

IMPACT OF EVENT SCALE-Revised

On _____ you experienced a motor vehicle accident.

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 SEVEN DAYS. How much were you distressed or bothered by these difficulties?

1. Any reminder brought back feelings about it.	Not at all	A little bit	Moderately	Quite a bit	Extremely
2. I had trouble staying asleep	Not at all	A little bit	Moderately	Quite a bit	Extremely
3. Other things kept making me think about it.	Not at all	A little bit	Moderately	Quite a bit	Extremely
4. I felt irritable and angry	Not at all	A little bit	Moderately	Quite a bit	Extremely
5. I avoided letting myself get upset when I thought about it or was reminded of it.	Not at all	A little bit	Moderately	Quite a bit	Extremely
6. I thought about it when I didn't mean to.	Not at all	A little bit	Moderately	Quite a bit	Extremely
7. I felt as if it hadn't happened or it wasn't real.	Not at all	A little bit	Moderately	Quite a bit	Extremely
8. I stayed away from reminders about it.	Not at all	A little bit	Moderately	Quite a bit	Extremely
9. Pictures about it popped into my mind.	Not at all	A little bit	Moderately	Quite a bit	Extremely
10. I was jumpy and easily startled	Not at all	A little bit	Moderately	Quite a bit	Extremely
11. I tried not to think about it.	Not at all	A little bit	Moderately	Quite a bit	Extremely
12. I was aware that I still had a lot of feelings about it but I didn't deal with them.	Not at all	A little bit	Moderately	Quite a bit	Extremely

13. My feelings about it were kind of numb.	Not at all	A little bit	Moderately	Quite a bit	Extremely
14. I found myself acting or feeling like I was back at that time	Not at all	A little bit	Moderately	Quite a bit	Extremely
15. I had trouble falling asleep	Not at all	A little bit	Moderately	Quite a bit	Extremely
16. I had waves of strong feelings about it	Not at all	A little bit	Moderately	Quite a bit	Extremely
17. I tried to remove it from memory	Not at all	A little bit	Moderately	Quite a bit	Extremely
18. I had trouble concentrating	Not at all	A little bit	Moderately	Quite a bit	Extremely
19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart	Not at all	A little bit	Moderately	Quite a bit	Extremely
20. I had dreams about it	Not at all	A little bit	Moderately	Quite a bit	Extremely
21. I felt watchful and on guard	Not at all	A little bit	Moderately	Quite a bit	Extremely
22. I tried not to talk about it	Not at all	A little bit	Moderately	Quite a bit	Extremely

Weiss, D.S. 2007. The Impact of Event Scale-Revised. In J.P. Wilson, & T.M. Keane (Eds) Assessing psychological trauma and PTSD: a practitioner's handbook (2nd ed., pp. 168-189). New York: Guilford Press.

SCORING

Score each item: 0 (not at all), 1 (a little bit), 2 (moderately), 3 (quite a bit), or 4 (extremely). Total all items and each subscale.

Intrusion subscale: items 1, 2, 3, 6, 9, 14, 16, 20

Avoidance subscale: items 5, 7, 8, 11, 12, 13, 17, 22

Hyperarousal subscale: items 4, 10, 15, 18, 19, 21

Mean scores for each subscale are used to evaluate an individual's symptomatic status. The scores therefore range from 0-4 for each subscale and 0-12 for the total, with higher scores indicating greater distress.