

## Trauma Impact Assessment (IES-R–Aligned, AI Version)

**Purpose:** Screen for PTSD-related symptoms

**Basis:** Reaction to a **specific traumatic event**

**Time frame:** *Past 7 days*

**Use case:** Trauma exposure, disasters, accidents, violence, medical trauma

### Instruction to user (VERY IMPORTANT):

Please think about **one specific stressful or traumatic event**.

Below are statements describing how people sometimes react after such events.

Choose how much each statement applied to you during the **past 7 days**.

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### Response Options & Weights (Same for ALL Questions)

- **0** – This did not apply to me at all.
  - **1** – This applied to me a little bit.
  - **2** – This applied to me moderately.
  - **3** – This applied to me quite a bit.
  - **4** – This applied to me extremely.
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### Intrusion Symptoms (Unwanted memories, dreams)

#### Q1. Unwanted memories

- **0** – I did not have unwanted memories of the event.
  - **1** – I had unwanted memories a little bit.
  - **2** – I had unwanted memories moderately.
  - **3** – I had unwanted memories quite a bit.
  - **4** – I had unwanted memories extremely.
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#### Q2. Disturbing dreams

- **0** – I did not have disturbing dreams about the event.
  - **1** – I had disturbing dreams a little bit.
  - **2** – I had disturbing dreams moderately.
  - **3** – I had disturbing dreams quite a bit.
  - **4** – I had disturbing dreams extremely.
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**Q3. Feeling like the event was happening again**

- 0 – I did not feel like the event was happening again.
  - 1 – I felt this a little bit.
  - 2 – I felt this moderately.
  - 3 – I felt this quite a bit.
  - 4 – I felt this extremely.
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**Q4. Strong emotional reactions to reminders**

- 0 – Reminders did not upset me.
  - 1 – Reminders upset me a little bit.
  - 2 – Reminders upset me moderately.
  - 3 – Reminders upset me quite a bit.
  - 4 – Reminders upset me extremely.
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**Q5. Physical reactions to reminders**

- 0 – I had no physical reactions to reminders.
  - 1 – I had mild physical reactions.
  - 2 – I had moderate physical reactions.
  - 3 – I had strong physical reactions.
  - 4 – I had extreme physical reactions.
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**Avoidance Symptoms (Numbing, avoidance)****Q6. Avoiding thoughts about the event**

- 0 – I did not avoid thinking about the event.
  - 1 – I avoided thinking about it a little bit.
  - 2 – I avoided thinking about it moderately.
  - 3 – I avoided thinking about it quite a bit.
  - 4 – I avoided thinking about it extremely.
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**Q7. Avoiding reminders**

- 0 – I did not avoid reminders.
  - 1 – I avoided reminders a little bit.
  - 2 – I avoided reminders moderately.
  - 3 – I avoided reminders quite a bit.
  - 4 – I avoided reminders extremely.
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**Q8. Emotional numbness**

- 0 – I did not feel emotionally numb.
  - 1 – I felt emotionally numb a little bit.
  - 2 – I felt emotionally numb moderately.
  - 3 – I felt emotionally numb quite a bit.
  - 4 – I felt emotionally numb extremely.
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**Q9. Loss of interest**

- 0 – I did not lose interest in activities.
  - 1 – I lost interest a little bit.
  - 2 – I lost interest moderately.
  - 3 – I lost interest quite a bit.
  - 4 – I lost interest extremely.
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**Q10. Feeling detached from others**

- 0 – I did not feel detached from others.
  - 1 – I felt detached a little bit.
  - 2 – I felt detached moderately.
  - 3 – I felt detached quite a bit.
  - 4 – I felt detached extremely.
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**Q11. Difficulty experiencing positive emotions**

- 0 – I could experience positive emotions normally.
  - 1 – I had slight difficulty.
  - 2 – I had moderate difficulty.
  - 3 – I had great difficulty.
  - 4 – I had extreme difficulty.
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**Q12. Trying not to talk about the event**

- 0 – I did not avoid talking about the event.
  - 1 – I avoided talking about it a little bit.
  - 2 – I avoided talking about it moderately.
  - 3 – I avoided talking about it quite a bit.
  - 4 – I avoided talking about it extremely.
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**Hyperarousal Symptoms (Alertness, irritability)****Q13. Trouble falling or staying asleep**

- 0 – I had no sleep problems related to the event.
  - 1 – I had mild sleep problems.
  - 2 – I had moderate sleep problems.
  - 3 – I had severe sleep problems.
  - 4 – I had extreme sleep problems.
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**Q14. Irritability or anger**

- 0 – I was not irritable or angry.
  - 1 – I was irritable a little bit.
  - 2 – I was irritable moderately.
  - 3 – I was irritable quite a bit.
  - 4 – I was irritable extremely.
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**Q15. Difficulty concentrating**

- 0 – I had no difficulty concentrating.
  - 1 – I had slight difficulty.
  - 2 – I had moderate difficulty.
  - 3 – I had great difficulty.
  - 4 – I had extreme difficulty.
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**Q16. Being overly alert or watchful**

- 0 – I was not overly alert.
  - 1 – I was slightly alert.
  - 2 – I was moderately alert.
  - 3 – I was very alert.
  - 4 – I was extremely alert.
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**Q17. Feeling jumpy or easily startled**

- 0 – I was not jumpy.
  - 1 – I was jumpy a little bit.
  - 2 – I was jumpy moderately.
  - 3 – I was jumpy quite a bit.
  - 4 – I was jumpy extremely.
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**Q18. Strong bodily reactions**

- 0 – I did not have bodily stress reactions.
  - 1 – I had mild reactions.
  - 2 – I had moderate reactions.
  - 3 – I had strong reactions.
  - 4 – I had extreme reactions.
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**Q19. Feeling tense**

- 0 – I did not feel tense.
  - 1 – I felt tense a little bit.
  - 2 – I felt tense moderately.
  - 3 – I felt tense quite a bit.
  - 4 – I felt tense extremely.
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**Q20. Avoiding emotional closeness**

- 0 – I did not avoid emotional closeness.
  - 1 – I avoided it a little bit.
  - 2 – I avoided it moderately.
  - 3 – I avoided it quite a bit.
  - 4 – I avoided it extremely.
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**Q21. Intrusive thoughts when trying not to think**

- 0 – Thoughts did not intrude.
  - 1 – Thoughts intruded a little bit.
  - 2 – Thoughts intruded moderately.
  - 3 – Thoughts intruded quite a bit.
  - 4 – Thoughts intruded extremely.
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**Q22. Strong emotional waves related to the event**

- 0 – I did not have strong emotional waves.
  - 1 – I had mild emotional waves.
  - 2 – I had moderate emotional waves.
  - 3 – I had strong emotional waves.
  - 4 – I had extreme emotional waves.
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## Scoring Logic (AI)

Total Score = Sum of all 22 items

Range = 0 – 88

### Subscale Scores

- **Intrusion:** Q1–Q5
  - **Avoidance:** Q6–Q12
  - **Hyperarousal:** Q13–Q22
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## Interpretation (Screening Guidance)

### Total Score PTSD Symptom Severity

< 24	Minimal
24–32	Mild
33–36	Moderate
≥ 37	Severe (High PTSD risk)

**Screening only — NOT a diagnosis**

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## Mandatory Safety Logic

If:

- Total score  $\geq 37$
- OR Intrusion + Hyperarousal both high

AI must:

- Flag **high trauma impact**
  - Recommend **trauma-informed professional support**
  - Avoid diagnostic labels
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## Panel-Ready One-Liner

“Our trauma module uses an IES-R–aligned framework to screen post-traumatic stress symptoms and identify individuals who may benefit from trauma-informed care.”