

Threshold Assessment Grid (TAG)

Olupapula lw'obubonero

“TAG” ennonyereza kumanyi g'ekigero ky'obuuzi omuntu w'obulwadde bw'obwongo bw'alina.

Ku buli katundu (okuva ku nnamba 1 paka ku 7), golola kimu kubyogeddwaako ekisinga okukola ku muntu oyo abeera abuuuzibwa.

Kaakati kubuli mutendera gw'ekigero eky'amanyi (Okugeza. 'tewali,' ky'amanyi nnyo') gatta omuwendo gw'obugolole era obuwandiike mukasanduuko akali wansi kubukoloboze obulagiddwa.'kyamanyi nnyo' ekola kubutundu obwo bwokka obwetaagisa obweetaavu bw'abakugu abajjanjaba obulwadde bw'obwongo okusobola okubaako ekikolebwa okutaasa obulamu bw'omuntu amangu ddala.

Olupapu olugoberwa oluteekeddwa emabbali lulambika eby'okugoberera ku nsonga z'okuteekako essira ng'obuuzi mubuli katundu – tebigendereddwa kulagira. Obubaka obulala ku “TAG” webuli ku mukutu “researchintorecovery.com/tag” guno.

| | | | Tewali | Akatonotono | Kyakigero | Kyamanyi | Kyamanyi nnyo | |
|--------------|---------------|--|--|--|---|---|---|--|
| [tag1 p1] | Eby' obukuumi | Akatundu 1 Okw'etuu saako obuvune mubugen derevu. | Tewali kufaayo kubikwatag ana ku bulabe obuyinza Okw'etuusib wako mu bugenderevu u oba okugezaako okwetta. | Okufaayo okutonotono kubikwatag ana ku bulabe obuyinza Okw'etuusib wako mu bugenderevu u oba okugezaako okwetta. | Obubonero obulaga nti wandibaawo obulabe bw'okwetusaako obuvune mubugenderevu u oba okugezaako okwetta. | Obulabe obw'amanyi obuyinza okutuusibwa a kumubiri nga kino kiviira kukw'etuusaako obuvune mubugenderevu u oba okugezaako okwetta. | Obulabe obw'amangu ddala obuyinza okutuusibwa kumubiri nga kino kiviira ku kw'ekwetusaako obuvune mubugenderevu u oba okugezaako okwetta. | |
| [tag2 p1] | | Akatundu 2 okw'etuu saako obuvune mubutanwa/ mubutali bugender evu | Tewali kufaayo kubikwatag ana n'obulabe obuyinza okutuusibwa a ku mubiiri mubutali bugenderevu u | Okufaayo okutonotono kubikwatag ana n'obulabe obuyinza okutuusibwa a ku mubiiri mubutali bugenderevu u | Obubonero obulaga nti waliwo obulabe obuyinza okutusibwa ku mubiri mubutali bugenderevu u | Obulabe obw'amanyi obuyinza okutuusibwa a ku mubiri nga kino kiviira ku Buteefaako, enneeeyisa etali nnungi oba okulemelerwa okukuuma obutonde. | | |
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|--------------|----------------------|---|---|--|--|--|---|--|
| [tag3 p1] | Okuyinzika kwobulabe | Akatundu 3 Obulabe obuyinza okuva eri abalala | Tewali kufaayo kubikwatag ana n'akabi k'okutulugu nyizibwa oba okukozeseb wa ennyo/ okunyigirizib wa okuva eri abalala oba abantu babulijjo | Okufaayo okutonotono kubikwatag ana n'akabi k'okutulugu nyizibwa oba okukozeseb wa ennyo okunyigirizib wa / okuva eri abalala oba abantu babulijjo | Obuboneer o obwaddala obulaga okubeera mukabi k'okutulugu nyizibwa oba okukozeseb wa ennyo/ okunyigirizib wa | Obukakafu obulaga okutuluguny izibwa oba okukozeseb wa ennyo/ okunyigirizib wa ova eri abalala oba abantu babulijjo. | | |
| [tag4 p1] | | Akatundu 4 Obulabe eri balala | Tewali kufaayo kubikwatag ana n'obulabe obuyinza okutuusibwa kubalala oba ebintu byabwe | Eneyisa etali nnungi mubantu | Obulabe obuyinza okubeerawo eri ebintu ne /oba obulabe obutonotono obuyinza okutuusibwa ku balala | Obulabe obw'amanyi obuyinza okutuusibwa kubabala nga kino kiviira ku nneyisa ey'obulabe | Obulabe obw'amangu ddala obuyinza okutuusibwa kubalala nga kino kiviira ku nneyisa ey'obulabe | |

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|--------------|------------------------------------|---|--|---|--|--|--|--|
| [tag5 p1] | | Akatundu 5 Ebyetaagisa okubeera wo | Tewali kufaayo kubikwatag ana n'ebjetaagisa ebisookebw ako, ebikozesebwa oba obukodyo obwetaagisa a mubulamu | Okufaayo okutonotono ku kubikwatag ana n'eb'etaagisa ebisookebw ako, ebikozesebwa oba obukodyo obwetaagisa a mubulamu | Obutaba na by'etaagisa ebisookebw ako, ebikozesebwa Oba obukodyo obwetaagisa a mubulamu bimala | Obutabeere rawo ddala n'akatono na by'etaagisa, ebikozesebwa oba obukodyo obwetaagisa a mubulamu | Obutabeerera wo ddala n'akatono na byetaagisa, bikozebwa oba obukodyo obwetaagisa mubulamu nga kino kireeta entiisa ey'amanyi ku obulamu | |
| [tag6 p1] | Eby' etaago n' okulemererwa | Akatundu 6 Mundowooza muneewulira ne munneeyisa | Tewali bizibu biremesa oba eby'eraliikiri za mu ndowooza, n neewulira oba nneeyiisa | Obizibu ebitonotono ebiremesa oba oby'eraliikiri za mu ndowooza, n neewulira oba nneeyiisa | Obizibu ebiremesa oba eby'eraliikiri za mu ndowooza, n neewulira oba nneeyiisa | Ebizibu eby'amanyi ebiremesa oba eby'eraliikiri za mu ndowooza, n neewulira oba nneeyiisa | | |
| [tag7 p1] | | Akatundu 7 Eby'olukale | Tewali bizibu biremesa bikolebwa oba enkolagana n'abantu abalala | Ebizibu ebitonotono ebiremesa ebikolebwa oba enkolagana n'abantu abalala | Ebizibu ebiremesa ebikolebwa oba enkolagana n'abantu abalala | Ebizibu eby'amanyi ebiremesa ebikolebwa oba enkolagana n'abantu abalala | | |

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|--------------------------|--|---------------------------|--|---|--|--|---|----------------------------|
| [tag8 ap1] to [tag8 ep1] | | Omuwendogw'obugole | — | — | — | — | — | Okugaba obubone ro bwa TAG |
| [tag9 p1] | | Okugaba obubonero bwa TAG | Zero (0) kubuli kiddiddwaa mu "Tewali" | Emu (1) kubuli kiddiddwaa mu "Akatonoton o" | Bbiri (2) kubuli kiddiddwaa mu "kyakigero" | Ssatu (3) kubuli kiddiddwaa mu "ky'amanyi" | Nnya (4) kubuli kiddiddwaamu "ky'amanyi nnyo" | — — |

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1 Ekigendererwa ky'okwetusaako obuvune

Ebiviira ku muntu:

- Okulaga ekigendererwa eky'okwetta
- Entekateka ennambulukufu
- Engeri gyekigenda okukolebwamu
- Enteekateeka
- Obutaba na ssuubi
- Obutaba na muntu yena gwe wesiga okugeza nga omwagalwa wo , emikwano oba abakugu.
- Obutaba nabyetagisa okuyamaba mukukwasaganya embeera
- Obutaba na nabiziyiza/biremesa kwetuusaako buvune

Teeka essira ku biyinza okuviirako ekigendererwa eky'okwetusaako obuvune:

- Oba nga waali wabaddewo okwetusaako obuvune mubugenderevu
- (i)Okunywa omwenge/ okukozesa ebilagalalagala ebirara oba (ii) ekika ky'obulwadde bw'omutwe (“depression”, “schizophrenia”, “personality disorder”)
- (i) NE (ii) = obulabe obuyinza okubaawo buli waggulu
- Okulwala enddwadde ez'omubiri/ obuteesobola
- Okulaba omusaawo omukugu munnaku ntono ezakayita wo
- Okuweebwa ekitanda mu ddwaliiro ly'abalwadde ab'emitwe munnaku ntono ezakayita wo
- Okufirwa omuntu / ekintu kyonna munnaku ntono ezakayita wo
- Obutaba na mikwano/ ab'oluganda
- Okubeera obw'omu
- Omukozi atalina bukugu
- Obutaba na mulimu
- Abantu abakuliridde mu myaka
- Ab'ekikula ekisajja (naddala abalenzi abatototo)

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2 Obutaba nakigendererwa mu kwetuusaako bulabe

Teeka essira ku buteefaako:

- Obuteelabirira bulungi
- Obutalya oba obutanywa bulungi nga bwekisaanidde

Teeka essira kunneeyisa ey'obulabe:

- Obutanoonya buyambi ku bizibu ebisobola okuviirako obulabe
- Okugaana obuyambi obwetaagisa okugeza obutamiira ddagala
- Obutasaba/ obutawanirira bintu by'olinako olukusa
- Obutaba na kumanya mu ngeri gy'oyinza okwekuumamu awaka okugeza okwekuumamu obulabe bw'omuliro
- Ebikolwa eby'okumala gegatta muby'omukwano
- Okukozesa ebilagalalagala
- Okumala gatambula

Teeka essira kubutasobola kukuuma mu butonde:

- Obutasobala kukwasaganya by'ansula
- Obutasasula sente za bupangisa
- Okulya amabanja

3 Obulabe obuyinza okuva eri abalala

Teeka essira ku bika by'okutulugunya oba okunyigirizibwa ennyo:

- Ku mubiri
- Mu by'okwegatta mu bikolwa eby'omukwano
- Mu nnewuulira/ mu ndowooza
- Mu mawanga
- Mu by'ensimbi
- Mu butafaayo

Teeka essira ku bulabe obuyinza okuva eri:

- Abakozi
- Ab'oluganda
- Ab'emikwano
- Balirwaana
- Abantu abatamanyikiddwa
- Obujjanjabi

Teeka essira ku bulabe obuyinza okuva eri omujjanjabi/alabirira:

- Okwerarikirira /okunyiikaala ennyo
- Obulwadde bw'omutwe/ omwenge/ okukozesa ebiragalalagala mu omujjanjabi/alabirira
- Omujjanjabi/ alabirira okugaana obuyambi
- Omujjanjabi okubanga yali atulugunyiza/oba atulugunyiziddwako

Teeka essira ku bulabe obuyinza okuviira ku bantu ababulijjo:

- Okuba nga waali wabaddewo enkolagana ez'okutulugunyizibwa/okunyigirizibwa
- Ebikolwa eby'effujjo ebinyiza nga tebitakirizibwa mumateeka okuva eri abantu
- Abantu abateetaagibwa okujjula/okukozesa awaka
- Obutaba na bukuumi bumala awaka
- Okutya okukangavulwa olw'okuloopa kuky'okutulugunya

4 Obulabe obuyinza okutuuka ku balala

Teeka essira ku bulabe obuyinza okutuusibwa ku:

- Abaana n'abalala abalabirirwa
- Abaagalwa
- Abalabirira abalwadde
- Abakozi
- balirwana
- Abantu abtamanyikiddwa

Teeka essira ku bulabe obuyinza okuviira ku:

- Okutiisatiisa okuliwo,naddala ky'olekera omuntu ayogeddwaako/alalikiddwa
- Okuba nga waali wabadewo ebikolwa eby'obukambwe ku bantu / ebintu
- Okwemulugunya kw'omujjanjabi
- Eby'okulwanyisa okuba nga bituukikako mangu
- Obutaba na kulemesebwa / kuziyizibwa kukola bikolwa byabukambwe okugeza okutya ebinaddirira
- Okubanga wali wabaddewo okyokya/okukuma omuliro kubintu eby'omugaso mubugenderevu
- Obutaba na mulimu
- Okukozesa ebilagalalagala / omwenge
- Enyiike
- Amaloboozi agalagira omuntu okutuusa obulabe ku muntu omulala
- Okwekengera buli kantu
- Ebikolwa ebyokumala gegatta muby'omukwano
- Enneeyisa etali ya mu bantu okugeza okumala gavuga
- Obutaba nakumanya ku byafaayo ebikwatagana ku muntu
- Obutaba na nkolagana yabwesigwa n'abakugu/abamanyi

5 Eby'etaagisa Okubeerawo

Teeka essira oba nga omuntu alina obuzibu ne:

- Awaka
- Eby'okufumbisa awaka
- Eby'etaagisa eby'enkizo (okugeza ebikozesebwa mukwoza,kaabuyonjo,Ekifumba,Ekitanda)
- Obusobozi mu kulabirira awaka wabwe
- Obusobozi mu kukuuma obuyonjo n'okutegeka ebintu obulungi ngabweky'etaagisa
- Emeere n'ebyokunywa ebimala
- Eby'okwambala

- Sente ezimala okubeererako
- Obusobozi mu kutambula obulungi
- Obusobozi mu kukozeza entambula ey'olukale
- Obusobozi mu kukwasaganya ebizibu/ endwadde ezitawanya omubiri

6

Mu ndowoozo, mu nneewulira ne munneeyisa

Teeka essira ku:

- Okukola ekissusse ennyo, obukambwe obussusse ennyo, enneeyisa ey'obulabe, oba ebikolwa eby'obutatereera wamu era ebizibu okuba eby'obulabe
- Obuzibu okuwulira amaloboozi, okulaba, omuwunyiriza ebitaliwo n' ebirala
- n'okukiriza mu bintu ebitali bituufu nga tebyesigamye ku diini, kuby'okusoma
- oba kuby'obuwangwa
- Okufuna obuzubu mu ntegera nga okujjikirira, okumanya n'okutegeera ebigenda mumaaso
- Okutawanyizibwa mu mbeera okugeza nga obulwadde bw'okwennyamira,
- Okukyamuka ekissusse, n'okubeera kubunkenke
- Obuzibu mu kusoma oba okuwandiika
- Obutaba na ngeri yakukwasaganyamu bintu / embeera
- Engeri gy'olabamu / gy'otwalamu ebizibu
- Empiisa/ engeri y'okunoonyamu Obuyambi
- Ebizibu mu by'omwoyo
- Okuwuulira ekiwuubaalo/ nga atayanirizibwa

7

Eby'olukale

Teeka essira ku buzibu mu nkolagana n'abalala:

- Obutaba nabusobozi kukola oba okukuuma mikwano
- Obutaba na nkolagana ziyamba/ zizimba
- Obutaba nankolagana ey'amanyi
- Obuzibu mu by'okwegatta mu by'omukwano
- Ebizibu n'empuliziganya
- Obutasobola kukwasaganya buzibuzibu bwabulijjo

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Teeka essira ku buzibu mu bikolebwa:

- mubiseera eby'eddembe
- Emirimu egitasassuddwa
- Emirimu egisassuddwa
- Obuyigirize
- Okutambula engendo
- Obutaba na bulamu bwesiimisa

Threshold Assessment Grid (TAG)

Olupapula oluliko ebigobererwa

Era teka essira ku bintu ebilala eby'etaagisa. Obusanduuko obw'okugololamu buteekeddwaawo okukozesebwa kyeyagalire okuzuula ebigendererwa, naye yo "TAG" y'ekipimo ekoledwa ku lupapula lw'okugabirako obubonero.

Ebigobererwa ebirara

OMUGASO GWA TAG

"TAG" enonyereza mubufunze kumanyi g'ekigero ky'obuzibu omuntu w'obulwadde bw'obwongo bw'alina. Ebigobererwa mukugimaliriza "TAG" buteekeddwa ku lupapula lw'okugabirako obubonero, era olupapula luno lulaga ebigobererwa ebilala. TAG nyangu nnyo kumaliriza, nga yetaagisa obugolole musanvu (7) ku lupapula lw'okugabirako obubonero. Epimibwa omukozi eri abantu abalina (abakakasibwa okubeera) n'obuzibu ku bwongo. Obubaka ku kika ky'obulwadde bulina okuteekebwa awenjawulo, bwekiba ky'etaagisa.

"TAG" esobola okukozesebwa mungeri ezenjawulo, etwaliramu:

- Nga bakozesa "GPs" n'ebibiina ebirala (okugeza obuweereza obw'olukale) ebiwooza nti omuntu alina obuzibu ku bwongo era bagala okumwongerayo eri abasawo abakugu mu kujanjaba obulwadde bw'obwongo - nga bagattako "TAG" kubbaluwa gyebaweerereza ku mulwadde, obujjanjabi obw'obukugu bujja kuyamba okusoosowaza abo abasingira ddala okwetaaga obuyambi.

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- Nga bawa engeri y’okukkannyaamu wakati w’ebibiina ku mutendera ki mu nkola y’obujjanjabi abantu kwebalina okufunira obuyambi – kino kiyinza okukolebwa nga kikkiriziddwaako bo bennyini ku bifo aw’okwongerayo omulwadde
- Ekozesebwa bulijjo ng’ekipimo ky’ebivaamu mubalwadde abafuna obujjanjabi okuva eri abasawo abajjanjaba obulwadde obw’obwongo.
- Okuwa abakulira amalwaliro ku engeri ki abasawo abakola kubulwadde bw’obwongo mu byalo gyebalina okussa essira kw’abo abalina obulwadde bw’obwongo obw’amanyi

OKUMALIRIZA “TAG”

“TAG” erina ebitundu musanvu (7) ebitwaliramu okubeera awatali bulabe, okubeera mubulabe (ebitundu bibiri - 2), awamu n’ebyetaago n’okulemererwa (ebitundu bisatu -3). Mubuli kitundu ku lupapula lw’okugabirako obubonero, olina okugolola mukasanduuko kamu, okulaga manyi g’akigero ki ku kitundudu ekyo (okuva ku ‘tewali’ paka ku ‘ky’amanyi’ nnyo). Olupapula okuli ebigobererwa lugabiddwa kubuli kitundu, okulaga ebimu kuby’omugaso by’olina okussaako essira. Empapula okuli ebigobererwa z’esigamiddwa kubukakafu n’ebikolebwa bulijjo, naye bilina okukolebwa awamu n’ebyo ebisaliddwaawo abasawo. Bwewabaawo eky’ettagisa kumuntu ng’atte tekiri ku lupapula lw’ebigobererwa, era nakyo kirina okwongerera kungaba y’obubonero eba ekoleddwa.

Engaba y’obubonero eb’erondeddwa erina okubeera nga y’esinga okukola eri omuntu akeberebwa. Obudde obumalibwa tebulambikiddwa, engeri obuzibu (okugeza, okwonoona ebintu, okulwana n’okukola ebintu ebirala eby’obulabe) biyinza okubeerawo lumu nalumu, naye era biyinza okumala ebbanga eddene nekireetawo okutya oba okufaayo. Ng’ebigoberwa eby’abulijjo, naye era faayo ku bizibu ebyaliwo mu mwezi oguwedde, era twaliramu nebyo ebiriwo kati nga byaviira ddala mabega ng’ekiseera kino tekinnabeerawo.

Eky’okulabirako –Ekitundu 1. Okwetusaako obuvune mubugenderevu

Bw’otunuulira mu katundu ako, bwekiba ‘Obulabe obw’amanyi obuyinza okutusibwa kumubiri nga kino kiviira kukw’etuusaako *obuvune mubugenderevu oba okugezaako okwetta’ nga* The translation was developed as part of the UPSIDES Study (www.upsides.org). Further information on the TAG is available from researchintorecovery.com/tag.

kyekyogerwaako ekisinga okunyonnyola omuntu, awo golola akasanduuko kano. Ekipimo kino kiteereddwa mu ttuluba ery'a 'ky'amanyi' (ngakiragiddwa wagulu mu kabookisi).

Ebitundu musanvu (7) byonna bwebiba nga bigoloddwa (omulundi gumu mu buli kitundu), awo okukeberegwa kubeera kuwedde. Bwekiba ky'etaagisizza, omuwendo gw'obugolole gusobola okuwandiikibwa mukasaze akasooka wammanga. (Omugatte ogwo gulina okwenkanankana musanvu - 7). Okugeza: bwewabawo obugolole busatu mukatundu akalimu 'ky'amanyi' wandiika '3' mu kasanduuko wansi mu katundu akalimu 'ky'amanyi'. Era, bwekiba ky'etaagisizza, ekipimo "TAG" kisobola okubalibwa, ng'ogatta omuwendo gw'ebipimiddwa mubuli kitundu (okugeza obubonero bubiri -2 kubuli kipimo ekigoloddwa 'ky'akigero') mukakoloboze ak'okubiri wammanga, kati oluvannyuma gatta obubonero bwonna wamu. Obubonero obusinga okubeera obwawagulu nnyo ku kipimo 'TAG' buli 24.

ENGERI Y'OKUKOZESAAMU 'TAG'

Enkoloboze ebiiri ezisembayo wansi ku lupapula lw'obubonero ziraga amanyi g'ebizibu by'obwongo. Abantu 445 abaakeberegwa ne 'TAG' abaasindikibwa okufuna obujjanjabi obusingako mu by'obwongo mu London b'ekennyezebwa okusobola okufuna okulambikibwa ku manyi ki ag'obubonero ag'etaagisa obujjanjabi obusingako. Ekigendererwa bwekiba nga ky'akukakasa nti abasindikibwa ku bujjanjabi obusingako nti beebo abasaanidde, awo wakiri akabonero kamu akasukkulumye ak'akatundu 'ky'amanyi' oba 'ky'amanyi nnyo' kajja kulaga nti 95 ku buli kikumi (95%) beb'etaagisa okw'ongerwayo kubujjanjabi obusingako, naye 74 ku buli kikumi (74%) kw'abo abongezeddwayo okufuna obujjanjabi obusingako nga tebatukagana na kakkwakkulizo kano nabo ekyamazima bajjakuba basaanira – akabonero akawaggulu (aka sikituufu) akatakkiriziganya. Bwekiba nga eky'etaagisa nga kwekukakasa nti abo bonna abetaagisa obujanjjabi obusinga ko abetaagisa obujanjjabi obusinga ko bakeberegwa, awo okukozesa 'TAG' y'ekipimo ekya 3 oba okusinga wo ejjakukakasa nti 91 ku buli kikumi (91%) abetaagisa obujanjjabi obusingako bebanokoddwaayo. Naye era, 80 ku kikumi (80%) kw'abo abataasaanira bujjanjabi busingako bajjakuutukagana n'akakkwakkulizo kano - akabonero akawaggulu (aka sikituufu) akakkiriziganya. Obubonero obukomwaako obusinga yo bufunibwa nga bakozesa ekipimo kya 'TAG' ekya 5 oba okusinga wo, oba waakiri ekitono ennyo ebintu eby'ekigero bibiri (2).

The translation was developed as part of the UPSIDES Study (www.upsides.org). Further information on the TAG is available from researchintorecovery.com/tag.

Eky'okulabirako: Ekibinja ky'abasawo kisobola okukkiriziganya n'abasindika abalwadde eri bujjanjabi obusingako nti 'TAG' ejjakubanga ejjuzibwa kw'abo bonna ababa basindikiddwa, era nti ekibinja ky'abasawo kijja kukebera buli asindikiddwa n'akabonero aka ky'amanyi nnyo mu saawa 24, abalina obubonero 2 oba okusingawo obw'akyamanyi musaawa 72, era omulala yenna alina wakiri obubonero 2 obwa ky'akigero mu sabbiiti 2. Abalwadde abarina obubonero obuli wansi wa 2 obw'ekipimo ky'akigero, ebbaluwa eyongerayo omulwadde ejja kulaga lwaki obuzibu mu bwongo bw'omulwadde bwamanyi okutuuka okwetaagisa omukugu mu bujjanjabi bw'obwongo.

Obubaka obulala ku "TAG" webuli ku mukutu guno "researchintorecovery.com/tag"