

IMPACT OF EVENT SCALE - REVISED (IES-R)

THE IES-R is helpful in measuring the effect of routine life stress, everyday traumas and acute stress

Below is a list of difficulties people sometimes have after stressful life events. Please read each item then indicate how distressing each difficulty has been for you DURING THE PAST SEVEN DAYS with respect to (the event). How much were you distressed or bothered by these difficulties?

	Not at all	A little bit	Moderately	Quite a bit	Extremely
Any reminder brought back feelings about it	0	1	2	3	4
I had trouble staying asleep	0	1	2	3	4
Other things make me think about it	0	1	2	3	4
I feel irritable and angry	0	1	2	3	4
I avoided letting myself get upset when I thought about it or was reminder of it	0	1	2	3	4
I thought about it when I didn't mean to	0	1	2	3	4
I felt as if it hadn't happened or wasn't real	0	1	2	3	4
I stayed away from reminders about it	0	1	2	3	4
Pictures about it popped into my mind	0	1	2	3	4
I was jumpy and easily started	0	1	2	3	4
I tried not to think about it	0	1	2	3	4
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
My feelings about it were kind of numb	0	1	2	3	4
I found myself acting or feeling as though I was back at that time	0	1	2	3	4
I had trouble falling asleep	0	1	2	3	4
I had waves of strong feelings about it	0	1	2	3	4
I tried to remove it from my memory	0	1	2	3	4
I had trouble concentrating	0	1	2	3	4
Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart	0	1	2	3	4
I had dreams about it	0	1	2	3	4
I feel watchful or on-guard	0	1	2	3	4
I try not to talk about it	0	1	2	3	4

** Scores that exceed 24 can be meaningful