

IMPACT OF EVENT SCALE-REVISED

Instructions: The following is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you *during the past 7 days* with respect to the disaster. How much were you distressed or bothered by these difficulties?

	Not at all	A little bit	Mode- rate- ly	Quite a bit	Ex- treme- ly
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, nausea, or a pounding heart.	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