

Confidential

Impact of Events (extended) Questionnaire

Name	Date of Birth
Work address	Home Address
Date of Incident	Today's Date

This questionnaire has been designed to look at the ways that a distressing event you have experienced has impacted on you and the way you behave. Spend a minute or two thinking over the past two weeks and indicate how often the following things have occurred by ticking ✓ the appropriate box.

0-Never 1-Seldom 2-Sometimes 3-Often 4-Most of the Time

	STATEMENT	0	1	2	3	4
1	I felt as if it hadn't happened or wasn't real					
2	I tried not to think about it					
3	I tried not to talk about it					
4	My feelings about it were kind of numb					
5	I stayed away from any reminders					
6	I tried to remove it from my memory					
7	I avoided letting myself get upset when I thought about it or was reminded of it					
8	I felt down or depressed for no reason					
9	I experienced wide mood swings					
10	I experienced tenseness in my body					
11	I was irritable with others					
12	I had a tendency to avoid other people					
13	I jumped or got startled by sudden noises					
14	I avoided some situations or places					
15	I thought about it when I did not mean to					
16	I experienced feelings of self-blame or guilt					
17	Pictures about it popped into my mind					
18	I had waves of strong feelings about it					
19	I had dreams about it					
20	I had trouble falling asleep or staying asleep					
21	Other things kept making me think about it					
22	Any reminder brought back feelings about it					
23	I was aware that I still had a lot of feelings about it but did not deal with them					

Impact of Events Scale (Extended); Outcomes

The extended Impact of Events Scale (Noreen Tehrani PTSD 2002) was created for use as a screening tool with traumatised people and is an extension to the Impact of Events Scale (IES) (Horowitz 1979) taking the 15 items from the original scale and adding 8 new items to measure arousal symptoms. The assessment looks specifically at the present level of (a) *intrusion* (b) *avoidance* behaviour and (c) emotional arousal related to the trauma itself.

Items 1-7 avoidance, items 8-14 emotional arousal, items 15-23 Intrusion
Scoring a score of 14 on arousal, a score of 14 on avoidance, 22 on re-experience and 50 for a total score are indicative of a need for support /treatment

Incident (1) Before Treatment

(a) intrusion =
(b) avoidance =
(c) arousal =

After Treatment

(a) intrusion =
(b) avoidance =
(c) arousal =

Incident (2) Before Treatment

(a) intrusion =
(b) avoidance =
(c) arousal =

After Treatment

(a) *intrusion* =
(b) *avoidance* =
(c) arousal =

Incident (3) Before Treatment

(a) intrusion =
(b) avoidance =
(c) arousal =

After Treatment

(a) *intrusion* =
(b) *avoidance* =
(c) arousal =