

Impact of Event Scale - Revised (IES-R)

Patient's full name:

Date submitted:

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 the traumatic event you experienced. How much were you distressed or bothered by these difficulties?

0 = Not at all, **1** = A little bit, **2** = Moderately, **3** = Quite a bit, **4** = Extremely

Experiences	0	1	2	3	4
1. Any reminder brought back feelings about it					
2. I had trouble staying asleep					
3. Other things kept making me think about it					
4. I felt irritable and angry					
5. I avoided letting myself get upset when I thought about it or was reminded of it					
6. I thought about it when I didn't mean to					
7. I felt as if it hadn't happened or wasn't real					
8. I stayed away from reminders about it					
9. Pictures about it popped into my mind					
10. I was jumpy and easily startled					
11. I tried not to think about it					
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them					
13. My feelings about it were kind of numb					
14. I found myself acting or feeling as though I was back at that time					
15. I had trouble falling asleep					
16. I had waves of strong feelings about it					
17. I tried to remove it from my memory					
18. I had trouble concentrating					
19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart					
20. I had dreams about it					

Experiences	0	1	2	3	4
21. I felt watchful or on-guard					
22. I tried not to talk about it					
Subscales					
<ul style="list-style-type: none"> • Intrusion subscale: Items 1, 2, 3, 6, 9, 14, 16, 20 • Avoidance subscale: Items 5, 7, 8, 11, 12, 13, 17, 22 • Hyperarousal subscale: Items 4, 10, 15, 18, 19, 21 					
Scoring					
• Intrusion subscale mean score: _____ = _____ (total subscale score) / 8					
• Avoidance subscale mean score: _____ = _____ (total subscale score) / 8					
• Hyperarousal subscale mean score: _____ = _____ (total subscale score) / 6					
• Total mean score: _____ = _____ (total score) / 22					
Scoring interpretations based on mean scores					
<ul style="list-style-type: none"> • 0 = No symptoms • 1 = Few symptoms • 2 = Moderate symptoms • 3 = A high level of symptoms • 4 = An extremely high level of symptoms 					
Notes					
Attending mental health professional:					
Signature:					

Reference: Weiss, D.S., & Marmar, C.R. (1997). The Impact of Event Scale-Revised. In J.P. Wilson, & T.M. Keane (Eds.), *Assessing Psychological Trauma and PTSD: A Practitioner's Handbook* (pp. 399-411). New York: Guilford Press. The original Impact of events Scale (IES) was developed in the 1980s.