	3 NEUTRAL	4 MODERATELY AGREE	5 STRONGLY AGREE
83. Often I am reluctant to show others what I am really feeling.				1 2 3 4 5
84. I am generally more at ease talking about death than most people.				1 2 3 4 5
85. Sometimes I think about death too much.				1 2 3 4 5
86. I would find it impossible to live without the caring and acceptance of certain people.				1 2 3 4 5
87. God gives purpose to my life.				1 2 3 4 5
88. Belief in God saves us from ultimate loneliness.				1 2 3 4 5
89. It seems to me that other people find it easier to decide what is right than I do.				1 2 3 4 5
90. I don't enjoy much about life.				1 2 3 4 5
91. Somewhere there exists a man or woman with whom I could become "one".				1 2 3 4 5

IES

Below is a list of comments made by people about stressful life events and the context surrounding them. Select an event which has been most traumatic for you, for example, torture, injury during demonstrations, injury during raids, death of a loved one during torture or demonstrations, and/or raids. Write the event in the space provided below.

Read each item and decide how frequently each item was true for you during the past seven (7) days, for the traumatic event you have experienced. If the item did not occur during the past seven days, choose the "Not at all" option. Indicate on the line at the left of each comment the number that best describes that item. Please complete each item.

- 1 = Not at all
- 2 = Rarely
- 3 = Sometimes
- 4 = Often

Event _____

- _____ 1. I thought about it when I didn't mean to.
- _____ 2. I avoided letting myself get upset when I thought about it or was reminded of it.
- _____ 3. I tried to remove it from memory.

- 1 = Not at all
- 2 = Rarely
- 3 = Sometimes
- 4 = Often

- _____ 4. I had trouble falling asleep or staying asleep, because of pictures or thoughts that came into mind.
- _____ 5. I had waves of strong feelings about it.
- _____ 6. I had dreams about it.
- _____ 7. I stayed away from reminders of it.
- _____ 8. I felt as if it hadn't happened or wasn't real.
- _____ 9. I tried not to talk about it.
- _____ 10. Pictures about it popped into my mind.
- _____ 11. Other things kept making me think about it.
- _____ 12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.
- _____ 13. I tried not to think about it.
- _____ 14. Any reminder brought back feelings about it.
- _____ 15. My feelings about it were kind of numb.