1. **General Information**:

**Date of assessment:** \_ \_ / \_ \_ \_ / \_ \_ \_ \_

Day Month Year

1. **IES-R questionnaire**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Not at all** | **A little bit** | **Moderately** | **Quite a bit** | **Extremely** |
| 1. Any reminder brought back feelings about it | 0 | 1 | 2 | 3 | 4 |
| 1. I had trouble staying asleep | 0 | 1 | 2 | 3 | 4 |
| 1. Other things kept making me think about it | 0 | 1 | 2 | 3 | 4 |
| 1. I felt irritable and angry | 0 | 1 | 2 | 3 | 4 |
| 1. I avoided letting myself get upset when I thought about it or was reminded of it | 0 | 1 | 2 | 3 | 4 |
| 1. I thought about it when I didn’t mean to | 0 | 1 | 2 | 3 | 4 |
| 1. I felt as if it hadn’t happened or wasn’t real | 0 | 1 | 2 | 3 | 4 |
| 1. I stayed away from reminders about it | 0 | 1 | 2 | 3 | 4 |
| 1. Pictures about it popped into my mind | 0 | 1 | 2 | 3 | 4 |
| 1. I was jumpy and easily startled | 0 | 1 | 2 | 3 | 4 |
| 1. I tried not to think about it | 0 | 1 | 2 | 3 | 4 |
| 1. I was aware that I still had a lot of feelings about it, but I didn’t deal with them | 0 | 1 | 2 | 3 | 4 |
| 1. My feelings about it were kind of numb | 0 | 1 | 2 | 3 | 4 |
| 1. I found myself acting or feeling as though I was back at that time | 0 | 1 | 2 | 3 | 4 |
| 1. I had trouble falling asleep | 0 | 1 | 2 | 3 | 4 |
| 1. I had waves of strong feelings about it | 0 | 1 | 2 | 3 | 4 |
| 1. I tried to remove it from my memory | 0 | 1 | 2 | 3 | 4 |
| 1. I had trouble concentrating | 0 | 1 | 2 | 3 | 4 |
| 1. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart | 0 | 1 | 2 | 3 | 4 |
| 1. I had dreams about it | 0 | 1 | 2 | 3 | 4 |
| 1. I felt watchful or on-guard | 0 | 1 | 2 | 3 | 4 |
| 1. I tried not to talk about it | 0 | 1 | 2 | 3 | 4 |

**Scoring:**Avoidance Subscale = mean of items 5, 7, 8, 11, 12, 13, 17, 22  
Intrusion Subscale = mean of items 1, 2, 3, 6, 9, 14, 16, 20  
Hyperarousal Subscale = mean of items 4, 10, 15, 18, 19, 21