

PTSD

Have you ever been directly exposed to a traumatic event that involved actual or threatened death, serious injury or sexual violence? Yes No

Have you ever witnessed, in person, a traumatic event occurring to others that involved actual or threatened death, serious injury or sexual violence? Yes No

Have you ever had a close relative or friend exposed to a traumatic event hat involved actual or threatened death, serious injury or sexual violence? Yes No

Have you repeatedly been exposed to details of traumatic events in your professional duties hat involved actual or threatened death, serious injury or sexual violence? Yes No

If “yes” to any of the above, answer below:

Looking back over the past month, how well were you able to:	Extremely well	Very well	Pretty well	Somewhat well	Not too well	Not well at all
1. Control your thoughts, keeping your mind free of memories of the trauma						
2. Sleep quietly, free of nightmares about the trauma						
3. Remain focused on the present time, with no flashbacks about the trauma						
4. Control your emotions in the presence of reminders of the trauma						
5. Limit physical reactions in the presence of reminders of the trauma						
Looking back over the past month, how well were you able to:	Extremely well	Very well	Pretty well	Somewhat well	Not too well	Not well at all
6. Tolerate memories, thoughts or feelings related to traumatic experience, without needing to actively avoid them						
7. Tolerate reminders of the trauma (e.g., places, objects), without needing to actively avoid them						
Looking back over the past month, how well were you able to:	Extremely well	Very well	Pretty well	Somewhat well	Not too well	Not well at all
8. Recall details of the trauma						
9. See yourself in a positive manner						
10. Believe the world is generally a good place						
11. Believe that a traumatic event was not caused by you						
12. Believe that the consequences of a traumatic event were not caused by you						
13. Believe that a traumatic event was not caused by others						

14. Believe that consequences of a traumatic event were not caused by others						
15. Limit negative feelings about the trauma						
16. Show interest in participating in activities you enjoyed before the trauma						
17. Remain close to significant others						
18. Feel positive emotions						
Looking back over the past month, how well were you able to:	Extremely well	Very well	Pretty well	Somewhat well	Not too well	Not well at all
19. Maintain your calm						
20. Avoid engaging in risky behaviors						
21. Avoid being distracted by things that are not the focus of your attention						
22. Keep a normal startle response						
23. Concentrate effectively						
24. Sleep properly						