

EVENT YOU EXPERIENCED WAS.....ON.....

(EVENT)

DATE

**Introduction:** Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, then circle one of the numbers to the right to indicate how much have been bothered by that problem in the past month

| S/N | ITEMS  | NOT AT ALL | A LITTLE BIT | MODERATE | QUITE A BITE | EXTREMELY |
|-----|--|------------|--------------|----------|--------------|-----------|
| 1   | Repeated disturbing memories, thoughts or images of the stressful experience   | 1          | 2            | 3        | 4            | 5         |
| 2   | Repeated disturbing dreams of the stressful experience   | 1          | 2            | 3        | 4            | 5         |
| 3   | Suddenly acting or feeling as if the stress experiences were happening again (as if you were re-living it)                         | 1          | 2            | 3        | 4            | 5         |
| 4   | Feeling very upset when something reminded you of the stressful experience   | 1          | 2            | 3        | 4            | 5         |
| 5   | Having physical reaction (eg. heart pounding, trouble breathing, sweating) when something reminded you of the stressful experience | 1          | 2            | 3        | 4            | 5         |
| 6   | Avoiding thinking or talking about the stressful experience or avoiding having feeling related to it                               | 1          | 2            | 3        | 4            | 5         |
| 7   | Avoiding activities or situations because they reminded you about stressful experience   | 1          | 2            | 3        | 4            | 5         |
| 8   | Trouble remembering important parts of stressful experience  | 1          | 2            | 3        | 4            | 5         |
| 9   | Loss interest in activities you used to enjoy  | 1          | 2            | 3        | 4            | 5         |
| 10  | Feeling distance or cut off from people  | 1          | 2            | 3        | 4            | 5         |
| 11  | Feeling emotionally numb or being unable to have loving feelings for those close to you  | 1          | 2            | 3        | 4            | 5         |
| 12  | Feeling as if your future will somehow be cut short  | 1          | 2            | 3        | 4            | 5         |
| 13  | Trouble falling or staying asleep  | 1          | 2            | 3        | 4            | 5         |
| 14  | Feeling irritable or having angry outburst   | 1          | 2            | 3        | 4            | 5         |
| 15  | Having difficulty concentrating  | 1          | 2            | 3        | 4            | 5         |
| 16  | Being "supper alert" or watchful or on guard   | 1          | 2            | 3        | 4            | 5         |
| 17  | Feeling jumpy or easily startle  | 1          | 2            | 3        | 4            | 5         |