

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**.

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

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.
-

Scoring Logic (AI)

Total Score = Sum of all 22 items

Range = 0 – 88

Subscale Scores

- **Intrusion:** Q1–Q5
 - **Avoidance:** Q6–Q12
 - **Hyperarousal:** Q13–Q22
-

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

Mandatory Safety Logic

If:

- Total score ≥ 37
- OR Intrusion + Hyperarousal both high

AI must:

- Flag **high trauma impact**
 - Recommend **trauma-informed professional support**
 - Avoid diagnostic labels
-

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.”