

TRAUMATIC STRESS ASSESSMENT

Your e-mail:

Date Completed:

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

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 | ①②③④ | I became socially withdrawn and found it difficult to relate to other people.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