

CPSS Trauma Symptoms Youth (Ages 7-18) Self-Report

Below is a list of problems that kids sometimes have after experiencing and upsetting event. Read each one carefully and fill in the number (0-3) that best describes how often that problem has bothered you **IN THE LAST 2 WEEKS**.

Please mark 0, 1, 2 or 3 for how often the following things have bothered you in the LAST TWO WEEKS:

- 0 Not at all**
- 1 Once per week or less/ once in a while**
- 2 2 to 4 times per week/ half the time**
- 3 5 or more times per week/ almost always**

1. Having upsetting thoughts or images about the event that came into your head when you didn't want them to.	0	1	2	3
2. Having bad dreams or nightmares.	0	1	2	3
3. Acting or feeling as if the event was happening again (hearing something or seeing a picture about it and feeling as if you are there again).	0	1	2	3
4. Feeling upset when you think about or hear the event (for example, feeling scared, angry, sad, guilty, etc).	0	1	2	3
5. Having feelings in your body when you think about or hear about the event (for example, breaking out into a sweat, heart beating fast).	0	1	2	3
6. Trying not to think about, talk about, or have feelings about the event.	0	1	2	3
7. Trying to avoid activities, people, or places that remind you of the traumatic event.	0	1	2	3
8. Not being able to remember an important part of the upsetting event.	0	1	2	3
9. Having much less interest in doing things you used to.	0	1	2	3
10. Not feeling close to people around you.	0	1	2	3
11. Not being able to have strong feelings (for example, being unable to cry or unable to feel happy).	0	1	2	3
12. Feeling as if your future plans or hopes will not come true (for example, you will not have a job or get married, or have kids).	0	1	2	3
13. Having trouble falling or staying asleep.	0	1	2	3
14. Feeling irritable or having fits of anger.	0	1	2	3
15. Having trouble concentrating (for example, losing track of a story on the television, forgetting what you read, not paying attention in class).	0	1	2	3
16. Being overly careful (for example, checking to see who is around you and what is around you).	0	1	2	3
17. Being jumpy or easily startled (for example, when someone walks up behind you).	0	1	2	3

Indicate below if the problems you rated above have gotten in the way of any of the following areas of your life DURING THE PAST TWO WEEKS. Please mark YES or NO.

- 18. Yes No Saying your prayers
- 19. Yes No Chores and duties at home
- 20. Yes No Relationships with your friends
- 21. Yes No Fun and hobby activities
- 22. Yes No Schoolwork
- 23. Yes No Relationships with your family
- 24. Yes No General happiness with your life