

SASRO

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DIRECTIONS: Recall the stressful events that occurred during _____. Briefly describe the one event that was most disturbing on the lines below.

How disturbing was this event to you ? (Please mark one):

Not at all disturbing _____
Somewhat disturbing _____
Moderately disturbing _____
Very disturbing _____
Extremely disturbing _____

DIRECTIONS: Below is a list of experiences people sometimes have during and after a stressful event. Please read each item carefully and decide how well it describes your experience during described above. Refer to this event in answering the items that mention "the stressful event." Use the 0-5 point scale shown below and circle the number that best describes your experience.

0	1	2	3	4	5			
not experienced	very rarely experienced	rarely experienced	sometimes experienced	often experienced	very often experienced			
1. I had difficulty falling or staying asleep.				0	1	2	3	4
2. I felt restless.				0	1	2	3	4
3. I felt a sense of timelessness.				0	1	2	3	4
4. I was slow to respond.				0	1	2	3	4
5. I tried to avoid feelings about the event				0	1	2	3	4
6. I had repeated distressing dreams of the stressful event.				0	1	2	3	4
7. I felt extremely upset if exposed to events that reminded me of an aspect of the stressful event.				0	1	2	3	4
8. I would jump in surprise at the least thing.				0	1	2	3	4
9. The stressful event made it difficult for me to perform work or other things I needed to do.				0	1	2	3	4
10. I did not have the usual sense of who I am.				0	1	2	3	4
11. I tried to avoid activities that reminded me of the stressful event.				0	1	2	3	4
12. I felt hypervigilant or "on edge"				0	1	2	3	4
13. I experienced myself as though I were a stranger.				0	1	2	3	4

0 not experienced	1 very rarely experienced	2 rarely experienced	3 sometimes experienced	4 often experienced	5 very often experienced
14. I tried to avoid conversations about the event.				0 1 2 3 4 5	
15. I had a bodily reaction when exposed to reminders of the stressful event.				0 1 2 3 4 5	
16. I had problems remembering important details about the stressful event.				0 1 2 3 4 5	
17. I tried to avoid thoughts about the stressful event.				0 1 2 3 4 5	
18. Things I saw looked different to me from how I know they really looked.				0 1 2 3 4 5	
19. I had repeated and unwanted memories of the event.				0 1 2 3 4 5	
20. I felt distant from my own emotions.				0 1 2 3 4 5	
21. I felt irritable or had outbursts of anger.				0 1 2 3 4 5	
22. I avoided contact with people who reminded me of the stressful event.				0 1 2 3 4 5	
23. I would suddenly act or feel as if the stressful event were happening again.				0 1 2 3 4 5	
24. My mind went blank.				0 1 2 3 4 5	
25. I had amnesia for large periods of the event.				0 1 2 3 4 5	
26. The stressful event caused problems in my relationships with other people.				0 1 2 3 4 5	
27. I had difficulty concentrating.				0 1 2 3 4 5	
28. I felt estranged or detached from other people.				0 1 2 3 4 5	
29. I had a vivid sense that the event was happening all over again.				0 1 2 3 4 5	
30. I tried to stay away from places that remind me of the event.				0 1 2 3 4 5	

How many days did you experience the worst symptoms of distress?
(Please mark one):

none _____
 one _____
 two _____
 three _____
 four _____
 five or more _____

Scoring of the Stanford Acute Stress Reaction Questionnaire

The questionnaire can be scored as the total sum of raw scores for the scale and/or subscales, or for “caseness.” For the latter purpose, we score a

symptom as present if the respondent marks it as occurring at least “sometimes,” which includes a response of 3 or higher. McKibben et al.(2008) found a cut-off score equal or greater than 40 to be as good an estimate as the symptom by symptom estimation of caseness.

The definition of acute stress disorder requires the presence of trauma (criterion A), at least 3 dissociative symptoms, and one symptom each of: 1) re-experiencing trauma, 2) avoidance, and 3) marked anxiety or arousal.

A. Traumatic Event

The initial sentence in the “Directions” can be tailored to a specific time span and/or event (e.g., the past week, the past month since...). The initial narrative helps to establish whether the person has experienced, witnessed or confronted an event involving actual or threatened death or serious injury, or threat to the physical integrity of oneself or others. The rating scale from “not at all disturbing” to “extremely disturbing” assesses the intensity of the person’s response.

B. Dissociative symptoms

1) Subjective sense of numbing, detachment, or absence of emotional responsiveness

items 20, 28

2) A reduction in awareness of one’s surroundings

items 4, 24

3) Derealization

items 3, 18

4) Depersonalization

items 10, 13

5) Dissociative amnesia (inability to recall an important aspect of trauma)

items 16, 25

C. The traumatic event is persistently re-experienced

items 6, 7, 15, 19, 23, 29

D. Marked avoidance of stimuli that arouse recollections of the trauma

items 5, 11, 14, 17, 22, 30

E. Marked symptoms of anxiety or increased arousal

items 1, 2, 8, 12, 21, 27

F. Impairment in functioning

Items 9, 26

SASRQ SCORING GUIDE

A diagnosis of Acute Stress Disorder requires at least 3 symptoms out of the five types of dissociative symptoms, 1 reexperiencing symptom, 1 avoidance symptom, 1 marked anxiety/increased arousal symptom, and impairment in at least 1 important areas of functioning. To count a symptom as present, circled **response must be 3 or higher**. Place this scoring key and the participant's completed SASRQ questionnaire side by side. For every item number listed below, enter participant's response on the corresponding blank line in column three. Count the number of responses in each category that are "3" or higher and enter this amount on the total line in column four.

1. Dissociative symptoms	Item numbers	Participant response	Total number of responses that are <u>three or higher</u>
A. Sense of numbing and detachment	Item: 20 Item: 28	_____ _____	Total 3 or higher: _____
B. Decreased awareness of surroundings	Item: 4 Item: 24	_____	Total 3 or higher: _____
C. Derealization	Item: 3 Item: 18	_____	Total 3 or higher: _____
D. Depersonalization	Item: 10 Item: 13	_____	Total 3 or higher: _____
E. Dissociative amnesia	Item: 16 Item: 25	_____	Total 3 or higher: _____
2. Reexperiencing	Item: 6 Item: 7 Item: 15 Item: 19 Item: 23 Item: 29	_____ _____ _____ _____ _____	Total 3 or higher: _____
3. Avoidance	Item: 5 Item: 11 Item: 14 Item: 17 Item: 22 Item: 30	_____ _____ _____ _____ _____ _____	Total 3 or higher: _____
4. Marked anxiety/ Increased arousal	Item: 1 Item: 2 Item: 8 Item: 12 Item: 21 Item: 27	_____ _____ _____ _____ _____	Total 3 or higher: _____
5. Impairment	Item: 9 Item: 26	_____ _____	Total 3 or higher: _____

