

说明: 有时, 年轻人因为经历了某些重大的事情, 身体有不舒服的地方。以下的问题是有关这些身体不适的情况。每个问题后面有四栏答案供选择, 没有、有一点、比较多或者很多。请将适合你的情况的小圆圈涂黑, 以表明在过去的四个星期里你的身体健康情况。

● = 没有 ● = 有一点 ● = 较多 ● = 很多

		●	●	●	●	
		没有	有一点	较多	很多	
1	即使我不愿去想所发生的事情, 我还是经常会想到这些事情 (比如: 事情的画面突然出现在脑海里)	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	我做有关这些事情的可怕的梦或恶梦	I have bad dreams or nightmares about the event(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	我感觉这些事情会再次发生	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	每当我想起这些事情, 我感到害怕或者伤心 (脑子乱了)	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	我觉得我现在做事情的方法与当时事情发生时的做法一样	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	每当我想起所发生的事情, 我的身体就会感觉到 (头痛、肚子痛、心跳加快)	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	我试着不去想或谈论所发生的事情	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	我试着隐藏我对该事的感觉	I try to push away my feelings about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	我试着不接近让我回想往事的人或者地方	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	我忘记了往事中重要的部分	I have forgotten important things about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	我觉得孤独	I feel all alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	我觉得我和周围的人没有来往	I do not feel close to the people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	我难以表达自己的感情	I have trouble expressing my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	我对一些事情不感兴趣, 比如体育活动、朋友、读书	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	我对我的未来没有信心 (比如我找不到爱人、不会有好工作)	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	我难以入睡	I have trouble falling asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	晚上, 我经常醒来, 或者醒得太早	I have trouble staying asleep or I wake up too early.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	我 (在学校、在家) 难以集中注意力	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	我很谨慎 (对我害怕的东西, 我总是特别留神, 小心翼翼)	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	我容易被吓倒 (比如我听到很响的声音, 或者发生意外的事情)	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	我经常和其他人吵架 (比如和亲属、朋友、老师)	I often have arguments with others (family, friends, and teachers).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	我会发很大脾气 (我有时十分生气, 会乱扔东西、会打、会踢、会大喊大叫)	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"/>