

Patient Name/Identifier   
Date Completed

## Impact of Events Scale

Horowitz, Wilner and Alvarez / Psychosomatic Medicine Vol. 41, No. 3 (May 1979)

	<b>Not at all</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>
1. I thought about it when I didn't mean to.				
2. I avoided letting myself get upset when I thought about it or was reminded of it.				
3. I tried to remove it from memory.				
4. I had trouble falling asleep or staying asleep, because of pictures or thoughts about it that came into my mind.				
5. I had waves of strong feelings about it.				
6. I had dreams about it.				
7. I stayed away from reminders of it.				
8. I felt as if it hadn't happened or it wasn't real.				

	<b>Not at all</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>
9. I tried not to talk about it.				
10. Pictures about it popped into my mind.				
11. Other things kept making me 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. I tried not to think about it.				
14. Any reminder brought back feelings about it.				
15. My feelings about it were kind of numb.				