

Stanford Acute Stress Reaction Questionnaire

DIRECTIONS: Below is a list of experiences people sometimes have during and after a stressful event. Please read each item carefully and decide how well it describes *your* experience during and immediately following the flood (during and in the four weeks afterwards). Refer to this event in answering the items below. Use the 0-5 point scale shown below and circle the number that best describes your experience.

		0-----1-----2-----3-----4-----5					
		not experienced	very rarely experienced	rarely experienced	sometimes experienced	often experienced	very often experienced
1.	I had difficulty falling or staying asleep.	0	1	2	3	4	5
2.	I felt restless.	0	1	2	3	4	5
3.	I felt a sense of timelessness.	0	1	2	3	4	5
4.	I was slow to respond.	0	1	2	3	4	5
5.	I tried to avoid feelings about the flood.	0	1	2	3	4	5
6.	I had repeated distressing dreams of the flood.	0	1	2	3	4	5
7.	I felt extremely upset if exposed to events that reminded me of an aspect of the flood.	0	1	2	3	4	5
8.	I would jump in surprise at the least thing.	0	1	2	3	4	5
9.	The flood made it difficult for me to perform work or other things I needed to do.	0	1	2	3	4	5
10.	I did not have the usual sense of who I am.	0	1	2	3	4	5
11.	I tried to avoid activities that reminded me of the flood.	0	1	2	3	4	5
12.	I felt hypervigilant or "on edge".	0	1	2	3	4	5
13.	I experienced myself as though I were a stranger.	0	1	2	3	4	5
14.	I tried to avoid conversations about the flood.	0	1	2	3	4	5
15.	I had a bodily reaction when exposed to reminders of the flood.	0	1	2	3	4	5
16.	I had problems remembering important details about the flood.	0	1	2	3	4	5
17.	I tried to avoid thoughts about the flood.	0	1	2	3	4	5
18.	Things I saw looked different to me from how I know they really looked.	0	1	2	3	4	5
19.	I had repeated and unwanted memories of the flood.	0	1	2	3	4	5
20.	I felt distant from my own emotions.	0	1	2	3	4	5
21.	I felt irritable or had outbursts of anger.	0	1	2	3	4	5
22.	I avoided contact with people who reminded me of the flood.	0	1	2	3	4	5

		0-----1-----2-----3-----4-----5										
	not	very rarely	rarely	sometimes	often	very often						
	experienced	experienced	experienced	experienced	experienced	experienced						
23.	I would suddenly act or feel as if the flood was happening again.						0	1	2	3	4	5
24.	My mind went blank.						0	1	2	3	4	5
25.	I had amnesia for large periods of the flood.						0	1	2	3	4	5
26.	The flood caused problems in my relationships with other people.						0	1	2	3	4	5
27.	I had difficulty concentrating.						0	1	2	3	4	5
28.	I felt estranged or detached from other people.						0	1	2	3	4	5
29.	I had a vivid sense that the flood was happening all over again.						0	1	2	3	4	5
30.	I tried to stay away from places that reminded me of the flood.						0	1	2	3	4	5

On how many days did you experience any of the above symptoms of distress? (Please mark one):

- No days _____
- One day _____
- Two days _____
- Three days _____
- Four days _____
- Five or more days _____