

IMPACT OF EVENT SCALE

M. Horowitz, Dept. of Psychiatry, University of California at San Francisco

Name _____ Occupation _____
 In 19 _____ experienced this life event _____

Directions: Below is a list of comments made by people about stressful life events and the context surrounding them. Read each item and decide how frequently each item was true for you DURING THE PAST SEVEN (7) DAYS regarding _____

If the item did not occur during the past seven days, choose the NOT AT ALL option. Circle the number of the response which best describes that item. Please complete each item.

- (1) Not at all (2) Rarely (3) Sometimes (4) Often

FREQUENCY

	Not At All	Rarely	Sometimes	Often
1. I thought about it when I didn't mean to.				
2. I avoided letting myself get upset when I thought about it or was reminded of it.				
3. I tried to remove it from memory.				
4. I had trouble falling asleep or staying asleep, because of pictures or thoughts that came into my mind.				
5. I had waves of strong feelings about it.				
6. I had dreams about it.				
7. I stayed away from reminders of it.				
8. I felt as if it hadn't happened or wasn't real.				
9. I tried not to talk about it.				
10. Pictures about it popped into my mind.				
11. Other things kept making me think about it.				
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.				
13. I tried not to think about it.				
14. Any reminder brought back feelings about it.				
15. My feelings about it were kind of numb.				

IMPACT OF EVENT SCALE (CONTINUED)

The Impact of Event Scale (IES) is scored as follows:

0 points for the	"NOT AT ALL"	column
1 point for the	"RARELY"	column
3 points for the	"SOMETIMES"	column
5 points for the	"OFTEN"	column

Horowitz (1979) found that the average score for people who experienced a traumatic event was 44. Wayne Corneil, Director of Employee Assistance for the Department of Health and Welfare, Canada, Randall Beaton, Ph.D., Professor of Psychological Nursing at the University of Washington, and Roger Solomon, Ph.D., Department Psychologist for the Washington State Patrol, suggest that the IES can be interpreted according to the following dimension:

0 - 8	SUB CLINICAL	range
9 - 25	MILD	range
26 - 43	MODERATE	range
over 43	SEVERE	range

It is suggested that a score of 26 is the cutoff point for a clinically significant reaction. However the IES alone does not diagnose PTSD or necessarily assess a person's ability to function. Although the IES alone should not be used to diagnose someone, it may be useful in assessing therapeutic progress over time.

The IES can be further broken down into an intrusion scale (Items 1, 4, 5, 6, 10, 11, 14) and an avoidance scale (Items 2, 3, 7, 8, 9, 12, 13, 15). For further information please read:

Horowitz, M., Wilmer, N., and Alvarez, W. (1979), Impact of event scale: A measure of subjective stress. Psychosomatic Medicine, 41, 3, 209-218.