

## Revised - Impact of Events Scale

Below 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 or other agreed time:		0 = Not at all 1 = A little 2 = Moderately A lot = 3 Extremely = 4				
<b>a</b>	<b>any reminder brought back feelings about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>b</b>	<b>I had trouble staying asleep</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>c</b>	<b>other things kept making me think about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>d</b>	<b>I felt irritable and angry</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>e</b>	<b>I avoided letting myself get upset when I thought about it or was reminded of it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>f</b>	<b>I thought about it when I didn't mean to</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>g</b>	<b>I felt as if it hadn't happened or it wasn't real</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>h</b>	<b>I stayed away from reminders about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>i</b>	<b>pictures about it popped into my mind</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>j</b>	<b>I was jumpy and easily startled</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>k</b>	<b>I tried not to think about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>l</b>	<b>I was aware that I still had a lot of feelings about it, but I didn't deal with them</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>m</b>	<b>My feelings about it were kind of numb</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>n</b>	<b>I found myself acting or feeling like I was back at that time</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>o</b>	<b>I had trouble falling asleep</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>p</b>	<b>I had waves of strong feelings about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>q</b>	<b>I tried to remove it from my memory</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>r</b>	<b>I had trouble concentrating</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>s</b>	<b>reminders of it caused me to have physical reactions</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>t</b>	<b>I had dreams about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>u</b>	<b>I felt watchful and on-guard</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>v</b>	<b>I tried not to talk about it</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Totals</b>						

**avoidance subscale (total of e, g, h, k, l, m, q, v divided by 8) =**  
**intrusion subscale (total of a, b, c, f, i, n, p, t divided by 8) =**  
**hyperarousal subscale (total of d, j, o, r, s, u divided by 6) =**

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Weiss, D.S. & Marmar, C.R. *The impact of event scale-revised*. in Wilson, J.P. & Kean, T.M. (eds.) *Assessing psychological trauma and PTSD: a practitioner's handbook (ch 15)*. N.Y: Guilford, 1995.