

The Purdue Post-Traumatic Stress Disorder Scale

These questions ask about your reaction to an event in your life. The event in your life to use as a basis for your answers is _____.

The first eleven questions ask about your reactions *during the past seven days*. The last four questions ask about your reactions *since the event happened*.

Circle one number for each question.

		<i>Not at All</i>	<i>Moder- ately</i>	<i>Ex- tremely</i>	
During the past seven days, including today:					
1	How much have you been bothered by memories or thoughts of the event when you didn't want to think about it?	1	2	3	4
2	How often have you dreamed about the event?	1	2	3	4
3	How often have you suddenly felt as if you were experiencing the event again?	1	2	3	4
4	How much have you felt unusually distant or detached from people?	1	2	3	4
5	To what extent have you felt that you couldn't respond to things emotionally the way you used to?	1	2	3	4
6	How much have you found yourself extra alert to possible danger?	1	2	3	4
7	To what extent are you more jumpy than usual?	1	2	3	4
8	To what extent have you had more trouble sleeping than usual?	1	2	3	4
9	How often have you had more trouble than usual remembering things or concentrating?	1	2	3	4
10	To what extent have you avoided activities that reminded you of the event?	1	2	3	4
11	How much do the reactions described in items 1-10 get worse when you've been in situations that remind you of the event?	1	2	3	4
Since the event happened:					
12	To what extent have you lost interest in one or more of your usual activities (e.g., work, hobbies, exercise, sports, entertainment, church)?	1	2	3	4
13	To what extent have you felt guilty about surviving or about what you had to do to survive during the event?	1	2	3	4
14	How much has this event distressed or upset you?	1	2	3	4
15	How much do you think this event would upset or distress most people?	1	2	3	4