

CPSS (children and young people)

Name:

Date:

Below is a list of problems that children and young people sometimes have after experiencing an upsetting event.

Read each one carefully and circle the number that best describes how often that problem has bothered you in the last week.

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

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

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

- (16) 0 1 2 3 Being overly careful (for example, checking to see who is around you and what is around you).
- (17) 0 1 2 3 Being jumpy or easily startled (for example, when someone walks up behind you).

Please indicate below if the problems you rated above have got in the way of any of the following areas of your life during the past week. Circle Y for Yes, N for No.

- (18) Y N Fun and hobby activities.
- (19) Y N Relationships with your friends.
- (20) Y N Schoolwork.
- (21) Y N Relationship with your family.
- (22) Y N Chores and duties at home.
- (23) Y N General happiness with your life.