

Ponekad se dešava da mladi ljudi imaju problema nakon proživljavanja teških događaja. Dolje navedene rečenice se odnose upravo na te događaje. Molimo Vas da nakon svake rečenice (problema), označavanjem jednog od odgovora *Ne*, *Malo*, *Puno*, *Jako puno*, navedete intenzitet problema s kojim ste bili suočeni U TOKU PROTEKLOG MJESECA. Unaprijed Vam se zahvaljujemo.

● = *Ne*● = *Malo*● = *Puno*● = *Jako puno*

		●	●	●	●	
		Ne	Malo	Puno	Jako Puno	
1	Često razmišljam o događaju/događajima, čak i kad to ne želim (Na primjer, slike tih/tog događaja mi se jednostavno pojavljuju pred očima).	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	Imam ružne snove ili noćne more koji se odnose na te događaje.	I have bad dreams or nightmares about the event(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Imam osjećaj da se taj/ti događaj(i) stalno ponavljaju.	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	Osjećam se preplašenim-nom ili tužnim-nom (potpuno zbunjen-nom i van sebe) kad razmišljam o tom događaju/događajima.	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	Smatram da stvari radim na isti način kao i za vrijeme tog/tih događaja.	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	Kad razmišljam o tom/tim događaju/događajima, osjećam (glavobolja, bolovi u trbuhu, lupanje srca).	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	Pokušavam ne razmišljati i ne pričati o tom/tim događaju/događajima	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	Pokušavam sakriti svoje osjećaje o tom/tim događaju/događajima.	I try to push away my feelings about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Izbjegavam ljudi ili mjesta koji me podsjećaju na taj/te događaj/događaje.	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	Zaboravio-la sam važne stvari o tom/tim događaju/događajima.	I have forgotten important things about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Osjećam se usamljeno	I feel all alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Osjećam da nemam kontakt s ljudima oko sebe.	I do not feel close to the people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Teško mogu iskazati vlastite osjećaje.	I have trouble expressing my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Ne interesiraju me stvari kao na primjer, sport, prijatelji, škola.	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	Ne razmišljam pozitivno o svojoj budućnosti (npr. da ću naći sebi ženu ili muža, dobiti dobar posao).	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	Teško mogu zaspati.	I have trouble falling asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Noću se često budim ili se pak rano budim.	I have trouble staying asleep or I wake up too early.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	S poteskocom se koncentriram i posvećujem necemu (u školi, kod kuće)	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	Oprezan sam (uvijek se čuvam stvari kojih se plašim, i u stanju pripravnosti)	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	Uplasim se (na primjer, ukoliko čujem bučne zvukove ili ukoliko se desi nešto neočekivano.)	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	Često se svađam s drugima (familijom, prijateljima, nastavnicima)	I often have arguments with others (family, friends, and teachers).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Imam napade bijesa (ponekad sam toliko ljut da bacam stvari, udaram rukama i nogama ili vrištim).	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"/>