Below is a list of difficulties people sometimes have after a traumatic or very stressful field experience. Please read each item, and then indicate the answer which best describes the frequency of any of the symptoms that you may have experienced after exposure to a traumatic event.

① = Never  ② = Sometimes  ③ = Often  ④ = Always

1. ①②③④ Any reminder brought back feelings about the experience.
2. ①②③④ I felt afraid of and avoided similar situations.
3. ①②③④ I tried not to think of and / or talk about the incident.
4. ①②③④ I felt numb and detached from the incident.
5. ①②③④ Pictures of the incident kept popping into my mind.
6. ①②③④ I would try to deny that the incident did really happen.
7. ①②③④ I would dream about the incident.
8. ①②③④ I would think about the incident even when I didn’t want to.
9. ①②③④ I would get very strong feelings about the incident.
10. ①②③④ I would find it difficult to fall asleep because of pictures or thoughts about the incident that would keep entering my mind.
11. ①②③④ I would try very hard not to get upset when I remembered or thought about the incident.
12. ①②③④ I became irritable and hostile for no good reason.
13. ①②③④ I lost interest in my job and in previously pleasurable activities.
14. ①②③④ I started using substances, e.g., nicotine, caffeine, sedatives, hypnotics, etc.
15. ①②③④ My eating habits changed.
16. ①②③④ I became socially withdrawn and found it difficult to relate to other people.
17. ①②③④ I felt overwhelmed and helpless with no sense of a future.
18. ①②③④ I had difficulty concentrating and / or making decisions.
19. ①②③④ My thoughts would race and / or I felt confused.
20. ①②③④ I felt guilty and / or started to question my religious values.
21. ①②③④ I experienced memory impairment and / or became accident prone.
22. ①②③④ I became preoccupied with possible unknown threats.
23. ①②③④ I felt anxious, watchful or on-guard.
24. ①②③④ I felt “moody” and / or depressed.
25. ①②③④ I experienced a number of unexplained physical complaints, such as trouble breathing, nausea, or a pounding heart.