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**\*\*\*\*CONFIDENTIAL\*\*\*\***  
**REVISED IMPACT OF EVENT SCALE**

Name: \_\_\_\_\_ Agency/Division: \_\_\_\_\_

On \_\_\_\_\_ experienced \_\_\_\_\_  
 (Date) (Life Event)

Below is a list of comments made by people after stressful life events. Please check each item, indicating how frequently these comments were true **DURING THE PAST SEVEN DAYS**. If they did not occur during that time, please mark the "not at all" column.

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		Not at All	Rarely	Some- times	Often
1.	I thought about it when I didn't mean to.	_____	_____	_____	_____
2.	I avoided letting myself get upset when I thought about it or was reminded of it.	_____	_____	_____	_____
3.	I tried to remove it from memory.	_____	_____	_____	_____
4.	I had trouble falling asleep or staying asleep, because of pictures or thoughts about it that came into my mind.	_____	_____	_____	_____
5.	I had waves of strong feelings about it.	_____	_____	_____	_____
6.	I had dreams about it.	_____	_____	_____	_____
7.	I stayed away from reminders of it.	_____	_____	_____	_____
8.	I felt as if it hadn't happened or it wasn't real.	_____	_____	_____	_____
9.	I tried not to talk about it.	_____	_____	_____	_____
10.	Pictures about it popped into my mind.	_____	_____	_____	_____
11.	Other things kept making me think about it.	_____	_____	_____	_____
12.	I was aware that I still had a lot of feelings about it, but I didn't deal with them.	_____	_____	_____	_____
13.	I tried not to think about it.	_____	_____	_____	_____
14.	Any reminder brought back feelings about it.	_____	_____	_____	_____
15.	My feelings about it were kind or numb.	_____	_____	_____	_____

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Intrusion subset = 1,4,5,6,10,11,14; avoidance subset = 2,3,7,8,9,12,13,15.

Horowitz, M.: Dept. of Psychiatry, School of Medicine, University of California, San Francisco

**The Impact of Event Scale (IES) is scored as follows:**

- 0 points for the "Not At All" column
- 1 point for the "Rarely" column
- 3 points for the "Sometimes" column
- 5 points for the "Often" column

Horowitz (1979) found that the average score for people who experienced a traumatic event was 44. Wayne Corneil, Director of Employees Assistance for the Department of Health and Welfare, Canada, Randell Beaton, Ph.D., Professor of Psychosocial Nursing at the University of Washington, and Roger Solomon, Ph.D., Department Psychologist for the Washington State Patrol, suggest that the IES can be interpreted according to the following dimension:

0	-	8	Sub Clinical range
9	-	25	Mild range
26	-	43	Moderate range
over	43		Severe range

It is suggested that score of 26 is the cutoff point for a clinically significant reaction. However, the IES alone does not diagnose PTSD or necessarily assess a person's ability to function. Although the IES alone therapeutic progress over time.

The IES can be further broken down into an Intrusion Scale (items 1,4,5,6,10,11,14) and an Avoidance Scale (items 2,3,7,8,9,12,13,15). For further information please read:

Horowitz, M., Wilmer, N., and Alvarez, W. (1979), Impact of Event Scale: A measure of subjective stress. **Psychosomatic Medicine**, 41,3, 209-218.