



Name:

First

Last

Date:

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IMPACT OF EVENTS SCALE-Revised (IES-R)

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 has been for you DURING THE PAST SEVEN DAYS with respect to

(event) that occurred on _____ (date). How much have you been distressed or bothered by these difficulties?

	Not at all	A little bit	Moderately	Quite a bit	Extremely
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 of 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

Total IES-R Score:

INT: 1, 2, 3, 6, 9, 14, 16, 20
AVD: 5, 7, 8, 11, 12, 13, 17, 22
HYP: 4, 10, 15, 18, 19, 21



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PMBS

Instructions: Below is a list of beliefs people sometimes have in response to stressful life experiences. Please read each statement carefully, and then circle one of the numbers to the right to indicate how much you believe the statement to be true.

	Not True						Completely True
	1	2	3	4	5	6	7
1. I don't feel safe anywhere anymore	1	2	3	4	5	6	7
2. Other people can be genuinely loving toward me	1	2	3	4	5	6	7
3. I am a good person	1	2	3	4	5	6	7
4. The world is very dangerous	1	2	3	4	5	6	7
5. I don't trust anyone anymore	1	2	3	4	5	6	7
6. It is possible for me to have close and loving feelings with other people	1	2	3	4	5	6	7
7. I trust my own judgment	1	2	3	4	5	6	7
8. I avoid other people because they might hurt me	1	2	3	4	5	6	7
9. I have lost respect for myself	1	2	3	4	5	6	7
10. I don't feel confident that I can make good decisions for myself	1	2	3	4	5	6	7
11. Some people can be trusted	1	2	3	4	5	6	7
12. Because I don't feel able to protect myself, I have lost my sense of freedom	1	2	3	4	5	6	7
13. I feel as though I can depend on other people	1	2	3	4	5	6	7
14. Most people are basically caring	1	2	3	4	5	6	7
15. I comfort myself very well when I'm upset	1	2	3	4	5	6	7