

Instructions: Sometimes young people have certain problems after experiencing stressful life events. The following questions are about these problems. Please read the questions carefully. Read every sentence and think if you have been bothered during **the past four weeks** by this problem. Then fill-in the circle that applies to you.

● = **not**● = **a little**● = **much**● = **very much**

		●	●	●	●
		not	a little	much	very much
1	I think often of the event(s) even if I do not want to. (for example; pictures of the event(s) pop into your head)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I have bad dreams or nightmares about the event(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I have the feeling that the event(s) is happening all over again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel afraid or sad (upset) if I think about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I find myself sometimes acting as I did at the time of the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	When I think about the event(s), I have strong feelings in my body (headaches, stomachaches, heart beating fast).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I try to not to think or to talk about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I try to push away my feelings about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I try to stay away from people, places, or things that remind me of the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I have forgotten important things about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I feel all alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I do not feel close to the people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I have trouble expressing my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I am not interested in things like sports, friends, school, and family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I do not think positively about my future. (that I will find a partner, get a good job)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I have trouble falling asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I have trouble staying asleep or I wake up too early.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I have trouble concentrating or paying attention. (At school or at home).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I am alert (always watching out or on guard for things that I am afraid of).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I startle easily when I hear a loud sound or when something surprises me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I often have arguments with others (family, friends, and teachers).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I have angry outbursts. (So angry that I throw things, hit, kick, or scream.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>