

impact of event scale - revised

your name:

today's date:

on _____ you experienced _____ (date) (life event)		<i>how distressing?</i>				
below is a list of difficulties people sometimes have after stressful life events. please read each item and then indicate how distressing each difficulty has been for you <i>during the past 7 days or other agreed time:</i>		<i>not at all</i>	<i>a little bit</i>	<i>moder -ately</i>	<i>quite a bit</i>	<i>extre -mely</i>
		<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>a.</i>	any reminder brought back feelings about it					
<i>b.</i>	I had trouble staying asleep					
<i>c.</i>	other things kept making me think about it					
<i>d.</i>	I felt irritable and angry					
<i>e.</i>	I avoided letting myself get upset when I thought about it or was reminded of it					
<i>f.</i>	I thought about it when I didn't mean to					
<i>g.</i>	I felt as if it hadn't happened or it wasn't real					
<i>h.</i>	I stayed away from reminders about it					
<i>i.</i>	pictures about it popped into my mind					
<i>j.</i>	I was jumpy and easily startled					
<i>k.</i>	I tried not to think about it					
<i>l.</i>	I was aware that I still had a lot of feelings about it, but I didn't deal with them					
<i>m.</i>	my feelings about it were kind of numb					
<i>n.</i>	I found myself acting or feeling like I was back at that time					
<i>o.</i>	I had trouble falling asleep					
<i>p.</i>	I had waves of strong feelings about it					
<i>q.</i>	I tried to remove it from my memory					
<i>r.</i>	I had trouble concentrating					
<i>s.</i>	reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea. or a pounding heart					
<i>t.</i>	I had dreams about it					
<i>u.</i>	I felt watchful and on-guard					
<i>v.</i>	I tried not to talk about it					

***total
score***

avoidance subscale (total of e, g, h, k, l, m, q, v divided by 8) =

intrusion subscale (total of a, b, c, f, i, n, p, t divided by 8) =

hyperarousal subscale (total of d, j, o, r, s, u divided by 6) =