

Acute Stress Disorder Scale – Adapted for ongoing COVID-19 pandemic

Please consider how you have been feeling recently, related to COVID-19.

Rate each one as:

1=Not at all 2=Mildly 3=Medium 4=Quite a bit 5=Very much

- 1) Have you felt numb or distant from your emotions?
- 2) Have you ever felt in a daze?
- 3) Have things around you ever felt unreal or dreamlike?
- 4) Have you ever feel distant from your normal self or like you were watching it happen from outside?
- 5) Have you been unable to recall important aspects of things that happened?
- 6) Have memories of things that happened kept entering your mind?
- 7) Have you had bad dreams or nightmares?
- 8) Have you felt as if you were reliving things that happened?
- 9) Do you feel very upset when you are reminded of things that happened?
- 10) Have you tried not to think about it?
- 11) Have you tried not to talk about it?
- 12) Have you tried to avoid situations or people that remind you of it?
- 13) Have you tried not to feel upset or distressed about it?
- 14) Have you had trouble sleeping?
- 15) Have you felt more irritable?
- 16) Have you had difficulty concentrating?
- 17) Have you become more alert to danger?
- 18) Have you become jumpy?
- 19) When you think about it, do you sweat or tremble or does your heart beat fast?
- 20) Thinking about all of these reactions together, how much are they bothering you or getting in the way of your work, relationships, or other parts of life?

ORIGINAL MEASURE: Bryant, Moulds, & Guthrie (2000). Acute Stress Disorder Scale: A self-report measure of acute stress disorder. *Psychological Assessment*, 12(1), 61-68.

ADAPTED MEASURE: Adapted version created by the Center for Pediatric Traumatic Stress in March 2020 for use by healthcare staff (self-assessment) during the ongoing COVID-19 pandemic. Contact info: cpts@chop.edu