Instructions: Below is a list of difficulties people sometimes have after stressful life events. Please read each item and then indicate how distressing each difficulty ahs been for you DURING THE PAST SEVEN DAYS with respect to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , how much were you distressed or bothered by these difficulties?

IMPACT OF EVENT SCALE ( REVISED )

 Not Little Moder- Quite Extremely

 at all bit ately a bit

1- Any reminder brought back feelings about it. 0 1 2 3 4

2- I had trouble staying asleep. 0 1 2 3 4

3- Other things kept making me think about it. 0 1 2 3 4

4- I felt irritable and angry. 0 1 2 3 4

5- I avoided letting myself get upset when I

 thought about it or was reminded of it. 0 1 2 3 4

6- I thought about it when I didn’t mean to. 0 1 2 3 4

7- I felt as if it hadn’t happened or wasn’t real. 0 1 2 3 4

8- I stayed away from reminders about it. 0 1 2 3 4

9- Pictures about it popped into my mind. 0 1 2 3 4

10- I was jumpy and easily startled. 0 1 2 3 4

11- I tried not to think about it. 0 1 2 3 4

12- 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

13- My feelings about it were kind of numb. 0 1 2 3 4

14- I found myself acting or feeling like I was

 back at that time. 0 1 2 3 4

15- I had trouble falling asleep. 0 1 2 3 4

16- I had waves of strong feelings about it. 0 1 2 3 4

17- I tried to remove it from my memory. 0 1 2 3 4

18- I had trouble concentrating. 0 1 2 3 4

19- Reminders of it caused me to have physical

 reactions, such as sweating, trouble breathing. 0 1 2 3 4

20- I had dreams about it. 0 1 2 3 4

21- I felt watchful and on guard. 0 1 2 3 4

22- I tried not to talk about it. 0 1 2 3 4