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Acute Stress Disorder Scale: A Self-Report Measure of Acute Stress Disorder

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The Acute Stress Disorder Scale (ASDS) is a self-report inventory that (a) indexes acute stress disorder (ASD) and (b) predicts posttraumatic stress disorder (PTSD). The ASDS is a 19-item inventory that is based on *Diagnostic and Statistical Manual of Mental Disorders* (4th ed.; *DSM-IV,* American Psychiatric Association, 1994) criteria.

The ASDS possessed good sensitivity (95%) and specificity (83%) for identifying ASD against the ASD Interview on 99 civilian trauma survivors.

Test-retest reliability of the ASDS scores between 2 and 7 days was strong (*r* = .94).

The ASDS predicted 91% of bushfire survivors who developed PTSD and 93% of those who did not; one third of those identified by the ASDS as being at risk did not develop PTSD, however. The ASDS shows promise as a screening instrument to identify acutely traumatized individuals who warrant more thorough assessment for risk of PTSD.

# Appendix

Acute Stress Disorder Scale

Name:

Briefly describe your recent traumatic experience: Did the experience frighten you? Yes or No

Date:

Please answer each of these questions about how you have felt since the event. Circle one number next to each question to indicate how you have felt.

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1. *Not at all*
2. *Mildly*
3. *Medium*
4. *Quite a bit*
5. *Very much*
6. During or after the trauma, did you ever feel numb or distant from your emotions?
7. During or after the trauma, did you ever feel in a daze?
8. During or after the trauma, did things around you ever feel unreal or dreamlike?
9. During or after the trauma, did you ever feel distant from your normal self or like you were watching it happen from outside?
10. Have you been unable to recall important aspects of the trauma?
11. Have memories of the trauma kept entering your mind?
12. Have you had bad dreams or nightmares about the trauma?
13. Have you felt as if the trauma was about to happen again?
14. Do you feel very upset when you are reminded of the trauma?
15. Have you tried not to think about the trauma?
16. Have you tried not to talk about the trauma?
17. Have you tried to avoid situations or people that remind you of the trauma?
18. Have you tried not to feel upset or distressed about the trauma?
19. Have you bad tr0uble sleeping since the trauma?
20. Have you felt more irritable since the trauma?
21. Have you had difficulty concentrating since the trauma?
22. Have you become more alert to danger since the trauma?
23. Have you become jumpy since the trauma?
24. When you are reminded of the trauma, do you sweat or tremble or does your bean beat fast?

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**Link to website with additional information:** <https://www.ptsd.va.gov/professional/articles/article-pdf/id24368.pdf>

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