

Impact of Events – Revised Scale

This Questionnaire has been designed to look at the ways that any distressing event you have experienced may have affected you and the way you behave. Spend a minute or two thinking over the past 7 days and indicate how much you were distressed or bothered by these difficulties by selecting the appropriate box.

0 = Not at all 1 = A Little Bit 2 = Moderately 3 = Quite a Bit 4 = Extremely

	Statement	0	1	2	3	4
1	I felt as if it hadn't happened or wasn't real					
2	I tried not to think about it					
3	I tried not to talk about it					
4	My feelings about it were kind of numb					
5	I stayed away from the reminders					
6	I tried to remove it from my memory					
7	I avoided letting myself get upset when I thought about it or was reminded of it					
8	I was aware that I still had a lot of feelings about it but did not deal with them					
9	I had trouble concentrating					
10	I had trouble falling asleep					
11	I felt irritable and angry					
12	I felt watchful and on guard					
13	I was jumpy and easily startled					
14	Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart					
15	I had trouble staying asleep					
16	I thought about it when I didn't mean to					
17	Pictures about it popped into my mind					
18	I had waves of strong feelings about it					
19	I had dreams about it					
20	Other things kept making me think about it					
21	Any reminder brought back feelings about it					
22	I found myself acting or feeling like I was back at that time					

Impact of Events – Revised Scale

Revised Impact of Event Scale (22 questions):

The revised version of the Impact of Event Scale (IES-r) has seven additional questions and a scoring range of 0 to 88.

Scoring the IES-R

Avoidance Subscale	mean of items 5, 7, 8, 11, 12, 13, 17 and 22	
Intrusion Subscale	mean of items 1, 2, 3, 6, 9, 14, 16 and 20	
Hyperarousal Subscale	mean of items 4, 10, 15, 18, 19 and 21	
Total mean IES-R score	The sum of the means of the three subscale scores	

On this test, scores that exceed 24 can be quite meaningful. High scores have the following associations.

Score (IES-r) Consequence

24 or more PTSD is a clinical concern. Those with scores this high who do not have full PTSD will have partial PTSD or at least some of the symptoms.

33 and above. This represents the best cut off for a probable diagnosis of PTSD.

37 or more This is high enough to suppress your immune system's functioning (even 10 years after an impact event)

The IES-R is also very helpful in measuring the affect of routine life stress, everyday traumas and acute stress

References:

1. Horowitz, M. Wilner, N. & Alvarez, W. (1979). Impact of Event Scale: A measure of subjective stress. *Psychosomatic Medicine*, 41, 209-218.
2. 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* (pp.399-411). New York: Guilford.
3. Hutchins, E. & Devilly, G.J. (2005). Impact of Events Scale. Victim's Web Site. <http://www.swin.edu.au/victims/resources/assessment/ptsd/ies.html>
4. Coffey, S.F. & Berglind, G. (2006). Screening for PTSD in motor vehicle accident survivors using PSS-SR and IES. *Journal of Traumatic Stress*. 19 (1): 119-128.
5. Neal, L.A., Walter, B., Rollins, J., et al. (1994). Convergent Validity of Measures of Post-Traumatic Stress Disorder in a Mixed Military and Civilian Population. *Journal of Traumatic Stress*. 7 (3): 447-455.
6. Asukai, N. Kato, H. et al. (2002). Reliability and validity of the Japanese-language version of the Impact of event scale-revised (IES-R-J). *Journal of Nervous and Mental Disease*. 190 (3): 175-182.
7. Creamer, M. Bell, R. & Falilla, S. (2002). Psychometric properties of the Impact of Event Scale-Revised. *Behaviour Research and Therapy*. 41: 1489-1496.
8. Kawamura, N. Yoshiharu, K. & Nozomu, A. (2001) Suppression of Cellular Immunity in Men with a Past History of Post Traumatic Stress Disorder. *American Journal of Psychiatry*. 158: 484-486