

بعضی مواقع جوانان و نوجوانان در اثر تجربیات ترس آور و ناراحت‌کننده (اتفاقات) دچار ناراحتیهای مشخصی میشوند. جملات زیر در مورد اینگونه ناراحتیها میباشد. منظور اینست که شما در جلو هر جمله (ناراحتی) مشخص کنید که شما تا چه اندازه از آن رنج میبرید. با سیاه کردن دایره مربوطه میتوانید مشخص کنید که در ماه گذشته تا چه اندازه از این ناراحتی رنج برده‌اید. با تشکرات فراوان

خیلی زیاد =  زیاد =  یک کمی =  هیچ = 

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