

Assessment:

UCLA PTSD Index for DSM IV (Adolescent version)

Below is a list of VERY SCARY, DANGEROUS OR VIOLENT things that sometimes happen to people. These are times where someone was HURT VERY BADLY OR KILLED, or could have been. Some people have had these experiences; some people have not had these experiences. Please be honest in answering if the violent thing happened to you, or if it did not happen to you.

For each question: Check "Yes" if this scary thing **HAPPENED TO YOU**
Check "No" if it **DID NOT HAPPEN TO YOU**

1. Being in a big earthquake that badly damaged the building you were in.
2. Being in another kind of disaster, like a fire, tornado, flood or hurricane.
3. Being in a bad accident, like a very serious car accident.
4. Being in a place where a war was going on around you.
5. Being hit, punched, or kicked very hard at home. (Do not include ordinary fights between brothers and sisters).
6. Seeing a family member being hit, punched or kicked very hard at home (Do not include ordinary fights between brothers and sisters).
7. Being beaten up, shot at or threatened to be hurt badly in your town.
8. Seeing someone in your town being beaten up, shot at or killed.
9. Seeing a dead body in your town (do not include funerals).
10. Having an adult or someone much older touch your private sexual body parts when you did not want them to.
11. Hearing about the violent death or serious injury of a loved one.
12. Having painful and scary medical treatment in a hospital when you were very sick or badly injured.
13. Other than the situations described above, has anything else ever happened to you that was really scary, dangerous or violent? Yes No
14. Follow directions below:

1. If you answered "Yes" to only **ONE** thing in the above list of questions #1 to #13, place the number of that thing (#1 to #13) in this blank. # _____
2. If you answer "Yes" to **MORE THAN ONE THING**, place the number of the thing that **BOTHERS YOU THE MOST NOW** in this blank. # _____
3. About how long ago did this bad thing (your answer to [a] or [b] happen to you? _____ - _____
4. Please write what happened:

FOR THE NEXT QUESTIONS, please **CHECK [YES] OR [NO]** to answer **HOW YOU FELT DURING OR RIGHT AFTER** the bad thing happened that you just wrote about in Question 14.

15. Were you scared that you would die?
16. Were you scared that you would be hurt badly?
17. Were you hurt badly?
18. Were you scared that someone else would die?
19. Were you scared that someone else would be hurt badly?
20. Was someone else hurt badly?
21. Did someone die?
22. Did you feel very scared, like this was one of your most scary experiences ever?
23. Did you feel that you could not stop what was happening or that you needed someone to help?
24. Did you feel that what you saw was disgusting or gross?
25. Did you run around or act like you were very upset?
26. Did you feel very confused?
27. Did you feel like what was happening did not seem real in some way, like it was going on in a movie instead of real life?

Here is a list of problems people sometimes have after very bad things happen. Please think about the bad thing that happened to you that you wrote about in Question #14. Then, read each problem on the list carefully. Circle one of the numbers (0,1,2,3, or 4) that tells how often the problem has happened to you in the past month. Use the rating sheet to help you decide how often the problem has happened in the past month. Please be sure to answer all the questions.

Response categories:

- | | |
|---|--------|
| 0 | None |
| 1 | Little |
| 2 | Some |
| 3 | Much |
| 4 | Most |

How much of the time during the past month...

1. I watch out for danger or things that I am afraid of.
2. When something reminds me of what happened, I get very upset, afraid or sad.
3. I have upsetting thoughts, pictures, or sounds of what happened come into my mind when I do not want them to.
4. I feel grouchy, or I am easily angered.
5. I have dreams about what happened or other bad dreams.
6. I feel like I am back at the time when the bad thing happened, living through it again.
7. I feel like staying by myself and not being with my friends.
8. I feel alone inside and not close to other people.
9. I try not to talk about, think about, or have feelings about what happened.
10. I have trouble feeling happiness or love.
11. I have trouble feeling sadness or anger.

12. I feel jumpy or startle easily, like when I hear a loud noise or when something surprises me.
13. I have trouble going to sleep or I wake up often during the night.
14. I think that some part of what happened is my fault.
15. I have trouble remembering important parts of what happened.
16. I have trouble concentrating or paying attention.
17. I try to stay away from people, places, or things that me remember what happened.
18. When something reminds me of what happened, I have strong feelings in my body, like my heart beats fast, my head aches, or my stomach aches.
19. I think that I will not live a long life.
20. I have arguments or physical fights.
21. I feel pessimistic or negative about my future.
22. I am afraid that the bad thing will happen again.