



Oxford CBT

Impact of Event Scale - Revised (IES-R)

Patient Name

Date

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 event). How much were you distressed or bothered by these difficulties?

	Not at all	A little bit	Moderately	Quite a bit	Extremely
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					
21 I felt watchful or on-guard					
22 I tried not to talk about it					

Developer 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