**Stanford Acute Stress Reaction Questionnaire (SASRQ)**

**Purpose of scale**: To assess the psychological symptoms experienced in the aftermath of a traumatic event.

**Description:** The SASRQ is a 30-item self-report measure of ASD. The instructions allow the administrator to specify the time period during which the respondent's symptoms should be rated. The respondent is asked to describe the stressful event and how much disturbance it caused. Then, the respondent rates 30 items on a six-point scale ranging from 0 (not experienced) to 5 (very often experienced). Items tap into dissociation (10 items), reexperiencing (6 items). avoidance (6 items). anxiety and hyperarousal (6 items), and impairment in functioning (2 items). A final question asks the respondent how many days he or she experienced the worst symptoms of distress.

**Administration and scoring:** The SASRQ can be administered in 15 minutes. It. can be scored continuously by summing all the items or dichotomously (ratings between 0 and 2 = 0, ratings between 3 and 5 = 1) for the presence of a symptom. To meet criterion B. a respondent must endorse three or more of the symptom criteria for dissociation: Dumbing (items 20, 28). reduction in awareness of surroundings (items 4, 24), derealization (items 3t~8), depersonalization (items 10, 13), dissociative amnesia (items 16, 25). A respondent must endorse a symptomwit1) in each of the remaining criterion symptom clusters to obtain an ASD diagnosis: criterion (~ (items 6, 7, 15, 19,23,29), criterion D (items 5, 11, 14, 17,22, 30), criterion (items l .. Z, 8, 12, 21, 27), and criterion F (items 9, 26).

**Psychometric Properties:** The psychometric properties of an earlier version and of the final version of the SASRQ were evaluated together in a multi sample, multi study paper (Cardeiia et al.,2000).

**Original citation**: Cardefia, E., Koopman, C., Classen, C., Waelde, L. C., & Spiegel, D. (2000). Psycho­ metric properties of the Stanford Acute Stress Reaction Questionnaire: A valid and reliable measure of acute stress. Journal of Traumatic Stress, 13, 719-734.

<https://onlinelibrary.wiley.com/doi/abs/10.1023/A%3A1007822603186>

Lötvall, R., Palmborg, Å., & Cardeña, E. (2022). A 20-years+ review of the Stanford Acute Stress Reaction Questionnaire (SASRQ): Psychometric properties and findings. *European Journal of Trauma & Dissociation*, *6*(3), 100269. <https://doi.org/10.1016/j.ejtd.2022.100269>

**Link where information was found:** <https://www.ptsd.va.gov/professional/articles/article-pdf/id24368.pdf>

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**Stanford Acute Stress Reaction Questionnaire**

**Directions:** Recall the stressful events that occurred in your life during the PAST MONTH.

Briefly describe the one event that was the most disturbing on the lines below:

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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 since the stressful event 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.**



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

**On how many days did you experience any of the above symptoms of distress? (Please mark one):**

No days \_\_

One day \_\_

Two days \_\_

Three days \_\_

Four days \_\_

Five or more days \_\_