

<b><i>In the past month, how much were you bothered by:</i></b>	<b><i>Not at all</i></b>	<b><i>A little bit</i></b>	<b><i>Moderately</i></b>	<b><i>Quite a bit</i></b>	<b><i>Extremely</i></b>
<b>1. Repeated, disturbing, and unwanted memories of the stressful experience?</b>	0	1	2	3	4
<b>2. Repeated, disturbing dreams of the stressful experience?</b>	0	1	2	3	4
<b>3. Suddenly feeling or acting as if the stressful experience were actually happening again (<i>as if you were actually back there reliving it</i>)?</b>	0	1	2	3	4
<b>4. Feeling very upset when something reminded you of the stressful experience?</b>	0	1	2	3	4
<b>5. Having strong physical reactions when something reminded you of the stressful experience (<i>for example, heart pounding, trouble breathing, sweating</i>)?</b>	0	1	2	3	4
<b>6. Avoiding memories, thoughts, or feelings related to the stressful experience?</b>	0	1	2	3	4
<b>7. Avoiding external reminders of the stressful experience (<i>for example, people, places, conversations, activities, objects, or situations</i>)?</b>	0	1	2	3	4
<b>8. Trouble remembering important parts of the stressful experience?</b>	0	1	2	3	4
<b>9. Having strong negative beliefs about yourself, other people, or the world (<i>for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous</i>)?</b>	0	1	2	3	4
<b>10. Blaming yourself or someone else for the stressful experience or what happened after it?</b>	0	1	2	3	4
<b>11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?</b>	0	1	2	3	4
<b>12. Loss of interest in activities that you used to enjoy?</b>	0	1	2	3	4
<b>13. Feeling distant or cut off from other people?</b>	0	1	2	3	4
<b>14. Trouble experiencing positive feelings (<i>for example, being unable to feel happiness or have loving feelings for people close to you</i>)?</b>	0	1	2	3	4
<b>15. Irritable behavior, angry outbursts, or acting aggressively?</b>	0	1	2	3	4
<b>16. Taking too many risks or doing things that could cause you harm?</b>	0	1	2	3	4
<b>17. Being "superalert" or watchful or on guard?</b>	0	1	2	3	4
<b>18. Feeling jumpy or easily startled?</b>	0	1	2	3	4
<b>19. Having difficulty concentrating?</b>	0	1	2	3	4
<b>20. Trouble falling or staying asleep?</b>	0	1	2	3	4