

**Stanford Loss of Personal Autonomy Scale**

**DIRECTIONS:** Below is a list of experiences people sometimes have during and after a stressful event. Please read each item carefully and decide how truly it describes *your* experience during or shortly after the Oakland/Berkeley fire.

0-----1-----2-----3-----4-----5  
not            very rarely        rarely            sometimes        often        very often  
experienced    experienced        experienced    experienced    experienced    experienced

- |     |  |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|
| 1.  | I felt I could actually hear my thoughts.                        | 0 | 1 | 2 | 3 | 4 | 5 |
| 2.  | I heard voices arguing inside my head.                           | 0 | 1 | 2 | 3 | 4 | 5 |
| 3.  | I heard voices in my head commenting on my actions.              | 0 | 1 | 2 | 3 | 4 | 5 |
| 4.  | I felt that someone was controlling my body.                     | 0 | 1 | 2 | 3 | 4 | 5 |
| 5.  | I felt as though someone was removing thoughts from my head.     | 0 | 1 | 2 | 3 | 4 | 5 |
| 6.  | I felt as though someone was putting thoughts in my head.        | 0 | 1 | 2 | 3 | 4 | 5 |
| 7.  | I felt as though others could read my mind.                      | 0 | 1 | 2 | 3 | 4 | 5 |
| 8.  | I felt as though my feelings were imposed on me by someone else. | 0 | 1 | 2 | 3 | 4 | 5 |
| 9.  | I felt as though someone else was making me act impulsively.     | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. | I felt as though my actions were being caused by someone else.   | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. | I had beliefs that were not based in reality.                    | 0 | 1 | 2 | 3 | 4 | 5 |