

Traumatic Events Self-Assessment

An estimated 5.2 million American adults or 3.6% of the adult population experience PTSD in any given year. PTSD is common among children and adolescents as well.

National Institute of National Health

Most people experience some level of stress or anxiety following a traumatic event. If the trauma is severe and/or the person has a history of abuse, the emotional reactions to the trauma can lead to Post-Traumatic Stress Disorder (PTSD). Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents or military combat. Crisis response workers such as police and fire fighters also can develop PTSD.

Sometimes PTSD can result from multiple traumatic experiences. Such experiences can include physical, sexual or emotional abuse.

Please read each statement carefully. Answer “Yes” if the statement applies to you.

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| 1. I often feel numb and don't experience much emotion. | Yes | No |
| 2. I make efforts to avoid situations or activities that remind me of the traumatic event. | Yes | No |
| 3. I don't feel as emotionally close to family and friends as I used to. | Yes | No |
| 4. I have trouble falling asleep or staying asleep, because pictures, thoughts or dreams of the event come into my mind. | Yes | No |
| 5. I am experiencing recurrent, intrusive and distressing thoughts about the event. | Yes | No |
| 6. I am very jumpy and am in a constant state of alertness. | Yes | No |
| 7. I get physically or emotionally upset when something reminds me of the event. | Yes | No |
| 8. I try not to think about the event. | Yes | No |
| 9. I try not to talk to anyone about what happened to me. | Yes | No |
| 10. The event has changed my plans for the future. | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1
No = 0

Score:

- 0-2 You have only a few symptoms related to your traumatic event. You may need a little time to get over the stress of the event. Reaching out to family and friends may help. If these symptoms persist for more than a couple of weeks, call your EAP for assistance.
- 3-5 You are experiencing significant reactions to a traumatic event and should seek help. Research shows that people who talk about experiences soon after a traumatic event reduce the impact of the trauma. Yet, it's never too late to seek help to resolve past traumatic experiences. Your EAP counselor can help.
- 6-10 These scores indicate a serious reaction to a traumatic event. Obtaining help to overcome the trauma is very important. Call your EAP today for assistance.

Helpful Links:

[National Institute for Mental Health](#)

[National Center for PTSD](#)

[American Association of Child and Adolescent Psychiatry](#)

Recommended Reading:

Williams, Mary Beth & Poijula, Sioli. (2002). [The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms](#). New Harbinger Books.

Herman, Judith. (1997). [Trauma and Recovery](#). Basic Books.

For Confidential Assistance
800-327-5071
Or contact us online