

Self-assessment – Am I experiencing traumatic stress reactions?

Rate your stress reactions

Acute Stress Disorder Scale (ASDS) adapted for COVID-19

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

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

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?	
Total Score: Items 1 - 19		

SCORING:
Am I having
significant
reactions?

Sum of items 1 to 19 \geq 56

and/or

Rated item 20 \geq 3