**Instructions:** Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem <u>in the past month</u>.

	In the past month, how much were you bothered by:		A little bit	Moderately		Quite a bit	Extremely
1.	Repeated, disturbing, and unwanted memories of the stressful experience?	0	0	@	indi.	3	4
2.	Repeated, disturbing dreams of the stressful experience?	0	①	2		3	4
3.	Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	0	@		3	4
4.	Feeling very upset when something reminded you of the stressful experience?	0	0	2		3	4
5.	Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	0	2		3	4
6.	Avoiding memories, thoughts, or feelings related to the stressful experience?	0	0	2		3	4
7.	Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0	0	@	ja Je	3	4
8.	Trouble remembering important parts of the stressful experience?	0	①	2		3	4
9.	Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0	0	2		3	•
10.	Blaming yourself or someone else for the stressful experience or what happened after it?	0	1	2		3	4
11.	Having strong negative feelings such as fear, horror, anger, guilt, or shame?	0	0	2		3	4
12.	Loss of interest in activities that you used to enjoy?	0	1	2		3	4
13.	Feeling distant or cut off from other people?	0	0	2		3	4
14.	Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?	0	1	2		3	4
15.	Irritable behavior, angry outbursts, or acting aggressively?	0	0	2	81.2	3	4
16.	Taking too many risks or doing things that could cause you harm?	0	0	2		<u> </u>	4
17.	Being "superalert" or watchful or on guard?	0	0	2		3	4
18.	Feeling jumpy or easily startled?	0	0	2		3	4
19.	Having difficulty concentrating?	0	0	2	ųŠ.	3	4
20.	Trouble falling or staying asleep?	0	①	2		3	4