POST-TRAUMATIC STRESS DISORDER AND THE
OCTOBER 17, 1989 LOMA PRIETA EARTHQUAKE

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By
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This study examines if post-traumatic stress disorder (PTSD) was produced as a result of the October 17, 1989 Loma Prieta Earthquake. Twenty-eight subjects were interviewed about year post-earthquake to determine the presence of PTSD symptomatology and PTSD symptom clusters.

No significant positive correlation of reported levels of PTSD symptomatology was found between lifetime and current time periods ($Z = 0.05$). However, a significant positive correlation between lifetime and past year time periods ($Z = 8.97$), and a significant positive correlation between current and past year time periods of PTSD symptomatology ($Z = -2.58$) was determined. Subjects displayed the avoidance of stimuli cluster more often in the current and past year time periods than the other clusters, and the persistently reexperienced cluster more frequently in the lifetime period. One person reported current PTSD symptomatology, six in the past year, and three in the lifetime before the earthquake.

Results indicate that subjects displayed transient PTSD symptomatology from which they recovered.
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CHAPTER 1

INTRODUCTION

General Statement of the Problem

The purpose of this thesis was to determine if the October 17, 1989 Loma Prieta Earthquake was a sufficient stressor to induce post-traumatic stress disorder (PTSD), as defined in the DSM-III(R), among a population of Cabrillo College students and staff. In addition, a descriptive statistical analysis of PTSD symptomatology associated with the earthquake was performed, using the recently developed instrument, the Clinician-Administered PTSD Scale (Blake, Nagy, Kaloupek, Klauminzer, Charney & Keane, 1990).

Background of the Problem

There is no uniformity over the classification of a disaster stressor. Some researchers suggest there are nine classified agents related to a disaster: frequency, predictability, control, cause, speed of onset, length of possible warning, duration, scope of impact, and
destruction potential (Dynes, 1970). Others have proposed a five factor disaster typology to distinguish disasters: type of disaster (natural vs. technological), duration, degree of personal impact, potential for recurrence, and control over future impact (Berren, Beigel & Ghertner, 1980). There are four dimensions upon which disaster may vary, resulting in different effects on the victims: scope of impact (how many involved and how large an area), speed of onset (sudden, gradual, chronic), duration of impact, and social preparedness of the community, according to Barton (1969). It has been suggested that the following criteria cause a more pronounced stress sufficient to cause PTSD: disasters that occur over a period of days or weeks, such as floods or hurricanes, which cause a greater psychological toll than ones that end quickly; human induced disasters, rather than accidental disasters, and loss of objects of importance (Wilkinson & Vera, 1989).

Psychological response to a disaster depends on a combination of the type of disaster, anticipation time, duration, nature and availability of help, sociocultural and genetic background, pre-existing psychopathology, and life circumstances. The specific roles and influences of these variables are not yet known (Serles, Chen, McFarland & Taylor, 1983). Although most people display signs of emotional disturbance immediately after a disaster, the rate of long-term mental disturbance is
actually low. There is no direct support for the validity of the DSM-III distinction between extraordinary stressors that would fulfill PTSD requirements and more ordinary stressors. The researchers concluded that stressors are "etiologically non-specific," influencing the timing of the disease, but the disease is determined by personality and genetic factors (Lindy, Green & Grace, 1987).

Still others conclude that the main factors influencing PTSD and other psychiatric disorders in disasters are the following: the magnitude of the disaster; the time elapsed between disaster and observation; methods of sampling and detecting the cases; presence or absence of a control sample. The risk of developing a psychiatric disorder, the authors concluded, is influenced by the extent of material and emotional losses suffered by the subject. Prevalence of psychiatric disorder in subjects exposed to seismic events was greater than in a control population: depression, manic-depression, schizophrenia and personality disorders (Maj, Starace, Crepet, Lobrace, Veltro, DeMarco & Kemali, 1989).

Significance of the Problem

Chronic or delayed forms of untreated PTSD, can result in maladaptive ingrained patterns, such as paranoia, rage, or anti-social behavior, overwhelming anxiety, depression, job loss, marital discord,
difficulties in interpersonal relationships, alcohol abuse, suicide attempts, and psychosomatic disorders, such as backache, hypertension, headaches, and stomach ulcers, which may not be attributed to the original traumatic event (Scurfield, 1985). Knowing what emotional problems to expect can help disaster workers be more capable of timely intervention, and informed victims will be less confused if they begin to display these post-traumatic stress symptoms (Fain, 1990).

The Oct. 17, 1989 Loma Prieta earthquake created tremendous property damage, emotional strain, increased domestic violence (especially against women), and an overload on public mental health services. During the first five months of 1990, 21 people committed suicide in Santa Cruz County, nearly double the previous year's suicide rate for the same period (Beebe, 1990).

In response to the Loma Prieta Earthquake, the Santa Cruz County mental health department received a 1.5 million dollar FEMA grant to establish a disaster counseling service (Project COPE). By early December 1989, staff in seven counties had seen over 35,000 individuals and had conducted 1700 group sessions. These included outreach, debriefing, training community professionals, education/information, individual and group counseling, diagnosis, and follow-up referral.
Project Cope's FEMA grant expired on February 14, 1991. During the 15 months following the earthquake, Project COPE provided free therapy for 26,500 people (Beebe, 1991).

People reported the following problems to local mental health agencies: spending sleepless nights; finding themselves unable to concentrate; feeling helpless or immobilized; experiencing startle reactions; feeling emotionally numb. Personal activities and relationships were disrupted, and there has been anger and anxiety. Some are grieving over the loss of close friends or relatives, others over the loss of possessions. In mountainous regions, slopes are unstable, and people are worried about aftershocks and rainy seasons which could precipitate landslides.

Children exhibited behavior such as crying, withdrawal or aggressive behavior, clinging to parents, nightmares, startle reactions. Some students are doing poorly in school because of trouble concentrating. Some health agencies reported that elderly are not revealing the full extent of their losses or their emotional problems, for fear that they may lose their autonomy. There have been problems with non-Anglo communities because some believe their immigration status may be imperilled if they seek help. Some have suffered previous trauma from political repression in their native
countries. Others experienced the Mexico City earthquake of 1985 (Fain & Myers, 1990).

Additional stress was caused by a lack of affordable housing. Workers in Disaster Applications Centers, such as FEMA, report grief and anger from people seeking assistance. Anger with authority increased as victims realized the limitations in the coverage they were going to receive from the government and private agencies. A general information toll-free number at the Disaster Field office referred over 20 callers a day for crisis counseling. Police, school teachers and fire officials worked long hours in emotionally overwhelming situations and still had to cope with problems at home.

Public education is vital for natural disasters such as the Loma Prieta Earthquake. Knowing what to do before, during and after an earthquake can reduce the symptomatology of disaster stress. Disaster accentuates all pre-disposing factors--those who have a good support system, are in good health, have available resources will struggle and overcome their adversity. Those who were at a disadvantage before the earthquake--age, illness, poor financial resources, lack of job, personal circumstances, poor social support systems will find their situation, once unbearable, now intolerable (Fain & Myers, 1990).

The Loma Prieta Earthquake created emotional turmoil for many people. Daniel Weiss, associate
professor of psychology at UC/San Francisco, stated that the denial most people shared was shattered and now people feel as if everything is more dangerous, helpless, with a loss of control, and a decided sense of mortality (Gross, 1989). Thom Patten, a counselor from the National Center for PTSD, Palo Alto Division, stated that after a disaster there is a tremendous need for emotional release and coming to grips with what happened since people didn't come to the quake with a blank slate. Previous life trauma was relived in the earthquake. One woman, who had survived the London bombings during World War II, grabbed her purse with each aftershock and made her way to the emergency shelters, just as she had 45 years earlier. Residents exhibited classic post-traumatic stress symptoms: emotional numbing, depression and nightmares.

It was necessary to provide timely counseling and educational intervention to head off more serious problems. The key was quick reaction, 48-72 hours after the initial shock, when people were in the survival mode and able to process what they've been through. Since people were afraid of the social stigma attached to visiting a mental health facility, it was important to go where the people were: to their homes, job sites, emergency shelters (Furey, 1990).
Definitions

The definition of PTSD according to the DSM-III(R) is the following:

The essential feature of this disorder is the development of characteristic symptoms following a psychologically distressing event that is outside the range of usual human experience (i.e., outside the range of such common experiences as simple bereavement, chronic illness, business losses and marital conflict). The stressor producing this syndrome would be markedly distressing to almost anyone, and is usually experienced with intense fear, terror, and helplessness. The characteristic symptoms involve re-experiencing the traumatic event, avoidance of stimuli associated with the event or numbing of general responsiveness, and increased arousal. The diagnosis is not made if the disturbance lasts less than one month.

The most common traumata involve either a serious threat to one's life or physical integrity; a serious threat or harm to one's children, spouse, or other close relatives and friends; sudden destruction of one's home or community; or seeing another person who has recently been, or is being seriously injured or killed as the result of an accident or physical violence.
The trauma may be experienced alone (e.g., rape or assault) or in the company of groups of people (e.g., military combat). Stressors producing this disorder include natural disasters (e.g., floods, earthquakes), accidental disasters (e.g., car accidents with serious injury). This disorder is apparently more severe and longer lasting when the stressor is of human design.

Some stressors frequently produce the disorder (e.g., torture), others occasionally (natural disasters or car accidents). Symptoms such as depression and anxiety are common. The disorder can occur at any age, including childhood. Symptoms usually begin immediately or soon after the trauma. Impairment may be either mild or severe.

Psychoactive substance use disorders are common complications.

Pre-existing psychopathological conditions predispose to the development of this disorder. However, this disorder can develop without any such pre-existing conditions, particularly if the stressor is extreme (pp. 247-249).
CHAPTER 2

LITERATURE REVIEW

Previous earthquake studies using strict statistical sampling techniques are scant. Most of the literature is qualitative in nature. However, natural disasters other than earthquakes have occurred in which researchers have provided much richer quantitative evidence of PTSD symptomatology.

There have been numerous studies of the traumatic effects of natural disasters (Popovic, 1964; Greenson & Mintz, 1971; Ahearn, 1981; Lima, Chavez, Samaniego, Pompei, Pai, Santa Cruz & Lozano, 1989; Maj et al., 1989; Gleser, Green, & Winget, 1981; Ahearn, 1981; Shore, Tatum & Vollmer 1986, 1989; McFarlane, 1988; Bolin & Klenow, 1988; Green, Grace & Gleser, 1985; Madakasira & O'Brien, 1987; Phifer & Norris, 1989).

Still other researchers have studied technological disasters and PTSD, such as dioxin exposure, high radioactivity in the water supply, coupled with floods and a tornado (Smith et al., 1986), and the Three Mile Island disaster (Davidson & Baum, 1986).

About one in ten Americans has suffered the
symptoms of the disorder at least in some degree, according to the American Psychiatric Association. Being unable to stop the trauma makes it more likely that it will result in post-traumatic stress. Being able to control or escape a stress, means that brain changes do not occur. Studies with animals have found that exposure to milder stress early in life increases vulnerability to brain changes in face of intense stress later in life. The search for a drug specific to PTSD is only part of the answer. You can turn down the psychological symptoms, so that people feel less anxiety, sleep better and have fewer nightmares, but problems such as alienation, emotional numbness and guilt need psychotherapy. Davidson and Baum (1986) stated that persons exposed to chronic threat related to Three-Mile Island evidenced higher levels of urinary epinephrine and norepinephrine than a control sample.

Kolb (1987) stated that cortical neuronal and synaptic changes occur in PTSD as a consequence of excessive and prolonged sensitizing stimulation leading to depression of habituating learning. Constant symptoms of the disorder are due to the changes in the agonistic neuronal system which impair cortical control of hindbrain structures associated with aggressive expression and the sleep-dream cycle.
Previous Earthquake Studies

Very few earthquake studies have utilized survey techniques or stringent statistical procedures. The published literature contains mostly qualitative descriptions of observed behavior following an earthquake.

On July 26, 1963, at 5:17 am, an earthquake struck Skoplje, the capital of Macedonia, killing 1070 people, injuring 3300, destroying 80% of the houses. A formal study was not conducted. Instead the authors informally noted various psychological disturbances. Families and children stayed together; separation was hard to bear. There were few instances of psychotic behavior. The most common reaction was sluggishness and apathy. Depressive reaction was observed on the second and third day. As stupor lessened, fear increased. Superstitious rumor arose: people had lived too well; there was an irrational need for punishment. Severe mental disturbances were low due to collective identification of the population, prompt and resourceful help and evacuation (Popovic, 1964).

After the Managua earthquake of December 22-23, 1972, a longitudinal study was conducted of admissions to the Nicaragua Psychiatric Hospital. Researchers studied all 17,160 admissions between 1969 and 1976 to Nicaragua's only psychiatric hospital before and after the December 22-23 Managuan earthquake. Findings focused primarily on overall rates and rates for neurosis, cerebral organic
syndrome, and psychosis. The researchers found that the number of admissions would have been expected even with no earthquake. However, the admission rates were higher in areas with greater damage. Neurotic complaints (anxiety, excessive fear, phobias, depression) increased significantly more than other illnesses. Results indicated that emotional problems lasted about three years. Readmissions for psychoses increased from the second through fourth year. The consistent decrease in admissions to mental hospitals the first year may be due to serious problems of accessibility or individuals may have been involved in survival activities. A decline in admissions in 1976 indicates the economy began to recover, as it did in Nicaragua with a building and reconstruction boom. The key variable in psychiatric admission was the amount of economic and community destruction.

Two months following a 1987 earthquake in Ecuador, 150 patients were screened for emotional problems; 40% were "emotionally distressed." Risk factors included not having been married, poor physical or emotional health, other ill-defined physical complaints (Lima, Chavez, Samaniego, Pompei, Pai, Santa Cruz & Lozano, 1989).

Other Natural and Technological Disasters

Buffalo Creek flood disaster victims, in which a slag dam broke, inundating the valley of Buffalo Creek,
West Virginia, drowning 125 people, reacted with fear, nightmares, depression, and a profound sense of guilt from having survived. Interview data was quantified using the Psychiatric Evaluation Form (PEF), covering specific dimensions of psychopathology as well as a more global rating of overall severity. Judgements of severity were made on a 6 point scale, ranging from none to extreme. Major clusters of data were found to be depression, anxiety, belligerence, alcohol abuse, and overall severity. Over 1200 reports were read. Two years later, 80% still suffered traumatic neurotic reactions: unresolved grief, survivor shame, impotent rage and hopelessness; at least 35% were moderately to severely disturbed. Over three-fourths had difficulty sleeping two years post disaster. Young adults 16-24, and those 55 and older were less seriously affected than those aged 25-54, possibly because those who were young, single, or living with parents were planning to leave the area, as opposed to middle-aged people who had sacrificed to make their homes. Over 30% suffered debilitating symptoms as long as 4-5 years post-disaster.

An important conclusion was that those who lost close friends and those who nearly lost their own lives were the most severely affected. Hardships following the floods had an effect on male and female heads of
households, but not their dependents. Displacement to another neighborhood created psychic distress. Adults 25-55, particularly couples, displayed the most severe psychopathology. Older and younger were less affected; children the least. Females were disturbed more than males, white men and girls more than blacks. Higher education revealed less impairment (Gleser et al., 1981).

After the Mount St. Helen disaster, interviews using the Diagnostic Interview Schedule (DIS) were conducted between July 1 and October 31, 1983--38 to 42 months after the disaster (Shore, 1986). Subjects were separated into those who had significant residential damage, and higher, medium and low exposure to the volcanic blast. Field interviewers underwent an intensive two-week training session, with an interrater reliability of Kappa = .93. Researchers clustered "Mount St. Helen Disorders" as single episode depression, generalized anxiety disorder, and PTSD after the disaster.

In the first year post-disaster, men in low exposure to the disaster experienced symptoms at a rate of 2.5%; high-exposure victims (those who had at least a $5000 property loss or death of a family member or close relative) experienced symptoms at 11.1%; women at low exposure, 5.6%; high exposure, 20.9%. An unaffected control community experienced the disorders at a 0.9%
rate; women, 1.9%. The trends were significant at $p < 0.025$ (chi-square test for trend in a binomial proportion). Alcohol abuse was a common concurrent disorder. Both generalized anxiety disorder (GAD) and depression resolved within three years; PTSD persisted for a longer time. There was a significant degree of co-occurrence among the three Mount St. Helen disorders: people with GAD had greater probability of depression or PTSD. The most common symptoms were apprehensive expectation, concentration difficulties, excessive scanning, motor tension, autonomic hyperactivity, insomnia, and thoughts of death. These symptoms were found in 81% or more of the cases of PTSD sufferers. There was low occurrence of guilt, intrusive thoughts, emotional numbing, or avoidant behavior in contrast to kidnap, or concentration camp survivor victims.

Lifetime community rates for PTSD were 2.9% for men and 3.3% for women. Both men and women experienced the highest rate in the 35-44 year old age group. Anxiety and depression were common among women. Among men, 10 of 16 experienced none or one concurrent disorder. Among women 17 of 21 experienced two or more disorders. Disaster stress was most related to major property loss or death of a family member or close relative. High exposure subjects experienced psychiatric disorders 11 to
12 times higher than in a control community.

During the period of an epidemiology project, flooding, tornadoes, and dioxin contamination occurred at one of the test sites in rural Missouri (Robins, Fischback, Smith, Cottler, Solomon & Goldring, 1986). Thus, there was an opportunity to study the effect of this disaster on a previously established psychiatric status of the community. People were given two in-person interviews, using the Diagnostic Interview Schedule (DIS).

Diagnostic studies before and after the disasters were calculated using computer algorithms. Significance of difference was tested by the chi-square statistic or by Fisher's exact test. Before the disasters, only 2 out of 365 people had been found positive for PTSD. At the post-disaster interview, only three new cases were found (one had been exposed to the disaster; two were not exposed to the disaster). Thus, few if any new cases of PTSD were caused by the disaster. There was little evidence that the flood experience caused significant health effects. The authors concluded that the disaster was relatively mild, none suffered serious injury, almost all returned to their homes, none had relatives die, some had experience with prior floods. A lack of new cases may have stemmed from the strict criterion for the disorder contained in DSM-III.
Results from a study of people exposed to the Three Mile Island disaster indicate that people exposed to technological mishaps may develop some of the symptoms of PTSD (Davidson & Baum, 1986). They were, however, not full blown disorders. Mothers with young children living near the plant had the most significant incidence and prevalence rates of affective disorder during the 12 months following the accident. Employees of Three Mile Island showed no elevation in symptomatology. The continued perception of threat by Three Mile Island residents was associated with increased psychological distress, including anxiety-related symptoms, as long as five years after the event. The authors cautioned that there was no comparison group, a common limitation of disaster research, in order to collect baseline data.

On February 16, 1983, a large group of trained volunteers battled bushfires in S.E. Australia. A questionnaire administered to 469 firefighters consisted of an inventory of the impact of the disaster, the 12-item General Health Questionnaire (GHQ), the Impact of Events Scale (IES), and a structured interview designed to investigate all criteria listed in the DSM-III, because at that time, no validated interview with established reliability existed for PTSD. Borderline PTSD was considered as meeting 2 of the 3, B, C, or D groups of
diagnostic criteria in DSM-III. Contrary to expectations, the intensity of exposure, the perceived threat, the losses sustained in the disaster, considered independently, were not predictors of PTSD. By contrast introversion, neuroticism, and family history of psychiatric disorder were premorbid factors significantly associated with chronic PTSD. Their findings, still subject to controversy, suggested that psychological morbidity, arising or in close proximity to an extreme stressor, is better predicted by pre-disaster variables than the nature of the victims' exposure or losses. Disaster victims may become unusually vulnerable to subsequent adversity and unable to contain or manage further disruption because these events re-evoke their post-traumatic distress. A past history of psychiatric disorder was a predictor of PTSD, which raises questions about the role that genetic and familial factors may play in PTSD. The severity of psychological stresses associated with a disaster may mean that any genetic vulnerability to depression or pathological anxiety has a significant chance of being manifest. Of those firefighters suffering PTSD after 11 months, support from fellow fighters helped them cope best with disaster. The fire itself had no greater formative effect on PTSD than did pre-morbid characteristics.

A study of the Paris, Texas tornado suggested that
socio-economic status had a positive effect on psychological recovery for both black and white elderly groups (Bolin & Klenow, 1988). Social support was found to be a positive factor influencing recovery. Factors identified included size of family (large families provided more support than small families), and being married. Black and white elderly psychosocial recovery was predicted by a combination of socioeconomic status, marital status, availability of primary group members, social support, federal aid adequacy, and the number of moves in temporary housing.

People suffered stress disorders, especially bereavement, following the Beverly Hills Supper Club Fire, which occurred on a Memorial Day Saturday night in 1977; 165 people died in the fire. Assessment took place two months after the first anniversary of the fire. The most striking finding was the extent to which individual differences in people's objective experiences during the fire were predictive of later psychological functioning, particularly with regard to primary stress response symptoms. Rescuing people, which meant exposure to sights such as disfigured bodies, influenced those prone to substance abuse. Available social support was associated with lower levels of psychopathology. Elderly were at high risk for social impairment (Green et al., 1985).
Two-hundred ninety victims from a series of tornadoes which touched down in northeast South Carolina on the evening of March 28, 1984, visited the Federal Emergency Aid Clinic seeking help for property damage. The victims were given a 30 minute structured interview to distinguish demographic information, type and extent of loss, type of injury, psychological reaction, nature of social support, unmet needs, level of satisfaction with disaster services. In addition, 116 victims filled out the Hopkins Symptom Checklist (HSCL), expanded to include most DSM-III criteria for PTSD. The results indicated the following: 82% had intrusive thoughts; 81% an easy startle reaction; 68% increased tension on exposure to disaster scenes or mention; 66% concentration difficulty; 61% memory impairment; 57% estrangement; 55% insomnia; 48% survival guilt; 45% diminished interest; 44% recurrent dreams; 34% diminished libido; 34% avoidance of disaster reminders; 59% met criteria for acute PTSD; 16% the severe form.

Women had PTSD in the same percentages as men; race, marital status, employment, education, degree of injury, property damage, alcohol abuse, psychotropic drug intake, age were generally irrelevant predictors of PTSD. Depression was associated with PTSD (chi square 25.8, df = 1, p < .001). The highest frequency was for victims over 65. Of significance was the association between inadequate support systems and the severity of PTSD. The
sample may represent the uninsured population. There was also a greater willingness of women to be contacted. The authors stated that the high prevalence of PTSD may be as prevalent in victims of natural disasters as man-made disasters. There was a lack of clinical validation; mostly symptomatic and willing victims responded, hence the high incidence of PTSD reported (Madakasira & O'Brien, 1987).

Smith, Robins, Przybeck, Golding and Solomon (1986), in their study of floods in Times Beach, Missouri, dioxin exposure in the soil, high radioactivity in the public water supply and a tornado all within a six month period, found little evidence that the disasters were responsible for the development of new psychiatric disorders or symptoms, with the exception of PTSD. Data were collected over an 8 month period beginning in November 1983, approximately 11 months after the onset of the disasters. The Diagnostic Interview Schedule (DIS) was designed for use in the study. Symptoms of affective disorder, anxiety, and personality disorder were scored positive if they met criteria for clinical significance and were not explained entirely by physical illness or substance ingestion. The interviews required approximately 90 minutes and were administered in the subjects' homes. A total of 547 individuals were interviewed. Chi square and t-tests were used to test statistically significant differences between the groups: flood and dioxin; flood
only; and dioxin only. There were surprisingly low rates of PTSD. Less than 25% of disaster victims experienced any post-traumatic stress symptoms and only 5% met criteria for a diagnosis the year after the disaster. These disasters were hardly mild; victims were exposed to severe flooding, dioxin exposure, were forced to relocate because of contamination, had lower incomes, less education, were most likely to be divorced prior to the disasters, and suffered the most loss. The authors' conclusion was that the disaster contributed to the persistence or recurrence of previously existing disorders but not the genesis of new psychiatric symptoms or disorders, attesting to people's resilience.

In June 1981, S.E. Kentucky experienced serious and widespread flooding. In May 1984, a storm brought tornadoes, strong winds and flooding to the same area. The co-occurrence of the two floods with an ongoing longitudinal study enabled researchers to study psychological sequelae over time. Six waves of older adults were interviewed between spring 1981 and fall 1985. The study provided baseline measures of psychological symptoms prior to each of the two floods. Inter-related questions were asked: What is the nature, timing and duration of psychological reactions? Do mental health effects differ with varied flood intensity? To what extent did personal losses and community destruction contribute to psychological symptoms? A stratified three-
stage probability design was used to sample adults 55 years and older that reflected geography and degrees of urbanization in Kentucky. Respondents were interviewed every six months for two years, yielding five interview waves.

Anxiety was measured with the State-Trait Anxiety Inventory. Depression was measured by the Center for Epidemiologic Studies Depression Scales, well-being by the General Well-Being Scale. Personal loss was a predictor of increases in symptoms in all the scales. High levels of community destruction was related to decreased positive affect two years post disaster. Both community destruction and personal loss was predictive of increased negative affect for two years. Personal losses were associated with an increase in negative affect and a decrease in positive affect one year post flood. Severe, chronic psychological reactions were rare, whereas, mild transient distress was more prevalent. The level of community destruction determined the longevity of the symptoms. The threat of future incidents activated or exacerbated symptoms of PTSD, such as tornado victims experiencing renewed stress with the onset of tornado season, or flood victims with the onset of spring or summer rains (Phifer & Norris, 1989).

Solomon and Canino (1989) have studied whether common stressful events, such as money difficulties, breakup with best friend, spouse or lover, job loss, move,
death of a close person had as much of an effect on PTSD symptomatology as extraordinary stressors such as disasters, being mugged or beaten. They studied data from rural St. Louis area victims who were exposed to flooding and/or dioxin contamination during winter 1982. The flood forced 25,000 to leave their homes, and caused five deaths. In addition, dioxin levels were 300 times higher than stated as being safe. Also studied was data from a flood in Puerto Rico in October 1985, in which 4,000 were made homeless and 180 died. Half of the subjects studied in this study had a friend, family member, or neighbor who had either died or was in danger. Both groups were given the Diagnostic Interview Schedule/Disaster Supplement (DIS/DS).

The common stressful events above and the extraordinary stressors (flood/mudslide or flood/dioxin) were analyzed as predictors in analyses of covariance (ANCOVA). The St. Louis study revealed the ANCOVA model accounted for 21% of the variance \( (F = 7.21, \text{ df } = 17, 141, p = .0001) \). Results confirmed some "common" stressful events were related to PTSD symptoms than those considered outside the range of normal experience, a criterion in the DSM-III(R). In fact, disaster exposure did not significantly predict the level of PTSD symptoms, although household illness or injury, having to move, money difficulties, or some other upsetting event did significantly increase PTSD symptomatology. These
"secondary disasters" could even be more important than the disaster itself in predicting PTSD symptoms. In addition, flood exposure was significantly related to all three types of symptoms (re-experiencing, avoidance, arousal), and strongest for re-experiencing. Exposure to dioxin was much stronger for re-experiencing and arousal than for avoidance.

In the Puerto Rico flood, disaster exposure did relate to increased levels of PTSD symptomatology, as did breaking up with a best friend, other upsetting events, and having to take someone into one's home. In addition, disaster exposure was significantly related to all three types of symptoms, however it was strongest for re-experiencing symptoms.

The authors conclude that the definition of trauma as "outside the range of usual human experience" is inappropriate, since many common events are distressing to people; hence, there should be a continuum of stressors.

Summary

Both physiological changes and emotional turmoil can occur in some people as a consequence of PTSD. Apathy, fear, phobias, depression have been reported in previous earthquake studies, especially in those victims who lived in areas which suffered greater damage.

In some natural disasters, victims suffered guilt, depression, fear, grief, rage and hopelessness. In other
disasters, victims suffered symptoms such as difficulty concentrating, an easy startle reaction, insomnia or excessive scanning. Those who lost friends, nearly lost their own lives or had significant residential damage were affected the most. Yet in still other disasters, such as the Times Beach flood, coupled with tornadoes, few victims experienced PTSD symptomatology one year following the incident. Serious flooding in Kentucky produced mild, transient distress in victims, rather than more severe psychological reactions.

The literature remains inconclusive as to the role of disasters in producing the severity, timing, and symptomatology of PTSD. There also remains controversy over whether genetic or familial factors play an important part in victims acquiring PTSD.
CHAPTER 3

DESIGN

Specific Statement of the Problem

The purpose of this study was to determine what PTSD symptoms, if any, subjects displayed immediately following the Loma Prieta earthquake and one year later; and if there was a significant difference between subgroups (persistently re-experienced, avoidance of stimuli, and increased arousal).

Hypotheses to be Tested

There were three hypotheses tested:

1. There will be no significant positive correlation of reported levels of PTSD symptomatology between lifetime and current time periods, as measured by the CAPS-I.

2. There will be no significant positive correlation of reported levels of PTSD symptomatology between lifetime and past year time periods, as measured by the CAPS-I.

3. There will be no significant positive
correlation of reported levels of PTSD symptomatology between current and past year time periods, as measured by the CAPS-I.

In addition, a frequency distribution for the 17 symptoms of PTSD (according to the DSM-III-R) will be determined for each of the three time periods, with both clustered and full PTSD symptomatology for each time period.

General Methodology

Subjects were fall semester students and staff at a northern Californian junior college located five kilometers from the epicenter of the earthquake. Approximately one month after the earthquake, subjects voluntarily filled out the initial quake survey, and deposited them in sealed boxes placed throughout the college. Faculty members also distributed the surveys in their classrooms. Five-hundred eleven students filled out the initial confidential quake survey (see Appendix).

Six months post-earthquake, those students who volunteered their name and address on the initial quake survey were mailed a second quake survey, which was returned by May 31, 1990. Ninety-nine students (79 female, 20 male) completed the second questionnaire (see Appendix).

One year after the earthquake, 28 students (6 male, 22 female) were invited to the National Center for
PTSD, Santa Cruz outreach office to fill out survey instruments and participate in a structured clinical interview, the CAPS-I. Except for one faculty member, all the subjects were part-time or full-time students at the college.

Students completed a checklist of earthquake stressors, the PTSD subscale of the MMPI, the Civilian PTSD Mississippi Scale, the Beck Depression Inventory, an informed consent form and prompt questions related to the earthquake (see Appendix). Half of the students were interviewed in their homes because they were unable to find time for an appointment at the outreach office. The structured interviews were taped and took approximately two hours to complete.

A frequency distribution of the number of subjects displaying positive symptomatology--frequency rating greater than or equal to one (1) and intensity rating greater than or equal to two (2) for each of the three time periods and each of the 17 PTSD symptoms was determined (see Figure 1). Symptoms were tabulated according to symptom clusters (B, C or D) to ascertain which subjects met the criteria for current, past year, or lifetime endorsement for partial PTSD, separated by category, using DSM-III(R) guidelines (see Table 2). To qualify for a positive diagnosis of full PTSD, subjects must show endorsement for one symptom of Category B, three for C, and two for C (see Table 3).
Statistical test used was the Wilcoxon Test. Significance levels were determined at the .05, .01, and .001 levels.

Population/Sample

The population was junior college students and staff. Their ages varied from late teens to those in their fifties. The population varied in socio-economic status from upper middle class to single mothers on welfare, living in federally-subsidized housing.

The total population sample of 28 (6 male, 22 female) contained 27 full-time or part-time students and one professor. The subjects were interviewed 12-14 months after the earthquake.

Instruments Used

The CAPS-I is a 30 item scale (8 hypothesized questions) which uses explicit behavioral anchors during the interview as the basis for clinician ratings. Items assess each of the 17 symptoms that define PTSD according to the DSM-III(R), as well as associated features. The CAPS-I also contains frequency and intensity rating scales for each symptom. Frequency and intensity ratings range from 0 to 4 (lowest to highest). Five items rate the global severity of PTSD symptoms. The interview is structured so that all the symptoms occurred within a one-month time frame.
A symptom is endorsed when the frequency is rated as a one (1) or greater and the intensity is rated as a two (2) or greater. After the CAPS-I is administered using the past month time frame, the subject is then asked if there is a period since the trauma in which the symptoms that are asked are more of a problem than they were in the past month. If there were multiple time periods, the month when symptoms were at their worst is determined. In addition, subjects were asked if there was ever any other stressful incident in their lives (death of a loved one, serious accident, physical abuse, rape) which caused unusual stress lasting at least one month, and results were tabulated for this period as well.

A double column is present for coding current and lifetime symptoms status. Another space is present if the interviewer has any doubts concerning the validity of the responses. There is a single-page summary sheet for coding the responses, determining if the subject met the symptoms for the various criteria and to assist in data entry.

The CAPS-I is currently being administered to 25 combat veterans at the National Center for PTSD - Boston. Interrater reliability has been obtained for frequency and intensity on all three subscales (r ≥ .92 to .99 for frequency; r > .98 for intensity). Internal consistency estimates range from .73 for hyperarousal to .85 for numbing and avoidance, using Cronbach's alpha; hence there is homogeneity in the CAPS-I. Concurrent validity was
measured against the Mississippi Scale for Combat-Related PTSD \( (r = 0.70) \), the PTSD subscale of the MMPI \( (r = 0.84) \) and the Combat exposure scale \( (r = 0.42) \); hence, concurrence exists. The CAPS-I, although new, appears to be an excellent tool to assess PTSD and minimizes weaknesses in previous structured PTSD interviews (Blake et al., 1990).

Prior to the interview, the MMPI PTSD subscale, the Beck Depression Inventory, the Mississippi PTSD subscale, a checklist of earthquake stressors, prompt questions for the interview, and a pre-earthquake history were also completed (see Appendix).
CHAPTER 4

RESULTS

Findings

The first hypothesis stated there will be no significant positive correlation of reported levels of PTSD symptomatology between lifetime and current time periods, as measured by the CAPS-I. The results of the Wilcoxon test was a $Z = 0.05$, which had no significance. Since $Z < 1.96$ (significance at the .05 level), the hypothesis could not be rejected.

The second hypothesis stated there was no significant positive correlation of reported levels of PTSD symptomatology between lifetime and past year time periods. The results of the Wilcoxon test was a $Z = 8.97$. Since $Z > 3.54$ (significance at the .001 level), the hypothesis was rejected.

The third hypothesis stated there was no significant positive correlation of reported levels of PTSD symptomatology between current and past year time periods. The results of the Wilcoxon test was a $Z = -3.46$. Since $Z < -2.58$ (significant at the .01 level), the hypothesis was rejected.
The results from the analyses for the three hypotheses is listed on Table 1. Results from clustered symptoms (B, C or D), a full PTSD diagnosis, and symptom endorsement for each of the 17 criteria are depicted on Tables 2, 3 and Figure 1, respectively.
## TABLE 1

**TABLE OF Z VALUES COMPARING CURRENT, PAST YEAR, AND LIFETIME PTSD SYMPTOMATOLOGY**

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Z value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current vs. Past year</td>
<td>-3.45*</td>
</tr>
<tr>
<td>Current vs. Lifetime</td>
<td>0.05</td>
</tr>
<tr>
<td>Past year vs. Lifetime</td>
<td>8.97**</td>
</tr>
</tbody>
</table>

*significant at the .01 level

**significant at the .001 level
<table>
<thead>
<tr>
<th>Time Period</th>
<th>PTSD Category</th>
<th>% Victims with Symptoms N(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>B</td>
<td>9 (32)</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>2 (7)</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>11 (39)</td>
</tr>
<tr>
<td>Past Year</td>
<td>B</td>
<td>11 (39)</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>6 (21)</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>16 (57)</td>
</tr>
<tr>
<td>Lifetime</td>
<td>B</td>
<td>10 (36)</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>4 (14)</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>7 (25)</td>
</tr>
</tbody>
</table>

B = persistently reexperienced (need 1 of 4 positive)
C = avoidance of stimuli (need 3 of 7 to be positive)
D = increased arousal (need 2 of 6 to be positive)
TABLE 3

VICTIMS WITH FULL DIAGNOSTIC CRITERIA FOR PTSD

<table>
<thead>
<tr>
<th>Time Period</th>
<th>% of Victims with Symptoms B, C and D N(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>1 (4)</td>
</tr>
<tr>
<td>Past Year</td>
<td>6 (21)</td>
</tr>
<tr>
<td>Lifetime</td>
<td>3 (11)</td>
</tr>
</tbody>
</table>
Figure 1 Symptom Endorsement for CAPS-I (F ≥ 1 and I ≥ 2)
Interpretation

The results showed no statistically significant positive correlation between current and lifetime periods (Z = 0.05). Subjects did not report any significant increase in PTSD symptomatology between the current one month period (approximately one year post-earthquake) and any one month most stressful period in their lifetime in which a traumatic event, if any, occurred. Although subjects may have suffered PTSD symptomatology for several months following the quake, after one year those symptoms became statistically insignificant, contrary to the Buffalo Creek flood studies of Gleser et al. (1981), the Mount St. Helen disaster study by Shore et al. (1986), or the studies of a series of tornadoes in South Carolina by Madakasira & O'Brien (1987) in which there was far more extensive property damage and lives lost. The results do, however, parallel the tornado/dioxin/flood disasters of rural St. Louis, in which few new cases of PTSD were found, the disaster caused little serious injury, and did not contribute to the genesis of PTSD disorders (Robins et al., 1986; Smith et al., 1986).

There was a statistically significant correlation between current and past year time periods (Z = -3.45). Subjects reported a significant decrease in PTSD symptomatology between the current one month period (approximately one year post-earthquake) and the most
stressful one month period in the past year since the earthquake. These results concurred with the studies of Phifer and Norris (1989) in which mild, transient distress was prevalent in the 1981 floods and tornadoes in Kentucky.

There was a statistically significant correlation between lifetime and past year time periods (Z = 8.97). Subjects reported a significant increase in PTSD symptomatology between the most stressful one month period since the earthquake and any one month most stressful period in their lifetime in which a traumatic event, if any, occurred. Again, this may indicate the transient nature of the Loma Prieta Earthquake serving as a stressor sufficient to produce PTSD. Hence, as suggested by Lindy et al. (1987), although people display signs of emotional disturbance immediately after a disaster, the disturbance rate of long-term mental disturbance is actually low.

The clustered symptoms B and D (persistently reexperienced and increased arousal) were stronger than for avoidance (symptoms C) in all three time periods, similar to the results of the Puerto Rico victims of mudslides/flooding (Solomon & Canino, 1989). Increased arousal (D) was reported more frequently in the past year and currently, compared to before the earthquake, in which persistently reexperienced (B) was indicated as the highest symptom cluster.

One subject (4%) reported full PTSD
symptomatology in the current time period, similar to the results of Smith et al. (1986); six (21%) in the most stressful one month period since the earthquake; and three (11%) in the most stressful one month period in their lifetime.

Exaggerated startle response and hypervigilance were more frequently reported by subjects in the current time period than the other symptoms such as foreshortened future, psychogenic amnesia, distressing dreams, avoiding thoughts or feeling related to the trauma.

In the past year, exaggerated startle response, hypervigilance, difficulty concentrating, difficulty falling or staying asleep, irritability or outbursts of anger, restricted range of affect, and distressing recollections of the event were the most frequently reported symptoms.

In the lifetime period, recurrent or distressing dreams of the event, restricted range of affect, and distressing recollections of the event were the most commonly reported symptoms.

It appears that the earthquake aroused a physiological response in victims, (difficulty concentrating, hypervigilance, exaggerated startle response), a "visceral" reaction, more than a response requiring cognitive processing, such as reexperiencing or numbing of responsiveness.

This was a different response than among those
who suffered symptoms before the earthquake, in which reexperiencing the traumatic event was proportionately higher than the other two clusters. This may be related to the nature of the stressor itself. For example, prior to the earthquake the following stressors were reported to this researcher as being of sufficient strength to induce PTSD symptomatology: divorce of parents or subject; learning that a close childhood friend drowned; sexual abuse from their father or other relatives; acquaintance rape; growing up with alcoholic parents; realizing at the age of 25 that a subject was adopted; having a relationship end; living with a schizophrenic mother; custody battle over a daughter; dire financial problems. Subjects insisted these stressors were of sufficient magnitude to generate PTSD symptomatology, contrary to the DSM-IIIR definition of many of these events "being outside the range of usual human experience." McCann, Sakheim, Abrahamson and Daniel (1988) and Lindy et al. (1987) suggest that it is indeed unclear which events are to be considered outside the range of ordinary human experience, between extraordinary stressors that would fulfill PTSD requirements and more ordinary stressors. Solomon and Canino (1989) have concluded that although disaster exposure did not significantly predict the level of PTSD symptoms, "secondary disasters," such as having to move, money difficulties, or some other upsetting event increased PTSD symptomatology. This study supports the
contention of the authors that the definition of trauma as "outside the range of usual human experience" is inappropriate, since many common events are distressing to people; hence, there should be a continuum of stressors.

It appears that the Loma Prieta earthquake was sufficient to produce a transient PTSD response in victims, after which subjects were able to process and integrate the experience. Although there was no warning of the earthquake itself or control of the aftershocks, the duration, intensity, loss of life and property were not sufficient to induce long-term PTSD symptomatology. As suggested by Tiernay (1989), earthquakes are not equally disruptive in all areas of the world, because some societies are more effective in mitigating earthquake hazards, by constructing earthquake-resistant buildings, and can provide more effective support and response to earthquakes. Social disruption that follows major earthquakes is more a result of economic factors and pre-earthquake policies than the tremors themselves. The October 17, 1989 Loma Prieta earthquake could have wreaked far more devastating physical, psychological and property damage if it had occurred in a more unprepared location.
CHAPTER 5

Summary

Conclusions

This study was done to determine if the October 17, 1989 Loma Prieta earthquake was a stressor sufficient to induce post-traumatic stress disorder, as defined in the DSM-III(R), and to determine what PTSD symptomatology and clusters were reported, using the CAPS-I questionnaire. There were 28 subjects (6 men, 22 women) in the sample size, of which 27 were full or part-time students, one faculty member, at a junior college located five kilometers from the epicenter. Subjects originally filled out an initial quake survey, one month post-earthquake, a second survey six months post-earthquake, and then volunteered to complete survey instruments and participate in a structured clinical interview one year after the interview. The Wilcoxon test was computed for lifetime vs. past year, current vs. past year, and current vs. lifetime one month time periods in which a traumatic stressor, if any, as indicated by the subject, occurred. Frequency distributions for each symptom cluster, each of the 17 specific symptoms, and for full diagnostic
criterion for PTSD were tabulated.

The results showed no significant positive correlation between current and lifetime periods (Z = 0.05), a significant correlation between current and past year time periods (Z = -3.45), and a significant correlation between lifetime and past year time periods (Z = 8.97). Clustered symptoms were stronger for persistently reexperienced and increased arousal than for avoidance in all three time periods, although increased arousal was reported more frequently in the past year and currently than before the earthquake, during which persistently reexperienced was the highest symptom cluster.

One subject reported full PTSD symptomatology in the current time period, six in the past year, three in their lifetime.

Symptoms such as startle response, hypervigilance, anger, restricted range of affect, difficulty concentrating, staying or falling asleep were reported more frequently in the past year and currently than the remaining 17 signs of PTSD.

Results attest to the resiliency of people, their more "visceral" response, and the earthquake's capacity to produce transient symptoms which most people were able to process over the ensuing year.

Limitations of the Study

The sample size and the ex-post facto design of
the study prohibited any definitive conclusion. Indeed, large sample sizes are needed to detect differences in disorders for which the occurrence is rare in the general population. There was a lack of baseline data. The sample was limited to those college students and staff who volunteered to be interviewed, and cannot be generalized to the surrounding population. Subjects who were interviewed may be those most willing to verbalize their emotions to an interviewer. Subjects may be in a state of denial and present inaccurate information. Because of time restraints, it was necessary to interview some victims in their homes, rather than in the veteran's outreach offices.

Recommendations for Further Research

Better preliminary data could be gathered in high earthquake prone areas in order to more accurately assess the effect of the stressor. More research needs to be conducted in the DSM-III(R) definition of the stressor criterion, to establish whether a continuum of more common stressful events can induce PTSD, and which stressors produce divergent symptoms among victims. "Partial" or "borderline" PTSD, in which subjects display only clusters of symptomatology, needs further evaluation.
REFERENCES


349-355.


CONSENT FORM

EXPERIMENTAL SUBJECT'S BILL OF RIGHTS

Persons who participate in a medical experiment are entitled to certain rights. These rights include but are not limited to the subjects right to:
- be informed of the nature and purpose of the experiment;
- be given an explanation of the procedures to be followed in the medical experiment, and any drug or device to be utilized;
- be given a description of any attendant discomforts and risks reasonably to be expected;
- be given an explanation of any benefits to the subject reasonably to be expected, if applicable;
- be given a disclosure of any appropriate alternatives, drugs or devices that might be advantageous to the subject, their relative risks and benefits;
- be informed of the avenues of medical treatment, if any available to the subject after the experiment if complications should arise;
- be given an opportunity to ask questions concerning the experiment or the procedures involved;
- be instructed that consent to participate in the medical experiment may be withdrawn at any time and the subject may discontinue participation without prejudice;
- be given a copy of the signed and dated consent form;
- and be given the opportunity to decide to consent or not to consent to a medical experiment without the intervention of any element of force, fraud, deceit, duress, coercion or undue influence on the subject's decision.

INFORMED CONSENT

You are invited to participate in a study of how people cope after the severe stress of a high magnitude earthquake. We hope to learn how students in Santa Cruz have responded emotionally and behaviorally after the October 17, 1989 earthquake, and

YOUR SIGNATURE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE ABOVE INFORMATION, THAT YOU HAVE DISCUSSED THIS STUDY WITH THE PRINCIPAL INVESTIGATOR AND HIS OR HER STAFF, THAT YOU HAVE DECIDED TO PARTICIPATE BASED ON THE INFORMATION PROVIDED, AND THAT A COPY OF THIS FORM HAS BEEN GIVEN TO YOU.

SUBJECT SIGNATURE

DATE

WITNESS SIGNATURE

DATE
how the effects of severe stress change—worsen, get better, or stay the same—over a long period of time.

You were selected as a possible participant in this study because you responded to the Earthquake Survey distributed in December, 1989 at Cabrillo College by the Earthquake Aid Committee, your administration, and the National Center for Post-Traumatic Stress Disorder. You also completed a followup questionnaire through the mail recently.

If you decide to participate, you will be invited to our offices in downtown Santa Cruz where you will be interviewed regarding your earthquake experience. You will also be asked to complete some questionnaires regarding your experiences and any emotional problems related to it. The interview and the questionnaires may take 2.5 hours to complete.

The risk of these questionnaires lies in remembering upsetting events/experiences surrounding any losses you may have endured. You can expect to learn a great deal about any stress related problems connected to your experience of the earthquake. WE CANNOT AND DO NOT GUARANTEE OR PROMISE THAT YOU WILL RECEIVE ANY BENEFITS FROM THIS STUDY.

Your decision to participate will not prejudice you or your medical care. If you decide to participate, you are free to withdraw your consent and to discontinue participation at any time without prejudice to you or effect upon your medical care. The investigators also reserve the right to terminate your participation if, in their judgement, it is necessary for clinical or scientific reasons. No payment will be provided for this project. There will be no additional cost to you for participation in this study.

Any data that may be published in scientific journals will not reveal the identity of the subjects. In the interest of public safety, patient information will be provided to Federal and regulatory agencies as required.

YOUR SIGNATURE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE ABOVE INFORMATION, THAT YOU HAVE DISCUSSED THIS STUDY WITH THE PRINCIPAL INVESTIGATOR AND HIS OR HER STAFF, THAT YOU HAVE DECIDED TO PARTICIPATE BASED ON THE INFORMATION PROVIDED, AND THAT A COPY OF THIS FORM HAS BEEN GIVEN TO YOU.

SUBJECT SIGNATURE

DATE

WITNESS SIGNATURE

DATE
LONG-TERM COPING IN EARTHQUAKE VICTIMS
Revised: June 15, 1990

Page 3 of 3

If you have any questions, we expect you to ask us. If you have any additional questions later, Dr. Abueg, Associate Director for Research of the National Center for PTSD, Ward 323A8, Office A143, will be happy to answer them. Dr. Abueg or one of his associates will be available prior to, during, and following the experiment to answer any questions about the research, your rights as a research subject, or a research-related injury (although none is expected). Dr. Abueg will also be available to respond to inquiries at a later date. You may call him at (415) 493-5000 x2665.

All forms of medical diagnosis and treatment—whether routine or experimental—involves some risk of injury. In spite of all precautions, you might develop medical complications from participating in this study. If such complications arise, the researchers will assist you in obtaining appropriate medical treatment, but this study does not provide financial assistance for additional medical or other costs. Additionally, Stanford is not responsible for research and medical care by other institutions or personnel participating in this study. You do not waive any liability rights for personal injury by signing this form. For further information, please call (415) 723-4697 (you may call collect) or write the Human Subjects Administrator, Sponsored Projects Office, 125 Panama Street, Stanford University, Stanford, California, 94305. In addition, if you are not satisfied with the manner in which this study is being conducted or if you have any questions concerning your rights as a study participant, please contact the Human Subjects Office at the same address and telephone number.

In the unlikely event you are injured as a result of participation in this study, Palo Alto Veterans Affairs Medical Center will furnish humanitarian emergency medical care (for non-veteran participants) or medical care (for veteran participants) as provided by federal statute. Compensation for such injury may be available to you under the provision of the Federal Tort Claim Act (for non-veteran and veteran participants) and/or 38 U.S.C. (for veteran participants). For further information, contact the VA District Counsel at (415) 556-4656.

YOUR SIGNATURE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE ABOVE INFORMATION, THAT YOU HAVE DISCUSSED THIS STUDY WITH THE PRINCIPAL INVESTIGATOR AND HIS OR HER STAFF, THAT YOU HAVE DECIDED TO PARTICIPATE BASED ON THE INFORMATION PROVIDED, AND THAT A COPY OF THIS FORM HAS BEEN GIVEN TO YOU.

SUBJECT SIGNATURE __________________________ DATE ______________________

WITNESS SIGNATURE __________________________ DATE ______________________
Quake Survey

The earthquake has affected us all, but in different ways and in varying degrees. This survey is designed to help us assess the impacts of the quake on Cabrillo's student body. Please take a few minutes to complete the questions below. All responses will remain confidential. You may indicate, if you like, your name and mailing address in order to receive some personal written feedback regarding your reaction relative to other students at Cabrillo. A compilation of the overall information will be provided in a future edition of the Voice but again no individual information or identity will be revealed.

This survey was prepared by the Clinical Laboratory & Education Division of the National Center for Post-Traumatic Stress Disorder in cooperation with Cabrillo College and the Cabrillo Quake Aid Committee.

Completed surveys may be placed in the QUAKE SURVEY boxes located in the administration building, library, cafeteria, and other points on campus. You may also mail the survey to QUAKE SURVEY, Cabrillo College, 6500 Soquel Drive, Aptos, CA 95003.

Name (optional) __________________________________________
Address (optional) _______________________________________
                    ___________________ ZIP __________

1. Male ______ Female ______
2. Predominant Ethnic Background (circle one)
   Native Indian Asian or Pacific Islander Black White Hispanic Filipino
3. a. Age _____ b. Full-time student Part-time student
4. a. Are you a parent? Yes No
   b. Are you a single parent? Yes No
5. a. Number of years that you have resided in Santa Cruz County _____ years
   b. I have ___ have not ___ experienced an earthquake prior to October 17 (check one).
6. I currently live (check one below):
   ______ Alone
   ______ With my family
   ______ With 1 or more roommates
7. The dwelling or residence in which I currently live is best described as:
   ______ A house
   ______ An apartment in a building complex
   ______ A townhouse/condominium
   ______ A mobile home
   ______ Other (please describe) ___________________________
8. Think back to the time of the big earthquake, Tuesday, October 17, at 5:05 p.m. and check all that apply to you below:
   a. Where were you? b. With whom?
   ______ Home ______ Alone
   ______ School ______ 1 person nearby
   ______ Shopping Center ______ A few people nearby
   ______ Car/Motor Vehicle ______ 10 or more people nearby
   ______ Other (please describe below): _____________________
b. Check all the following that you might have heard or seen:

- [ ] Saw objects falling
- [ ] Heard objects breaking
- [ ] Saw walls, ceiling or floor sway, move, or buckle
- [ ] Saw ground (if outside) sway, move, or buckle
- [ ] Heard people yelling or crying
- [ ] Saw people run for safety

c. Were you outside _____ or inside _____ (check one)?

d. The most disturbing sensation, feeling or thought that I experienced during the “big earthquake” was ____________________________


e. Were you injured during the October 17 quake? Yes No

f. Were you separated physically from family or friends because of the earthquake? Yes No
   If “yes”, for how many hours? ________ hours

g. If you had trouble contacting loved ones by telephone, how long before you were able to get through? ________ hours

h. Approximately how long did you go without the following because of the earthquake?
   - Electricity (lights) ________ days
   - Heat ________ days
   - Water ________ days
   - Food ________ hours

   No services were disrupted ________

9. a. My family and I suffered the following material damage because of the quake:
   - [ ] None
   - [ ] Less than $50 damage
   - [ ] $50 - $200
   - [ ] $200 - $1000 Please describe: __________________________
   - [ ] $1000 - $5000
   - [ ] More than $5000

b. Check those that apply below:
   - [ ] My place of employment was damaged by the quake
   - [ ] I lost my job because of the quake.
   - [ ] The number of hours I can work has been reduced because of the quake.

10. a. Were you required to move because of the quake? Yes No

b. Are you currently sharing housing with any others who have been displaced? Yes No

c. Do you anticipate being able to remain in your current home for the foreseeable future?
   - [ ] No
   - [ ] Uncertain
   - [ ] Definitely

11. a. I plan to enroll at Cabrillo for the spring semester.
   - [ ] No
   - [ ] Uncertain
   - [ ] Definitely
   1 2 3 4 5

b. If uncertain that you will enroll at Cabrillo next semester, what reason would likely prevent your return?
   - [ ] Financial reasons related to the quake
   - [ ] Financial reasons unrelated to the quake
   - [ ] Difficulty finding housing
   - [ ] Personal problems related to quake
   - [ ] Difficulty finding childcare
   - [ ] Other (please describe briefly) __________________________
12. I felt prepared for the October earthquake.
   Not at All  Somewhat  Very Well
   Prepared    Prepared    Prepared
   1  2  3  4  5

13. I honestly did not know what to do when the earthquake hit.
   Strongly  Neutral  Strongly
   Disagree  Agree
   1  2  3  4  5

14. Being in certain situations makes me feel as though I am back in an earthquake.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

15. Since the earthquake I have been able to get emotionally close to others.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

16. Before the earthquake I had more close friends than I have now
   Not at all  Slightly  Somewhat  Very  Extremely
   True  True  True  True  True
   1  2  3  4  5

17. Unexpected noises make me jump.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

18. I have nightmares of experiences from the earthquake that really happened to me.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

19. I am an easy-going, even-tempered person.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

20. I do not feel guilt over things I did during the earthquake.
   Never  Rarely  Sometimes  Usually  Always
   True  True  True  True  True
   1  2  3  4  5

21. I try to stay away from anything that reminds me of things that happened during the earthquake.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

22. It seems as if I have no feelings.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

23. I fall asleep, stay asleep, and awaken only when the alarm goes off.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

24. I lose my cool and explode over minor everyday things.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

25. I feel guilt for not having suffered as much as others did because of the quake.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5

26. I have had difficulty concentrating and/or remembering things since the October quake.
   Never  Rarely  Sometimes  Frequently  Very Frequently
   1  2  3  4  5
27. I feel my academic record will suffer as a result of the quake.
   | Not at all | Slightly | Somewhat | Very | Extremely |
   | True      | True     | True     | True  | True      |
   | 1         | 2        | 3        | 4     | 5         |

28. I was afraid for my life when the big earthquake hit.
   | Not at all | Slightly | Somewhat | Very | Extremely |
   | True      | True     | True     | True  | True      |
   | 1         | 2        | 3        | 4     | 5         |

29. I am tired of hearing or reading about the earthquake.
   | Not at all | Slightly | Somewhat | Very | Extremely |
   | True      | True     | True     | True  | True      |
   | 1         | 2        | 3        | 4     | 5         |

30. I fear that the really "big" earthquake is still on its way.
   | Strongly | Neutral | Strongly | Disagree | Agree |
   | 1        | 2       | 3        | 4        | 5     |

31. I find the aftershocks disturbing.
   | Not at all | Slightly | Somewhat | Very | Extremely |
   | True      | True     | True     | True  | True      |
   | 1         | 2        | 3        | 4     | 5         |

32. I do not feel safe in my current residence.
   | Not at all | Slightly | Somewhat | Very | Extremely |
   | True      | True     | True     | True  | True      |
   | 1         | 2        | 3        | 4     | 5         |

33. I am interested in talking to a professional about the problems I am having since the earthquake.
   | Strongly | Neutral | Strongly | Disagree | Agree |
   | 1        | 2       | 3        | 4        | 5     |

34. I am willing to participate in future research on student reactions to the quake.
   | Strongly | Neutral | Strongly | Disagree | Agree |
   | 1        | 2       | 3        | 4        | 5     |

35. I need the following things:
   - Financial assistance
   - Counseling
   - Education regarding the dangers of aftershocks or general earthquake information.
   - Housing
   - Employment
   - Childcare
   - Other Please be specific: ____________________________

Please complete this survey by Tuesday, December 19.
Completed surveys may be deposited in one of the QUAKE SURVEY boxes placed at various points around the campus.
QUAKE FOLLOW-UP SURVEY

Please take some time to complete this questionnaire. You will have seen some of these items in the original survey. Please complete every item as best as you possibly can. All personally identifying information (name, address, telephone number) will be kept confidential. Return the completed survey in the self-addressed, stamped envelope provided by May 31, 1990.

Name: ____________________________________________
Address: __________________________________________
__________________________________________ Zip: __________
Telephone Number: ____________________________ Date Survey Completed: __________

1. Male _____ Female _____

2. Predominant Ethnic Background (please circle one):
   Native Indian Asian or Pacific Islander Black White Hispanic Filipino

3. Marital Status (please circle one):
   Never Married Married Separated Divorced Widowed

4. Age: _____

5. Student Status: Full-time _____ Part-time _____

6a. Are you a parent? _____ Yes _____ No
b. If Yes, are you a single parent? _____ Yes _____ No

7. Number of years you have resided in Santa Cruz County: _____ years

8a. I have _____ have not _____ experienced an earthquake prior to October 17. (please check one)

8b. Have you engaged in any of the following earthquake-related preparedness? (check all that apply):
   Before After
   Quake Quake
   ____ ____ Stored food and/or water
   ____ ____ Purchased flashlight/batteries
   ____ ____ Obtained "preparedness" pamphlets/materials
   ____ ____ Purchased Earthquake Kit
   ____ ____ Obtained portable radio
   ____ ____ Made plan for contacting significant others
   ____ ____ Bolted house to foundation
   ____ ____ Other (please describe): ____________________________

1
2. Were you involved in any formal debriefing (e.g., where someone facilitated talking about your earthquake experiences and/or related stress)?
   ___ Yes  d. If Yes, give approximate dates: ___/___/___ to ___/___/____
   ___ No
   e. If Yes, give approximate number of sessions: ___

3a. I currently live (check one below):
   ___ Alone
   ___ With my family
   ___ With 1 or more roommates

3b. At the time of the earthquake, I lived:
   ___ Alone
   ___ With my family
   ___ With 1 or more roommates

10. The dwelling or residence in which I currently live is best described as:
   ___ A house
   ___ An apartment in a building complex
   ___ A townhouse/condominium
   ___ A mobile home
   ___ Other (please describe: ________________________

11. Think back to the time of the big earthquake, Tuesday, October 17 at 5:04pm, and check all that apply to you below:

   a. Where were you?
      ___ Home
      ___ School
      ___ Shopping Center
      ___ Car/Motor Vehicle
      ___ Restaurant
      ___ Work
      ___ Other (Please describe): __________________________

   b. With whom?
      ___ Alone
      ___ 1 person nearby
      ___ A few people nearby
      ___ 10 or more people nearby

   c. Check all the following that you might have heard or seen:
      ___ Saw objects falling
      ___ Heard objects breaking
      ___ Saw walls, ceiling or floor sway, move, or buckle
      ___ Saw ground (if outside) sway, move, or buckle
      ___ Heard people yelling or crying
      ___ Saw people run for safety

   d. Were you (check one)
      ___ outside
      ___ Inside

   e. What did you actually do during the earthquake (check all that apply):
      ___ Took cover under door frame
      ___ Assisted another person(s) in taking cover
      ___ Took cover under desk or large piece of furniture
      ___ Ran outside
      ___ Froze and/or panicked
      ___ Attempted to save valuables or personal items
      ___ Other Please describe __________________________
f. The most disturbing sensation, feeling or thought I experienced during the "big earthquake" was ____________________________
   ____________________________
   ____________________________

  

g. Were you injured during the October 17 quake?
   ___ Yes ___ If Yes, please describe: ____________________________
   ___ No ____________________________

h. Do you have any close friends or relatives or loved ones who were seriously injured or killed during the earthquake?
   ___ Yes ___ No ____________________________

i. Were you separated physically from friends or family because of the earthquake?
   ___ Yes If "yes", for how many hours? ___ hours ___ No ____________________________

j. If you had trouble contacting loved ones by telephone, how long before you were able to get through? ___ hours ____________________________

k. Approximately how long did you go without the following because of the earthquake?

  Electricity (Lights) ___ days ____________________________
  Heat ___ days ____________________________
  Water ___ days ____________________________
  Food ___ HOURS ____________________________

l. My family and I suffered the following material damage because of the earthquake:
   ___ None ____________________________
   ___ Less than $50 damage ____________________________
   ___ $50-$200 damage ____________________________
   ___ $200-$1000 damage Please describe ____________________________
   ___ $1000-$5000 damage ____________________________
   ___ More than $5000 damage ____________________________

m. Check those that apply:
   ___ My place of employment was damaged by the quake.
   ___ I lost my job because of the quake.
   ___ The number of hours I can work has been reduced because of the quake.

n. Were you required to move because of the quake?
   ___ Yes ___ No ____________________________

10. Did you, at any time after the quake, share your living space with someone displaced by the earthquake?
   ___ Yes If yes, give approximate dates: ___/___/___ to ___/___/___
   ___ No Month Day Year Month Day Year ____________________________

11. Do you anticipate being able to remain in your current home for the foreseeable future?
   ___ No ____________________________
   ___ Uncertain ____________________________
   ___ Definitely ____________________________
Below are some problems that you might be experiencing.

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL ABOUT EACH STATEMENT. PLEASE ANSWER EVERY QUESTION WITH REGARD TO HOW YOU ARE FEELING RIGHT NOW.

1. Daydreams are very real and frightening.
   never 2 3 4 5
   very frequently

2. I have nightmares of experiences during the earthquake that really happened.
   never 2 3 4 5
   very frequently

3. I am frightened by my urges.
   never 2 3 4 5
   very frequently

4. I am nervous in a crowd.
   never 2 3 4 5
   very frequently

5. I wonder why I am still alive when others are dead.
   never 2 3 4 5
   very frequently

6. I wonder why I was not killed by the earthquake.
   never 2 3 4 5
   very frequently

7. I cannot get emotionally close to anyone.
   never 2 3 4 5
   very frequently

8. I feel best when I am alone.
   never 2 3 4 5
   very frequently

9. I have a hard time expressing my feelings even to the people I care about.
   never 2 3 4 5
   very frequently

10. I have cried for no good reason.
    never 2 3 4 5
    very frequently

11. I feel there are certain things that I did during the earthquake that I can never tell anyone about because no one would ever understand.
    never 2 3 4 5
    very frequently

12. I find it difficult to drop off to sleep.
    never 2 3 4 5
    very frequently
13. I would rather sleep during the day than at night.
   1 2 3 4 5
   never sometimes very frequently

14. I no longer enjoy doing things I used to enjoy.
   1 2 3 4 5
   never sometimes always

15. I feel guilty about some of the things I did during the earthquake.
   1 2 3 4 5
   never sometimes very frequently

16. I lose my cool and explode over minor everyday things.
   1 2 3 4 5
   never sometimes very frequently

17. The people who know me best are afraid of me.
   1 2 3 4 5
   never sometimes very frequently

18. My memory is as good as it ever was.
   1 2 3 4 5
   never sometimes most of the time

19. When I think of some of the things I did during the earthquake, I wish I were dead.
   1 2 3 4 5
   never sometimes very frequently

20. My dreams at night are so real that I awaken in a cold sweat and force myself to stay awake.
   1 2 3 4 5
   never sometimes very frequently

21. I fall asleep, stay asleep and awaken only when the alarm goes off.
   1 2 3 4 5
   never sometimes most of the time

22. No one, not even my family, understands how I feel.
   1 2 3 4 5
   not at all true somewhat true completely true

23. I am afraid to go to sleep at night.
   1 2 3 4 5
   never sometimes most of the time

24. I have trouble concentrating on tasks.
   1 2 3 4 5
   never sometimes very frequently

25. I have had trouble keeping a job since the earthquake.
   1 2 3 4 5
   never sometimes very frequently
26. I have been verbally and/or physically abusive to my family, even though I care deeply for them.
   1
   never

   2
   sometimes

   3
   very frequently

27. Being in certain situations makes me feel as I did during the earthquake.
   1
   never

   2
   sometimes

   3
   very frequently

28. It seems as if I have no feeling.
   1
   never

   2
   sometimes

   3
   very frequently

29. Before the earthquake I had many close personal friends.
   1
   not at all true

   2
   somewhat true

   3
   very true

30. I am an easygoing, even-tempered person.
   1
   not at all

   2
   somewhat

   3
   very much so

31. If someone pushes me too far, I am likely to become violent.
   1
   very unlikely

   2
   somewhat unlikely

   3
   very likely

32. Unexpected noises make me jump.
   1
   never

   2
   sometimes

   3
   very frequently

33. I do not laugh or cry at the same things others do.
   1
   not at all true

   2
   sometimes true

   3
   true most of the time

34. I feel like I cannot go on.
   1
   never

   2
   sometimes

   3
   most of the time

35. Lately, I have felt like killing myself.
   1
   never

   2
   sometimes

   3
   very frequently

36. I felt prepared for the October earthquake.
   1
   not at all

   2
   somewhat

   3
   very well

37. I honestly did not know what to do when the earthquake hit.
   1
   strongly disagree

   2
   neutral

   3
   strongly agree

38. I feel my academic record has suffered as a result of the quake.
   1
   not at all true

   2
   slightly true

   3
   somewhat true

   4
   very true

   5
   extremely true
39. I was afraid for my life when the big earthquake hit.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

40. I am tired of hearing or reading about the earthquake.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

41. I fear that the really "big" earthquake is still on its way.

1 2 3 4 5
strongly disagree neutral strongly agree

42. I found the aftershocks disturbing.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

43. I do not feel safe in my current residence.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

44. I am willing to participate in future research on student reactions to the quake.

1 2 3 4 5
strongly disagree neutral strongly agree

45. I want to talk more about the earthquake but people around me are unwilling.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

46. I am afraid to say anything about the earthquake for fear of what people may think of me.

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

47. I feel some guilt for not being where I was expected to be at the time of the earthquake.
   (For example, stopped to go shopping when supposed to pick up children.)

1 2 3 4 5
not at all true slightly true somewhat true very true extremely true

COPING RESPONSES INVENTORY

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DEALING WITH A PROBLEM OR SITUATION

Please think about the most important or most stressful problem related to your experience of the October 1989 earthquake (for example, being overwhelmed with fear that you or a loved one would be hurt, losing your home or having to relocate, increased financial or marital problems because of losses from quake damage, or anxiety about aftershocks).
Describe the problem in the space provided below. If you have not experienced a major problem, then list a minor problem related to the earthquake that you have had to deal with.

**DESCRIBE THE PROBLEM OR SITUATION (related to October quake):**

Thinking about the problem described above, **PLEASE CIRCLE THE APPROPRIATE RESPONSE FOR EVERY ITEM BELOW:**

<table>
<thead>
<tr>
<th><strong>PART I</strong></th>
<th><strong>Definitely No</strong></th>
<th><strong>Mainly No</strong></th>
<th><strong>Mainly Yes</strong></th>
<th><strong>Definitely Yes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you ever faced a problem like this before?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Did you know this problem was going to occur?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2a. Approximately when did the problem begin? <strong>DATE:</strong> <strong>/</strong>/__</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3. Did you have enough time to get ready to handle this problem?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. When this problem occurred, did you think of it as a threat?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. When this problem occurred, did you think of it as a challenge?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. Was this problem caused by something you did?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. Was this problem caused by something someone else did?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. Did anything good come out of dealing with this problem?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9. Has this problem or situation been resolved?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9a. If yes, please give an approximate date for when it was resolved: <strong>DATE:</strong> <strong>/</strong>/__</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>10. If the problem has been worked out, did it turn out all right for you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**PART II**

Please think again about the problem you described on the previous page; indicate which of the following you did in connection with that situation.

**DID YOU**

<table>
<thead>
<tr>
<th><strong>YES, once or twice</strong></th>
<th><strong>YES, sometimes</strong></th>
<th><strong>YES, fairly often</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. think of different ways to deal with the problem?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. tell yourself things to make yourself feel better?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. talk with your spouse or other relative about the problem?</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
Questions about how you handled the problem you listed on the previous page (continued)

<table>
<thead>
<tr>
<th>DID YOU</th>
<th>NO</th>
<th>YES, once or twice</th>
<th>YES, sometimes</th>
<th>YES, fairly often</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. make a plan of action and follow it?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. try to forget the whole thing?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. feel that time would make a difference—the only thing to do was wait?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. try to help others deal with a similar problem?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. take it out on other people when you felt angry or depressed?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. try to step back from the situation and be more objective?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. remind yourself how much worse things could be?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. talk with a friend about the problem?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. know what had to be done and try hard to make things work?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>13. try not to think about the problem?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14. realize that you had no control over the problem?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15. get involved in new activities?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16. take a chance and do something risky?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>17. go over in your mind what you would say or do?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>18. try to see the good side of the situation?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>19. talk with a professional person (e.g. doctor, lawyer, clergy)?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>20. decide what you wanted and try hard to get it?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>21. daydream or imagine a better time or place than the one you were in?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>22. think that the outcome would be decided by fate?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>23. try to make new friends?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>24. keep away from people in general?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>25. try to anticipate how things would turn out?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>26. think about how you were much better off than other people with similar problems?</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
Questions about how you handled the problem you listed on the previous page (continued)

**DID YOU**

<table>
<thead>
<tr>
<th>Question</th>
<th>NO</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>27. seek help from persons or groups with the same type of problem?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>28. try at least two different ways to solve the problem?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>29. try to put off thinking about the situation, even though you knew you would have to at some point?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>30. accept it; nothing could be done?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>31. read more often as a source of enjoyment?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>32. yell or shout to let off steam?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>33. try to find some personal meaning in the situation?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>34. try to tell yourself that things would get better?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>35. try to find out more about the situation?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>36. try to learn to do more things on your own?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>37. wish the problem would go away or somehow be over with?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>38. expect the worst possible outcome?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>39. spend more time in recreational activities?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>40. cry to let your feelings out?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>41. try to anticipate the new demands that would be placed on you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>42. think about how this event could change your life in a positive way?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>43. pray for guidance and/or strength?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>44. take things a day at a time, one step at a time?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>45. try to deny how serious the problem really was?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>46. lose hope that things would ever be the same?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>47. turn to work or other activities to help you manage things?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>48. do something that you didn't think would work, but at least you were doing something?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

This completes this portion of the questionnaire.
Below is a list of problems and complaints that people sometimes have. Read each one carefully, and select one of the numbers from "0" to "4" on the scale below that best describes how much you were devastated by each one during the month before the earthquake and your feelings during the last month. Place that number in the appropriate column.

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>1</td>
<td></td>
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<tr>
<td>2</td>
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<tr>
<td>3</td>
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<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

1. Nervousness or shakiness inside.
2. The idea that someone else can control you.
3. Feeling easily annoyed or irritated.
4. Thoughts of ending your life.
5. Suddenly scared for no reason.
6. Temper outburst that you could not control.
7. Feeling lonely even when you are with people.
10. Feeling no interest in things.
12. The idea that you should be punished for your sins.
14. Feeling tense or keyed up.
15. Having urges to beat, injure, or harm someone.
16. Having urges to break or smash things.
17. Never feeling close to another person.
18. Spells of terror or panic.
19. Getting into frequent arguments.
20. Feeling so restless you couldn't sit still.

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>not at all</td>
<td>a little bit</td>
<td>moderately</td>
<td>quite a bit</td>
<td>extremely</td>
</tr>
</tbody>
</table>

During the month before the quake. In the last month.

22. The idea that something is wrong with your mind.

23. Faintness or dizziness.

24. Feeling others are to blame for most of your troubles.

25. Trouble remembering things.

26. Pains in heart or chest.

27. Feeling afraid in open spaces.

28. Feeling that most people cannot be trusted.

29. Poor appetite.


31. Your feelings being easily hurt.

32. Feeling that people are unfriendly or dislike you.

33. Feeling inferior to others.

34. Nausea or upset stomach.

35. Feeling that you are watched or talked about by others.

36. Trouble falling asleep.

37. Having to check and double-check what you do.

38. Difficulty making decisions.

39. Feeling afraid to travel on buses, subways, or trains.

40. Trouble getting your breath.

41. Hot or cold spells.

42. Having to avoid certain things, places or activities because they frighten you.

43. Your mind goes blank.
<table>
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<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>not at all</td>
<td>a little bit</td>
<td>moderately</td>
<td>quite a bit</td>
<td>extremely</td>
</tr>
</tbody>
</table>

44. Numbness or tingling in parts of your body.  
45. Trouble concentrating.  
46. Feeling weak in parts of your body.  
47. Thoughts of death or dying.  
49. Feeling uneasy in crowds.  
50. Feeling nervous when you are left alone.  
51. Others not giving you proper credit for your achievements.  
52. Feeling that people will take advantage of you if you let them.  
53. Feelings of guilt.  

During the month **before** the quake.  
In the last month.

PLEASE RETURN THE SURVEY IN THE ENVELOPE PROVIDED BY MAY 31, 1990. THANK YOU!
Name: __________________________

Subject Number: ______

Date: __/__/____

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL ABOUT EACH STATEMENT

1. Daydreams are very real and frightening.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

2. I have nightmares of experiences during the earthquake that really happened.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

3. I am frightened by my urges.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

4. I am nervous in a crowd.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

5. I wonder why I am still alive when others are dead.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

6. I wonder why I was not killed by the earthquake.
   - 1 never
   - 2 sometimes
   - 3 never
   - 4 sometimes
   - 5 very frequently

7. I cannot get emotionally close to anyone.
   - 1 not at all true
   - 2 sometimes
   - 3 not at all true
   - 4 sometimes
   - 5 always

8. I feel best when I am alone.
   - 1 never
   - 2 sometimes
   - 3 not at all true
   - 4 sometimes
   - 5 always

9. I have a hard time expressing my feelings even to the people I care about.
   - 1 not at all true
   - 2 sometimes
   - 3 not at all true
   - 4 sometimes
   - 5 most of the time

10. I have cried for no good reason.
    - 1 never
    - 2 sometimes
    - 3 never
    - 4 sometimes
    - 5 very frequently

11. I feel there are certain things that I did during the earthquake that I can never tell anyone who lived because no one would ever understand.
    - 1 never
    - 2 sometimes
    - 3 never
    - 4 sometimes
    - 5 very frequently
<p>| | | | | | |</p>
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<tbody>
<tr>
<td>12. I find it difficult to drop off to sleep.</td>
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<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
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<tr>
<td>13. I would rather sleep during the day than at night.</td>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
<tr>
<td>14. I no longer enjoy doing things I used to enjoy.</td>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>always</td>
</tr>
<tr>
<td>15. I feel guilty about some of the things I did during the earthquake.</td>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
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<tr>
<td>16. I lose my cool and explode over minor everyday things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
<tr>
<td>17. The people who know me best are afraid of me.</td>
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<td>2</td>
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<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
<tr>
<td>18. My memory is as good as it ever was.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>most of the time</td>
</tr>
<tr>
<td>19. When I think of some of the things I did during the earthquake, I wish I were dead.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
<tr>
<td>20. My dreams at night are so real that I awaken in a cold sweat and force myself to stay awake.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
<tr>
<td>21. I fall asleep, stay asleep and awaken only when the alarm goes off.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>most of the time</td>
</tr>
<tr>
<td>22. No one, not even my family, understands how I feel.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
</tr>
<tr>
<td></td>
<td>not at all true</td>
<td>somewhat true</td>
<td></td>
<td></td>
<td>completely true</td>
</tr>
<tr>
<td>23. I am afraid to go to sleep at night.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>most of the time</td>
</tr>
<tr>
<td>24. I have trouble concentrating on tasks.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>never</td>
<td>sometimes</td>
<td></td>
<td></td>
<td>very frequently</td>
</tr>
</tbody>
</table>
25. I have had trouble keeping a job since the earthquake.
   1 never  2 sometimes  3 very frequently

26. I have been verbally and/or physically abusive to my family, even though I care deeply for them.
   1 never  2 sometimes  3 very frequently

27. Being in certain situations makes me feel as I did during the earthquake.
   1 never  2 sometimes  3 very frequently

28. It seems as if I have no feeling.
   1 never  2 sometimes  3 very frequently

29. Before the earthquake I had many close personal friends.
   1 not at all true  2 somewhat true  3 very true

30. I am an easy-going, even-tempered person.
   1 not at all  2 somewhat  3 very much so

31. If someone pushes me too far, I am likely to become violent.
   1 very unlikely  2 somewhat unlikely  3 very likely

32. Unexpected noises make me jump.
   1 never  2 sometimes  3 very frequently

33. I do not laugh or cry at the same things others do.
   1 not at all true  2 sometimes true  3 true most of the time

34. I feel like I cannot go on.
   1 never  2 sometimes  3 most of the time

35. Lately, I have felt like killing myself.
   1 never  2 sometimes  3 very frequently

36. I felt prepared for the October earthquake.
   1 not at all  2 somewhat  3 very well

37. I honestly did not know what to do when the earthquake hit.
   1 strongly disagree  2 neutral  3 strongly agree
38. I feel my academic record has suffered as a result of the quake.
   1 not at all true  2 slightly true  3 somewhat true  4 very true  5 extremely true

39. I was afraid for my life when the big earthquake hit.
   1 not at all true  2 slightly true  3 somewhat true  4 very true  5 extremely true

40. I am tired of hearing or reading about the earthquake.
   1 not at all true  2 slightly true  3 somewhat true  4 very true  5 extremely true

41. I fear that the really "big" earthquake is still on its way.
   1 strongly disagree  2 neutral  3 somewhat true  4 very true  5 strongly agree

42. I found the aftershocks disturbing.
   1 not at all true  2 slightly true  3 somewhat true  4 very true  5 extremely true

43. I don not feel safe in my current residence.
   1 not at all true  2 slightly true  3 somewhat true  4 very true  5 extremely true

44. I am willing to participate in future research on student reactions to the quake.
   1 strongly disagree  2 neutral  3 somewhat true  4 very true  5 strongly agree
CIRCLE THE MOST APPROPRIATE RESPONSE FOR EACH ITEM.

2. I have a good appetite. True False
3. I wake up fresh and rested most mornings. True False
8. My daily life is full of things that keep me interested. True False
15. Once in a while I think of things too bad to talk about. True False
16. I am sure I get a raw deal from life. True False
22. At times I have fits of laughing and crying that I cannot control. True False
24. No one seems to understand me. True False
31. I have nightmares every few nights. True False
32. I find it hard to keep my mind on a task or job. True False
33. I have had very peculiar and strange experiences. True False
39. At times I feel like smashing things. True False
40. Most any time I would rather sit and daydream than to do anything else. True False
43. My sleep is fitful and disturbed. True False
57. I am a good mixer. True False
61. I have not lived the right kind of life. True False
67. I wish I could be as happy as others seem to be. True False
72. I am troubled by discomfort in the pit of my stomach every few days or oftener. True False
76. Most of the time I feel blue. True False
88. I usually feel that life is worth while. True False
<p>| | | | | | | | | |</p>
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</thead>
<tbody>
<tr>
<td>94</td>
<td>I do many things which I regret afterwards (I regret things more or more often than others seem to).</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>97</td>
<td>At times I have a strong urge to do something harmful or shocking.</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>104</td>
<td>I don't seem to care what happens to me.</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>106</td>
<td>Much of the time I feel as if I have done something wrong or evil.</td>
<td>True</td>
<td>False</td>
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</tr>
<tr>
<td>107</td>
<td>I am happy most of the time.</td>
<td>True</td>
<td>False</td>
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</tr>
<tr>
<td>114</td>
<td>Often I feel as if there were a tight band about my head.</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>137</td>
<td>I believe that my home life is as pleasant as that of most people I know.</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>139</td>
<td>Sometimes I feel as if I must injure either myself or someone else.</td>
<td>True</td>
<td>False</td>
<td></td>
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</tr>
<tr>
<td>147</td>
<td>I have often lost out on things because I couldn't make up my mind soon enough.</td>
<td>True</td>
<td>False</td>
<td></td>
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<tr>
<td>152</td>
<td>Most nights I go to sleep without thoughts or ideas bothering me.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>156</td>
<td>I have had periods in which I carried on activities without knowing later what I had been doing.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>182</td>
<td>I am afraid of losing my mind.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>217</td>
<td>I frequently find myself worrying about something.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>241</td>
<td>I dream frequently about things that are best kept to myself.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>286</td>
<td>I am never happier than when alone.</td>
<td>True</td>
<td>False</td>
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</tr>
<tr>
<td>303</td>
<td>I am so touchy on some subjects that I can't talk about them.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>314</td>
<td>Once in a while I think of things too bad to talk about.</td>
<td>True</td>
<td>False</td>
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</tr>
<tr>
<td>323</td>
<td>I have had very peculiar and strange experiences.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>326</td>
<td>At times I have fits of laughing and crying that I cannot control.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>336</td>
<td>I easily become impatient with people.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>338</td>
<td>I have certainly had more than my share of things to worry about.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>339</td>
<td>Most of the time I wish I were dead.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>349</td>
<td>I have strange and peculiar thoughts.</td>
<td>True</td>
<td>False</td>
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<tr>
<td>Statement</td>
<td>True</td>
<td>False</td>
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<td>350. I hear strange things when I am alone.</td>
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<tr>
<td>358. Bad words, often terrible words, come into my mind and I cannot get rid of them.</td>
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<td>359. Sometimes some unimportant thought will run through my mind bother me for days.</td>
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<tr>
<td>366. Even when I am with people I feel lonely much of the time.</td>
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<tr>
<td>372. I tend to be interested in several different hobbies rather than to stick to one of them for a long time.</td>
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<tr>
<td>376. Policemen are usually honest.</td>
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<tr>
<td>388. I am afraid to be alone in the dark.</td>
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</tbody>
</table>
Name: ____________________________
Subject Number: ________
Date: ______/____/____

**CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL ABOUT EACH STATEMENT**

1. Daydreams are very real and frightening.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

2. I have nightmares of experiences during the earthquake that really happened.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

3. I am frightened by my urges.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

4. I am nervous in a crowd.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

5. I wonder why I am still alive when others are dead.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

6. I wonder why I was not killed by the earthquake.
   - 1 = never
   - 2 = sometimes
   - 3 = very frequently

7. I cannot get emotionally close to anyone.
   - 1 = not at all true
   - 2 = sometimes
   - 3 = always

8. I feel best when I am alone.
   - 1 = never
   - 2 = sometimes
   - 3 = always

9. I have a hard time expressing my feelings even to the people I care about.
   - 1 = not at all true
   - 2 = sometimes
   - 3 = most of the time

10. I have cried for no good reason.
    - 1 = never
    - 2 = sometimes
    - 3 = very frequently

11. I feel there are certain things that I did during the earthquake that I can never tell anyone about because no one would ever understand.
    - 1 = never
    - 2 = sometimes
    - 3 = very frequently
12. I find it difficult to drop off to sleep.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

13. I would rather sleep during the day than at night.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

14. I no longer enjoy doing things I used to enjoy.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

15. I feel guilty about some of the things I did during the earthquake.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

16. I lose my cool and explode over minor everyday things

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

17. The people who know me best are afraid of me.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

18. My memory is as good as it ever was.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

19. When I think of some of the things I did during the earthquake, I wish I were dead.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

20. My dreams at night are so real that I awaken in a cold sweat and force myself to stay awake.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

21. I fall asleep, stay asleep and awaken only when the alarm goes off.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

22. No one, not even my family, understands how I feel.

<table>
<thead>
<tr>
<th>not at all true</th>
<th>somewhat true</th>
<th>completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

23. I am afraid to go to sleep at night.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

24. I have trouble concentrating on tasks.

<table>
<thead>
<tr>
<th>never</th>
<th>sometimes</th>
<th>very frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
25. I have had trouble keeping a job since the earthquake.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

26. I have been verbally and/or physically abusive to my family, even though I care deeply for them.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

27. Being in certain situations makes me feel as I did during the earthquake.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

28. It seems as if I have no feeling.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

29. Before the earthquake I had many close personal friends.
   
   |   | 2 | 3 | 4 | 5 |
   |   | not at all true | somewhat true | very true |

30. I am an easy-going, even-tempered person.
   
   |   | 2 | 3 | 4 | 5 |
   |   | not at all | somewhat | very much so |

31. If someone pushes me too far, I am likely to become violent.
   
   |   | 2 | 3 | 4 | 5 |
   |   | very unlikely | somewhat unlikely | very likely |

32. Unexpected noises make me jump.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

33. I do not laugh or cry at the same things others do.
   
   |   | 2 | 3 | 4 | 5 |
   |   | not at all true | sometimes true | true most of the time |

34. I feel like I cannot go on.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | most of the time |

35. Lately, I have felt like killing myself.
   
   |   | 2 | 3 | 4 | 5 |
   |   | never | sometimes | very frequently |

36. I felt prepared for the October earthquake.
   
   |   | 2 | 3 | 4 | 5 |
   |   | not at all | somewhat | very well |

37. I honestly did not know what to do when the earthquake hit.
   
   |   | 2 | 3 | 4 | 5 |
   |   | strongly disagree | neutral | strongly agree |
38. I feel my academic record has suffered as a result of the quake.
   1  2  3  4  5
not at all true slightly true somewhat true very true extremely true

39. I was afraid for my life when the big earthquake hit.
   1  2  3  4  5
not at all true slightly true somewhat true very true extremely true

40. I am tired of hearing or reading about the earthquake.
   1  2  3  4  5
not at all true slightly true somewhat true very true extremely true

41. I fear that the really "big" earthquake is still on its way.
   1  2  3  4  5
strongly disagree neutral strongly agree

42. I found the aftershocks disturbing.
   1  2  3  4  5
not at all true slightly true somewhat true very true extremely true

43. I don't feel safe in my current residence.
   1  2  3  4  5
not at all true slightly true somewhat true very true extremely true

44. I am willing to participate in future research on student reactions to the quake.
   1  2  3  4  5
strongly disagree neutral strongly agree
This is a questionnaire. On the questionnaire are groups of statements. Please read the entire group of statements in each category. Then pick out the one statement in that group which best describes the way you feel - RIGHT NOW. Circle the number next to the most appropriate response for each item.

BE SURE TO READ ALL THE STATEMENTS IN EACH GROUP BEFORE MAKING YOUR CHOICE!

1. 3 - I am so sad or unhappy that I can't stand it.
    2 - I am blue or sad all the time and I can't snap out of it.
    1 - I feel sad or blue.
    0 - I do not feel sad.

2. 3 - I feel that the future is hopeless and that things cannot improve.
    2 - I feel I have nothing to look forward to.
    1 - I feel discouraged about the future.
    0 - I am not particularly pessimistic or discouraged about the future.

3. 3 - I feel I am a complete failure as a person.
    2 - As I look back on my life, all I can see is a lot of failure.
    1 - I feel I have failed more than the average person.
    0 - I do not feel like a failure.

4. 3 - I am dissatisfied with everything.
    2 - I don't get satisfaction out of anything anymore.
    1 - I don't enjoy things the way I used to.
    0 - I am not particularly dissatisfied.

5. 3 - I feel as though I am very bad or worthless.
    2 - I feel quite guilty.
    1 - I feel bad or unworthy a good part of the time.
    0 - I don't feel particularly guilty.

6. 3 - I hate myself.
    2 - I am disgusted with myself.
    1 - I am disappointed in myself.
    0 - I don't feel disappointed in myself.
7. 3 - I would kill myself if I had the chance.
2 - I have definite plans about committing suicide.
1 - I feel I would be better off dead.
0 - I don't have any thoughts of harming myself.

8. 3 - I have lost all of my interest in other people and don't care about them at all.
2 - I have lost most of my interest in other people and have little feeling for them.
1 - I am less interested in other people than I used to be.
0 - I have not lost interest in other people.

9. 3 - I can't make any decisions at all anymore.
2 - I have great difficulty in making decisions.
1 - I try to put off making decisions.
0 - I make decisions about as well as ever.

10. 3 - I feel that I am ugly or repulsive-looking.
2 - I feel that there are permanent changes in my appearance and they make me look unattractive.
1 - I am worried that I am looking old or unattractive.
0 - I don't feel that I look any worse that I used to.

11. 3 - I can't do any work at all.
2 - I have to push myself very hard to do anything.
1 - It takes extra effort to get started at doing something.
0 - I can work about as well as before.

12. 3 - I get too tired to do anything.
2 - I get tired from doing anything.
1 - I get tired more easily than I used to.
0 - I don't get any more tired that usual.

13. 3 - I have no appetite at all anymore.
2 - My appetite is much worse now.
1 - My appetite is not as good as it used to be.
0 - My appetite is no worse that usual.
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CHECKLIST OF EARTHQUAKE STRESSORS

Please check all that apply.

____ HAVING TO MOVE
____ UNDER OR UNEMPLOYED
____ OVEREMPLOYED
____ ADDITIONAL STRESS BECAUSE OF PROFESSIONAL HELPING ROLE
____ DOMESTIC PROBLEMS
____ PARENTING PROBLEMS
____ RELATIONSHIP DIFFICULTIES
____ PEOPLE IN YOUR LIFE THAT DID NOT EXPRESS CONCERN OR SUPPORT
____ COMMUTING DIFFICULTIES
____ LIFESTYLE TRANSITIONS
____ INABILITY TO GET PRESCRIPTIONS FILLED BECAUSE OF LOW SUPPLIES AT PHARMACY
____ SCHOOL PERFORMANCE DIFFICULTIES
____ OTHER: (Please Describe)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
PROMPT QUESTIONS FOR INTERVIEW

I'd like you to take a moment to go back in time and picture where you were October 17, the afternoon of the big quake. It is about 5:05pm.

(PAUSE)

Can you tell me what happened?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Where were you?

Who were you with?

What were some of the thoughts and feelings you experienced during the 15-40 seconds of shaking?
What did you see, hear, etc.?

What did you do after the rumbling stopped?

What was the most difficult or emotional part of the experience after the quake?
Have you had any problems with aftershocks? YES NO

How about two months ago (after Easter) on April 18, 1990 when we had three aftershocks in the morning.
II. PRE EARTHQUAKE HISTORY

FIRST, I'D LIKE TO ASK YOU SOME QUESTIONS ABOUT YOUR CHILDHOOD AND GROWING UP.

1. WHAT WAS YOUR LIVING SITUATION LIKE WHILE YOU WERE GROWING UP? (clinical note)

2. WHOM DID YOU LIVE WITH? (code 1=biological parents, 2=mother, 3=father, 4=other)

3. WHO ELSE WAS IN YOUR IMMEDIATE FAMILY

4. DESCRIBE YOUR RELATIONSHIP WITH THE FOLLOWING
   (1=very poor/distant, 2=poor/somewhat distant, 3=average/somewhat close, 4=good/close, 5=very good/very close)
   A. YOUR MOTHER
   B. YOUR FATHER
   C. SIBLING(S) (rate every sibling)

<table>
<thead>
<tr>
<th>Names</th>
<th>Rate</th>
<th>Names</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td></td>
<td>c.</td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td></td>
<td>d.</td>
<td></td>
</tr>
</tbody>
</table>

   D. OTHER PRIMARY CARETAKER (if applicable)

5. HOW WOULD YOU DESCRIBE DISCIPLINE IN YOUR FAMILY
   (who handled disciplining, how)
   (1=none, 2=mild/never physical, 3=moderate/rarely physical, 4=strong/often physical, 5=harsh/physical abuse)

6. HOW WERE STRONG FEELINGS HANDLED IN YOUR FAMILY?
   WERE FEELINGS TALKED ABOUT? (1=never, 2=rarely, 3=sometime, 4=frequently, 5=very frequently)

7. HOW WAS YOUR HEALTH AS A CHILD? (note any illnesses surgery, head injuries, loss of consciousness)
   (code 1=very bad, 2= somewhat bad, 3=average, 4=good, 5=very good): ask for additional information regarding a response of 1 or 2.
8. DID YOU EVER REPEAT A GRADE? (0=NO, 1=YES)  
   If yes, WHY?  

9. HOW MUCH SCHOOLING DO YOU HAVE ALL TOGETHER? (#yrs)  

10. HOW DID YOU DO IN SCHOOL? 1=very poorly (F),  
     2=poorly (D), 3=average (C), 4=good (B), 5=very good (A)  
     A. academically (code 1-5)  
     B. conduct (code 1-5)  

   WERE YOU EVER SUSPENDED? YES NO  
   WERE YOU EVER EXPELLED? YES NO  
   WERE YOU IN FIGHTS FREQUENTLY? YES NO  

C. extracurricular activities (code 1-5)  

11. DID ANYONE EVER TELL YOU THAT YOU HAD A LEARNING  
     PROBLEM OR DISABILITY? (0=no, 1=yes)  
     (if yes, obtain any details available)  

12. WHILE GROWING UP, HOW DID YOU GET ALONG WITH OTHERS?  
     (family, friends, neighbors) (1=very poorly, 2=poorly,  
     3=average, 4=well, 5=very well)  

13. DID YOU HAVE A LOT OF FRIENDSHIPS? (0=no, 1=yes)  

14. WHEN DID YOU BEGIN DATING? (age)  

15. HAVE YOU EVER BEEN ARRESTED?  
     If yes, WHY?  
     A. WERE YOU EVER CONVICTED?  
        (0=no, 1=misdemeanor, 2=felony)  
     B. HAVE YOU EVER BEEN INCARCERATED (i.e., been in  
        jail or prison) in your life?  
        (0=no, 1=less than 2 weeks, 3=more than 2 wks)  
        If "More than 2 weeks"  
        FOR HOW MANY MONTHS OVERALL  
        (Record total # up to "98."  

16. SINCE THE EARTHQUAKE HAVE YOU EVER HAD ANY PROBLEMS  
     WITH ALCOHOL ABUSE/DEPENDENCY? (0=no, 1=yes)  
     (if yes, ask 25)  

17. DO YOU THINK THAT YOU HAVE A current PROBLEM WITH  
     ALCOHOL OR ABUSE/DEPENDENCY? (0=no, 1=yes)
<table>
<thead>
<tr>
<th>Question</th>
<th>Lifetime</th>
<th>Past 6 Mos</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. Have you felt you ought to cut down on your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Have people annoyed you by criticizing your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Have you felt bad or guilty about your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. Have you felt bad or guilty about your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. Have you had a drink first thing in the morning to steady your nerves or get rid of a hangover (eyeopener)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. Have you ever been treated for alcohol problems? (if yes, ask 32 &amp; 33)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. Have you ever been hospitalized specifically for treatment of alcohol abuse or dependency?</td>
<td></td>
<td>(0=no, 1=yes)</td>
</tr>
<tr>
<td>25. Have you ever received outpatient treatment, including Alcoholics Anonymous, for alcohol abuse or dependency?</td>
<td></td>
<td>(0=no, 1=yes)</td>
</tr>
<tr>
<td>26. Do you think you have a current problem with drug abuse/dependency?</td>
<td></td>
<td>(0=no, 1=yes)</td>
</tr>
<tr>
<td>27. Have you used any illegal or nonprescribed drugs on your own? By &quot;on your own&quot; I mean to get high or to get to sleep without a prescription or more than was prescribed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. Did you find you needed larger amounts of these drugs to get an effect - or that you could no longer get high or get to sleep on the amount you used to use? (If &quot;no&quot; skip next question)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. Did you have any emotional or psychological problems from using drugs - such as feeling crazy or paranoid or uninterested in things?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
30. HAVE YOU EVER BEEN TREATED FOR PROBLEMS WITH DRUGS?  

31. HAVE YOU EVER BEEN HOSPITALIZED SPECIFICALLY FOR TREATMENT OF DRUG ABUSE OR DEPENDENCY?

32. HAVE YOU EVER RECEIVED OUTPATIENT TREATMENT, INCLUDING NARCOTICS ANONYMOUS, FOR DRUG ABUSE OR DEPENDENCY?

33. BEFORE OR AFTER THE EARTHQUAKE, HAVE YOU HAD ANY PARTICULARLY STRESSFUL EXPERIENCES OR HAVE ANY SIGNIFICANT LOSSES?

34. HOW DID THIS AFFECT YOU (1=not at all, 2=slightly, 3=moderately, 4=considerably, 5=extremely)
   A. DEATH OF PARENT
   B. DEATH OF SIBLING OR CLOSE FRIEND
   C. PERSONAL INJURY/ILLNESS (surgery?)
   D. PHYSICAL OR SEXUAL ABUSE
   E. ACCIDENTS/NATURAL DISASTERS
   F. OTHER (specify)
   G. TOTAL (sum of DMS ratings)

35. HOW WOULD YOU DESCRIBE THE QUALITY OF YOUR LIFE CURRENTLY? (1=very poor, 2=poor, 3=average, 4=good, 5=very good)

36. IS THIS BETTER OR WORSE THAN IN THE PAST? (1=worse, 2=no different, 3=better)
37. WITH WHOM HAVE YOU USUALLY LIVED DURING THE PAST THREE YEARS? DO YOU USUALLY LIVE BY YOURSELF OR WITH OTHERS? (record most representative living arrangements)

1. WITH SPOUSE/LIVE-IN PARTNER AND CHILDREN
2. WITH SPOUSE/LIVE IN PARTNER ALONE
3. WITH PARENTS
4. WITH FAMILY
5. WITH FRIENDS
6. ALONE
7. OTHER

38. WITH WHOM DO YOU SPEND MOST FOR YOUR FREE TIME? (outside of the hospital) (1=family, 2=significant other, 3=friends, 4=alone)

39. ARE YOU SATISFIED SPENDING YOUR FREE TIME THIS WAY? (0=no, 1=indifferent, 2=yes)

40. ARE YOU CURRENTLY EMPLOYED? (0=no, 1=part time, 2=full time)

41. WHAT KIND OF WORK DO YOU DO? (clinical note)

42. WHAT WOULD YOU SAY IS YOUR USUAL OCCUPATION? WHAT JOB HAVE YOU HELD THE LONGEST? (record occupation below. If no usual occupation, record job held longest. Leave coding space blank, unless veteran has not worked at all; then code "0"

Occupation: ______________________________________

43. HOW MANY EMPLOYERS HAVE YOU HAD SINCE THE EARTHQUAKE?

44. HOW MANY TIMES HAVE YOU QUIT AN EMPLOYER OR BEEN FIRED SINCE THE EARTHQUAKE?

45. DURING THE PAST THREE YEARS, WHAT HAS BEEN YOUR USUAL EMPLOYMENT PATTERN?

1. full time (regular; 35 hrs/wk) 5. service
2. regular part time (<35 hrs/wk) 6. retired/disability
3. irregular part time (day job) 7. unemployed
4. student 8. controlled env’t (e.g., hosp, prison)
46. HOW MUCH MONEY DID YOU RECEIVE IN THE PAST 30 DAYS:

A. from employment (take home pay) $_______

B. from all other sources (disability, pensions, loans, gifts, gambling winnings spouse's income, etc) $_______

NOW I WOULD LIKE TO ASK YOU ABOUT SOME SPECIFIC SYMPTOMS YOU MAY BE EXPERIENCING

***** INSERT CAPS HERE *****

47. OVERALL, DO YOU THINK THAT YOU HAVE PROBLEMS WITH EARTHQUAKE STRESS AT THE PRESENT TIME (0=no, 1=yes) ___

If the subject experienced one or more of the above ways that the earthquake may be affecting his/her life, ask 56-58

48. IN WHAT MONTH AND YEAR DID YOU FIRST BECOME CONSCIOUSLY AWARE THAT THE STRESS OF THE EARTHQUAKE WAS AFFECTING YOU IN THIS/THESE WAYS? (month & year)

49. LOOKING BACK NOW, IN WHAT MONTH AND YEAR WOULD YOU SAY THAT YOU FIRST HAD ANY OF THESE REACTIONS, EVEN IF YOU WEREN'T CONSCIOUSLY AWARE OF HAVING THEM AT THE TIME? (month & year)

50. FROM THE TIME YOU FIRST HAD ANY OF THESE REACTIONS WHAT IS THE LONGEST CONTINUOUS PERIOD OF TIME THAT YOU HAVE GONE WITHOUT HAVING IT/Them?

1. a day or 2 at most 4. 1 - 3 months
2. 1 week 5. 4 - 6 months
3. between 2 weeks and 1 month
PSYCHIATRIC TREATMENT HISTORY

NOW, I'D LIKE TO ASK YOU A FEW QUESTIONS ABOUT ANY TREATMENT YOU MAY HAVE RECEIVED OVER THE YEARS.

51. SINCE THE EARTHQUAKE IN OCTOBER, HAVE YOU RECEIVED ANY COUNSELING OR PSYCHIATRIC TREATMENT? (if yes, obtain enough detail to complete items 60 to 63)

52. SINCE THE EARTHQUAKE, HAVE YOU RECEIVED ANY COUNSELING OR PSYCHIATRIC TREATMENT? (0=no, 1=yes)

53. WAS THIS COUNSELING OR TREATMENT RECEIVED AS AN
   1. INPATIENT  2. OUTPATIENT  3. BOTH

54. HAVE YOU EVER BEEN HOSPITALIZED FOR TREATMENT OF A PSYCHIATRIC OR EMOTIONAL PROBLEM (include earthquake stress, exclude alcohol or drug use)

55. HAVE YOU EVER RECEIVED PROFESSIONAL TREATMENT AS AN OUTPATIENT FOR ANY EMOTIONAL PROBLEM (include earthquake stress, exclude alcohol or drug use)

56. DO YOU THINK YOU HAVE ANY SERIOUS EMOTIONAL PROBLEMS AT THE PRESENT TIME THAT ARE NOT RELATED TO THE QUAKE (exclude alcohol or drug use) code "don't know or "not sure" as a 0

57. DURING THE PAST 30 DAYS, HAVE YOU BEEN TAKING A PRESCRIBED MEDICATION FOR A PSYCHOLOGICAL EMOTIONAL PROBLEM (0=no, 1=yes)

58. WHAT PRESCRIBED MEDICATIONS HAVE YOU BEEN TAKING FOR ANY PSYCHOLOGICAL PROBLEMS AND HOW HAVE THEY BEEN AFFECTING YOU?

  For Taking:  0 = no,  1 = yes
  For Effect:  0 = made me feel worse
               1 = made no difference
               2 = made me feel better
               9 = not applicable (if not taking)

<table>
<thead>
<tr>
<th>Taking</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Anxiolytic (buspar, ativan, librium valium, xanax, etc.)</td>
<td>____</td>
</tr>
<tr>
<td>B. Lithium</td>
<td>____</td>
</tr>
<tr>
<td>Medication Type</td>
<td>Taking</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>C. Antidepressants (elavil, tofranil, nardil, asendin, desyrel, parnate, amitriptyline)</td>
<td>______</td>
</tr>
<tr>
<td>D. Antabuse</td>
<td>______</td>
</tr>
<tr>
<td>E. Methadone</td>
<td>______</td>
</tr>
<tr>
<td>F. Oral antipsychotic (thorazine, mellaril navane, stelazine, loxitane, etc)</td>
<td>______</td>
</tr>
<tr>
<td>G. IM antipsychotic (prolixin, haldol)</td>
<td>______</td>
</tr>
<tr>
<td>H. Adrenergic blocker (clonidine, propranolol)</td>
<td>______</td>
</tr>
<tr>
<td>I. Anticholinergic (cogentin, amantadine, artane)</td>
<td>______</td>
</tr>
<tr>
<td>J. Anti-kindling meds (tegretol, clonazepam)</td>
<td>______</td>
</tr>
<tr>
<td>K. Sleeping Meds (dalmane, nembutal, phenobarbital)</td>
<td>______</td>
</tr>
<tr>
<td>L. Others (specify)</td>
<td>______</td>
</tr>
</tbody>
</table>

59. HAVE YOU EXPERIENCED ANY OF THE FOLLOWING PROBLEMS IN THE PAST 30 DAYS? OR IN YOUR LIFE? (items A - D, code only if symptom lasted 2 weeks or more)

<table>
<thead>
<tr>
<th>Problem Description</th>
<th>Past Month</th>
<th>Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. EXPERIENCED SERIOUS DEPRESSION</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>B. EXPERIENCED SERIOUS ANXIETY</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>C. EXPERIENCED TROUBLE UNDERSTANDING, CONCENTRATING, OR REMEMBERING</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>D. EXPERIENCED INSOMNIA, OR LOSS OR APPETITE OR LOSS OF INTEREST IN SEX</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>(items e - h, code if experienced at all)</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>E. EXPERIENCED HALLUCINATIONS (i.e., seen or heard things that really weren’t there) (Exclude instances due to &quot;flashbacks or to alcohol or drug use)</td>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>
**PAST MONTH** | **LIFETIME**
---|---
F. EXPERIENCED TROUBLE CONTROLLING VIOLENT BEHAVIOR (e.g., hitting someone) | ____ | ____
G. EXPERIENCED SERIOUS THOUGHT OF SUICIDE | ____ | ____
H. ATTEMPTED SUICIDE | ____ | ____

If H is YES ask for lifetime (including past 30 days):

a. How many times is all (up to 8 times) | ____

b. How many times were you hospitalized on a non-psychiatric unit for the physical complications of this (these) attempt(s) | ____

**Ask question 68 only if symptoms are identified in 67. If no symptoms, code "00"

60. HOW MANY DAYS IN THE PAST 30 HAVE YOU EXPERIENCED ANY OF THESE PSYCHOLOGICAL OR EMOTIONAL PROBLEMS? (record # days symptoms experienced. If none code "0")

____ days
Purpose: The CAPS-1 was developed to measure cardinal and hypothesized signs and symptoms of PTSD. This clinician-administered instrument provides a method to evaluate the frequency and intensity of individual symptoms, as well as the impact of the symptoms on social and occupational functioning, the overall intensity of the symptoms, and the validity of the ratings obtained. Whenever possible, the CAPS-1 should be used in conjunction with self-report, behavioral, and physiological measures when assessing either baseline or post-treatment status.

Instructions: The time frame for each symptom is one month. Using the prompt questions or comparable alternatives and appropriate follow-up questions, first assess the frequency, over the previous month, of the identified symptom. Next, using the same method, evaluate the intensity of symptom occurrence. The descriptors for the anchor points of both the frequency and intensity dimensions can be read to the patient in arriving at the most accurate rating. A frequency rating of one (1) or greater and a intensity rating of two (2) or greater reflect significant problems with a particular symptom, and should be considered a symptom endorsement. This symptom then can be counted toward the required total for a given criterion (i.e., one symptom for B, three for C, two for D). It is important to note that criteria C, D, and E require that the symptoms not be present before the trauma. The clinician should clarify with the patient that the onset of any of the symptoms for criteria C, D, or E occurred after the trauma. If the veracity or accuracy of the patient's report is in doubt, the clinician should circle QV ("Questionable Validity") to the right of the corresponding item.

If the patient meets the PTSD diagnostic criteria for the past month, he or she automatically meets the criteria for a lifetime diagnosis. If not, use the "Lifetime Symptom Query" to establish a high-symptom one month period since the trauma for which to reassess the frequency and intensity of each symptom.

D. Blake, F. Weathers, L. Nagy, D. Kaloupek, G. Klauminzer, D. Charney & T. Keane
National Center for Posttraumatic Stress Disorder
Behavioral Science Division - Boston Neurosciences Division - West Haven
September, 1990
A. **Traumatic event**

B. **The traumatic event is persistently reexperienced:**

(1) recurrent and intrusive distressing recollections of the event

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever experienced unwanted memories of the event(s) without being exposed to something that reminded you of the event? Did these memories occur while you were awake, or only in dreams? [Exclude if memories only occurred during dreams] How often in the past month?</td>
<td>At their worst, how much distress or discomfort did these memories cause you? Did these memories cause you to stop what you were doing? Are you able to dismiss the memories if you try?</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 None</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, minimal distress</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, distress clearly present but still manageable, some disruption of activities</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, considerable distress, marked disruption of activities and difficulty dismissing memories</td>
</tr>
<tr>
<td>4 Daily or almost every day</td>
<td>4 Extreme, incapacitating distress, unable to continue activities and cannot dismiss memories</td>
</tr>
</tbody>
</table>

(2) intense psychological distress at exposure to events that symbolize or resemble an aspect of the traumatic event, including anniversaries of the trauma

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever gotten upset when you were exposed to things that reminded you of the event(s)? [For example, particular males for rape victims, tree lines or wooded areas for combat veterans] How often in the past month?</td>
<td>At its worst, how much distress or discomfort did exposure to these reminders cause you?</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 None</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, minimal distress</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, distress clearly present but still manageable</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, considerable distress</td>
</tr>
<tr>
<td>4 Daily or almost every day</td>
<td>4 Extreme, incapacitating distress</td>
</tr>
</tbody>
</table>
(3) sudden acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative [flashback] episodes, even those that occur upon awakening or when intoxicated)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever suddenly acted or felt as if the event(s) were happening again? How often in the past month?</td>
<td>At its worst, how much did it seem that the event(s) was happening again? How long did it last? What did you do while this was happening?</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 Not at all</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, slightly more realistic than just thinking about the event</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, definite but transient dissociative quality; still very aware of surroundings; daydreaming quality</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, strongly dissociative (reports images, sounds, smells), but retained some awareness of surroundings</td>
</tr>
<tr>
<td>4 Daily or almost every day</td>
<td>4 Extreme, complete dissociation (flashback), no awareness of surroundings, possible amnesia for the episode (blackout)</td>
</tr>
</tbody>
</table>

(4) recurrent distressing dreams of the event

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever had unpleasant dreams about the event(s)? How often in the past month?</td>
<td>At their worst, how much distress or discomfort did these dreams cause you? Did these dreams wake you up? [If yes, ask:] What were you feeling or doing when you awoke? How long does it usually take to get back to sleep? [Listen for report of panic symptoms, yelling, posturing]</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 None</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, minimal distress, did not awaken</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, awoke in distress but readily returned to sleep</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, considerable distress, difficulty returning to sleep</td>
</tr>
<tr>
<td>4 Nightly or almost every night</td>
<td>4 Extreme, overwhelming or incapacitating distress, could not return to sleep</td>
</tr>
</tbody>
</table>

# Current Symptoms from Criterion B =

# Lifetime Symptoms from Criterion B =
C. **Persistent avoidance of stimuli associated with the trauma or numbing of general responsiveness** (not present before the trauma)

(5) efforts to avoid thoughts or feelings associated with the trauma

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever tried to avoid thinking about the event(s)? Have you ever tried to avoid feelings related to the event(s) (e.g., rage, sadness, guilt)? How often in the past month?</td>
<td>How much effort did you make to avoid thoughts or feelings related to the event(s)? [rate all attempts at cognitive avoidance, including distraction, suppression, and reducing awareness with alcohol or drugs]</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 No effort</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, minimal effort</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, some effort, avoidance definitely present</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, considerable effort, marked avoidance</td>
</tr>
<tr>
<td>4 Daily or almost every day</td>
<td>4 Extreme, drastic attempts at avoidance</td>
</tr>
</tbody>
</table>

(6) efforts to avoid activities or situations that arouse recollections of the trauma

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever tried to stay away from activities or situations that reminded you of the event(s)? How often in the past month?</td>
<td>How much effort did you make to avoid activities or situations related to the event(s)? [rate all attempts at behavioral avoidance, e.g., combat veteran who avoids veteran activities, war movies, etc.]</td>
</tr>
<tr>
<td>0 Never</td>
<td>0 No effort</td>
</tr>
<tr>
<td>1 Once or twice</td>
<td>1 Mild, minimal effort</td>
</tr>
<tr>
<td>2 Once or twice a week</td>
<td>2 Moderate, some effort, avoidance definitely present</td>
</tr>
<tr>
<td>3 Several times a week</td>
<td>3 Severe, considerable effort, marked avoidance</td>
</tr>
<tr>
<td>4 Daily or almost every day</td>
<td>4 Extreme, drastic attempts at avoidance</td>
</tr>
</tbody>
</table>
(7) inability to recall an important aspect of the trauma (psychogenic amnesia)

**Frequency**

Have you been unable to remember important parts of the event(s) (e.g., names, faces, sequence of events)? How much of the event(s) have you had difficulty remembering in the past month?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None, clear memory of event(s)</td>
</tr>
<tr>
<td>1</td>
<td>Few aspects of event(s) not remembered (less than 10%)</td>
</tr>
<tr>
<td>2</td>
<td>Some aspects of the event(s) not remembered (approx 20-30%)</td>
</tr>
<tr>
<td>3</td>
<td>Many aspects of the event(s) not remembered (approx 50-60%)</td>
</tr>
<tr>
<td>4</td>
<td>Most of event(s) not remembered (more than 80%)</td>
</tr>
</tbody>
</table>

**Intensity**

How much difficulty did you have recalling important parts of the event(s)?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No difficulty at recalling event(s)</td>
</tr>
<tr>
<td>1</td>
<td>Mild, minimal difficulty recalling event(s)</td>
</tr>
<tr>
<td>2</td>
<td>Moderate, some difficulty, could recall event(s) with concentration</td>
</tr>
<tr>
<td>3</td>
<td>Severe, considerable difficulty recalling the event(s)</td>
</tr>
<tr>
<td>4</td>
<td>Extreme, nearly complete inability to recall the event(s)</td>
</tr>
</tbody>
</table>

**Description/Examples:**

(8) markedly diminished interest in significant activities

**Frequency**

Have you been less interested in important activities that once gave you pleasure, such as sports, hobbies, or social activities? As compared to before the event(s), how many activities in the past month have you had less interest in?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No loss of interest</td>
</tr>
<tr>
<td>1</td>
<td>Few activities (less than 10%)</td>
</tr>
<tr>
<td>2</td>
<td>Several activities (approx 20-30%)</td>
</tr>
<tr>
<td>3</td>
<td>Many activities (approx 50-60%)</td>
</tr>
<tr>
<td>4</td>
<td>Most activities (more than 80%)</td>
</tr>
</tbody>
</table>

**Intensity**

At its worst, how strong was your loss of interest in these activities?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No loss of interest</td>
</tr>
<tr>
<td>1</td>
<td>Mild, only slight loss of interest, probably would enjoy after starting activities</td>
</tr>
<tr>
<td>2</td>
<td>Moderate, definite loss of interest, but still has some enjoyment of activities</td>
</tr>
<tr>
<td>3</td>
<td>Severe, marked loss of interest in activities</td>
</tr>
<tr>
<td>4</td>
<td>Extreme, complete loss of interest, intentionally does not engage in activities</td>
</tr>
</tbody>
</table>
(9) feelings of detachment or estrangement from others

Frequency

Have you felt distant or cut off from those around you? Is this different from how you felt before the event(s)? How much of the time have you felt this way in the past month?

0 None of the time
1 Very little of the time (less than 10%)
2 Some of the time (approx 20-30%)
3 Much of the time (approx 50-60%)
4 Most or all of the time (more than 80%)

Description/Examples:

Intensity

At their worst, how strong were your feelings of being distant or cut off from others? Who do you feel closest to?

0 No feelings of detachment or estrangement
1 Mild, occasionally feels "out of sync" with others
2 Moderate, feelings of detachment clearly present, but still feels some interpersonal connection or belonging with others
3 Severe, marked feelings of detachment or estrangement from most people; may confide in only one person
4 Extreme, feels completely detached or estranged from others; not close with anyone

(10) restricted range of affect, e.g., unable to have loving feelings

Frequency

Have you had periods where you felt emotionally numb, or had trouble experiencing feelings such as love or happiness? Is this different from how you felt before the event(s)? How much of the time have you felt this way in the past month?

0 None of the time
1 Very little of the time (less than 10%)
2 Some of the time (approx 20-30%)
3 Much of the time (approx 50-60%)
4 Most or all of the time (more than 80%)

Description/Examples:

Intensity

At their worst, how strong were your feelings of emotional numbness? [In rating this item include observations of range of affect displayed in interview]

0 No emotional numbing
1 Mild, slight emotional numbing
2 Moderate, emotional numbing clearly present, but still able to experience emotions
3 Severe, marked emotional numbing in at least two primary emotions (e.g., love, happiness)
4 Extreme, feels completely unemotional
(11) sense of a foreshortened future, e.g., does not expect to have a career, marriage, children, or a long life

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Have you had times when you felt that there is no need to plan for the future, that somehow your future will be cut short? [If yes, rule out realistic risks such as life-threatening medical conditions] Is this different from how you felt before the event(s)? How much of the time in the past month have you felt this way?</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None of the time</td>
</tr>
<tr>
<td>1</td>
<td>Very little of the time (less than 10%)</td>
</tr>
<tr>
<td>2</td>
<td>Some of the time (approx 20-30%)</td>
</tr>
<tr>
<td>3</td>
<td>Much of the time (approx 50-60%)</td>
</tr>
<tr>
<td>4</td>
<td>Most or all of the time (more than 80%)</td>
</tr>
</tbody>
</table>

Description/Examples:

<table>
<thead>
<tr>
<th>Intensity</th>
<th>At its worst, how strong was this feeling that your future will be cut short? How long do you think you will live? How convinced were you that you will die prematurely?</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No sense of a foreshortened future</td>
</tr>
<tr>
<td>1</td>
<td>Mild, slight sense of a foreshortened future</td>
</tr>
<tr>
<td>2</td>
<td>Moderate, sense of a foreshortened future definitely present, but no specific prediction about longevity</td>
</tr>
<tr>
<td>3</td>
<td>Severe, marked sense of a foreshortened future; may make specific prediction about longevity</td>
</tr>
<tr>
<td>4</td>
<td>Extreme, overwhelming sense of a foreshortened future; completely convinced of premature death</td>
</tr>
</tbody>
</table>

| # Current Symptoms from Criterion C = | __________ |
| # Lifetime Symptoms from Criterion C = | __________ |
D. **Persistent symptoms of increased arousal (not present before the trauma)**

(12) **difficulty falling or staying asleep**

**Frequency**

Have you ever had any problems falling or staying asleep? Is this different from the way you were sleeping before the event(s)? How often in the past month?

- 0 Never
- 1 Once or twice
- 2 Once or twice a week
- 3 Several times a week
- 4 Nightly or almost every night

**Intensity**

[Ask probe items and rate overall sleep disturbance] How long did it take you to fall asleep? How many times did you wake up in the night? How many hours total did you sleep each night?

- 0 No sleep problems
- 1 Mild, takes slightly longer to fall asleep, or minimal difficulty staying asleep (up to 30 minutes loss of sleep)
- 2 Moderate, definite sleep disturbance, with clearly longer latency to sleep or clear difficulty staying asleep (30 to 90 minutes loss of sleep)
- 3 Severe, much longer latency to sleep or marked difficulty staying asleep (90 minutes to 3 hours loss of sleep)
- 4 Extreme, very long latency to sleep or profound difficulty staying asleep (greater than 3 hours loss of sleep)

**Sleep Onset Problems? Y N**

**Mid Sleep Awakening? Y N**

**Early AM Awakening? Y N**

**Total #hrs Sleep/Night**

**Desired #hrs per Night**

(13) **irritability or outbursts of anger**

**Frequency**

Have there ever been times when you felt unusually irritable, or expressed feelings of anger and acted aggressively? Is this different from how you felt and/or acted before the event(s)? How often in the past month?

- 0 Never
- 1 Once or twice
- 2 Once or twice a week
- 3 Several times a week
- 4 Daily or almost every day

**Description/Examples:**

**Intensity**

How angry were you? In what ways did you express/show anger?

- 0 No irritability or anger
- 1 Mild, minimal irritability, raises voice when angry
- 2 Moderate, irritability clearly present, easily becomes argumentative when angry, but can recover quickly
- 3 Severe, marked irritability, becomes verbally or physically aggressive when angry
- 4 Extreme, pervasive anger, episodes of physical violence
(14) difficulty concentrating

**Frequency**

Have you found it difficult to concentrate on what you were doing or on things going on around you? Has your concentration changed since the event(s)? How much of the time have you had concentration difficulties in the past month?

0 None of the time  
1 Very little of the time (less than 10%)  
2 Some of the time (approx 20-30%)  
3 Much of the time (approx 50-60%)  
4 Most or all of the time (more than 80%)

**Description/Examples:**

(15) hypervigilance

**Frequency**

Have you been especially alert or watchful, even when there was no obvious need to be? Is this different from how you felt and acted before the event(s)? How much of the time in the past month?

0 None of the time  
1 Very little of the time (less than 10%)  
2 Some of the time (approx 20-30%)  
3 Much of the time (approx 50-60%)  
4 Most or all of the time (more than 80%)

**Description/Examples:**

**Intensity**

**Frequency**

How difficult was it for you to concentrate? [In rating this item include observations of concentration and attention in the interview]

0 No difficulty with concentration  
1 Mild, only slight effort needed to concentrate  
2 Moderate, definite loss of concentration, but could concentrate with effort  
3 Severe, marked loss of concentration, even with effort  
4 Extreme, complete inability to concentrate

**Intensity**

How much effort did you make to try to be aware of everything around you? [In rating this item include observations of hypervigilance during the interview]

0 No hypervigilance  
1 Mild, minimal hypervigilance, slight heightening of awareness  
2 Moderate, hypervigilance clearly present, watchful in public (e.g., chooses safe place to sit in a restaurant or movie theater)  
3 Severe, marked hypervigilance, very alert, scans environment for danger, exaggerated concern for safety of self (and home and family)  
4 Extreme, excessive hypervigilance, efforts to ensure safety consume significant time and energy, and may involve extensive safety-checking behaviors, marked guarded behavior during interview
(16) exaggerated startle response

**Frequency**

Have you ever experienced strong startle reactions to loud, unexpected noises (e.g., car backfires, fireworks, doorslams, etc.) or things that you saw (e.g., movement in the corner of your eye)? Is this different from how you were before the event(s)? How often has this happened in the past month?

0  Never
1  Once or twice
2  Once or twice a week
3  Several times a week
4  Daily or almost every day

**Intensity**

At their worst, how strong were these startle reactions?

0  No startle reaction
1  Mild, minimal reaction
2  Moderate, definite startle response, feels "jumpy"
3  Severe, marked startle response, sustained arousal following initial reaction
4  Extreme, excessive startle response, overt coping behavior (e.g., combat veteran who 'hits the dirt')

**Description/Examples:**

(17) physiologic reactivity upon exposure to events that symbolize or resemble an aspect of the traumatic event

**Frequency**

Have you ever experienced any physical reactions when you were faced with situations that reminded you of the event(s)? [Listen for report of symptoms such as heart racing, tremulousness, sweating, or muscle tension, but do not suggest symptoms to patient] How often in the past month?

0  Never
1  Once or twice
2  Once or twice a week
3  Several times a week
4  Daily or almost every day

**Intensity**

At their worst, how strong were these physical reactions?

0  No physical reaction
1  Mild, minimal reaction
2  Moderate, physical reaction clearly present, reports some discomfort
3  Severe, marked physical reaction, reports strong discomfort
4  Extreme, dramatic physical reaction, sustained arousal

**Description/Examples:**

# Current Symptoms from Criterion D = 

# Lifetime Symptoms from Criterion D = 

---
CAPS Global Ratings

(18) Impact on Social Functioning: Have the symptoms you have endorsed negatively affected your social life? Rate the overall impact that the PTSD symptoms have had on the patient's social functioning, taking into consideration impressions of the patient's behavior as well as his/her report provided at other times during the interview.

0 = No adverse impact on social functioning
1 = Slight/mild impact on social functioning, some impairment
2 = Moderate impact on social functioning
3 = Severe impact on social functioning
4 = Extreme impact on social functioning

(19) Impact on Occupational Functioning: Are you presently able to maintain gainful employment? Have the symptoms you endorsed negatively affected your work or ability to work? Rate the overall impact that the PTSD symptoms have had on the patient's ability to obtain and maintain employment. Take into consideration the patient's reported work history, including the number and duration of jobs, as well as the quality of work relationships. Also consider work functioning problems due to reasons other than PTSD symptoms.

0 = No adverse impact on occupational functioning
1 = Slight/mild impact on occupational functioning, some impairment
2 = Moderate impact on occupational functioning, significant impairment, intermittent employment
3 = Severe impact on occupational functioning, chronically unemployed
4 = Extreme impact on occupational functioning, not employed since event

(20) Global Improvement: Rate total overall improvement present since the initial rating. If no earlier rating, ask how the symptoms endorsed have changed over the past 6 months. Rate the degree of change, whether or not, in your judgment, it is due to treatment.

0 = Asymptomatic
1 = Very much improvement
2 = Moderate improvement
3 = Slight improvement
4 = No improvement or not sufficient information
(21) **Rating Validity**: Total number of QV's circled on interview form: ____.

Estimate the overall validity of the ratings obtained. Factors that may affect validity include the patient's cooperativeness and his/her attempts to appear more or less symptomatic than is actually the case. Furthermore, the type and intensity of PTSD symptoms present may interfere with the patient's concentration, attention, or ability to communicate in a coherent fashion.

0 = Excellent, no reason to suspect invalid responses
1 = Good, factor(s) present that may adversely affect validity
2 = Fair, factor(s) present that definitely reduce validity
3 = Poor, very low validity
4 = Invalid responses, suspect deliberate "faking bad" or "faking good"

(22) **Global Severity**: Interviewer's judgment of the overall intensity of the patient's PTSD symptoms. Consider the degree of distress reported by the patient, the symptoms observed, and the functional impairment reported. Your judgment is required with respect to the emphasis placed on particular information as well as the accuracy of patient reporting. This judgment should be based on information obtained during this interview only.

0 = Asymptomatic
1 = Slight/mild symptoms, little functional impairment
2 = Moderate symptoms, but functions satisfactorily with effort
3 = Severe symptoms, limited functioning even with effort
4 = Extreme symptoms, pervasive impairment

---

**Current Symptoms**

<table>
<thead>
<tr>
<th>Cx A met?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____</td>
<td></td>
<td></td>
</tr>
<tr>
<td># current symptoms for Criterion B - Cx B met (≥ 1)?</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>_____</td>
<td></td>
<td></td>
</tr>
<tr>
<td># current symptoms for Criterion C - Cx C met (≥ 3)?</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>_____</td>
<td></td>
<td></td>
</tr>
<tr>
<td># current symptoms for Criterion D - Cx D met (≥ 2)?</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>PTSD (Criteria A-D met)?</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>

[If PTSD Criteria are met, skip next section and go on to "Associated or hypothesized features" (p. 12). If Criteria are not met, assess for Lifetime Diagnostic Status.]
**Lifetime Symptom Query**

Has there been any time period since the trauma in which you were significantly more troubled than in the past month by the symptoms that I’ve just you asked about?  

NO  YES

Did this period or these periods last for at least one month?  

NO  YES

Approximately when did this/these period(s) begin and end?  

____ to ____  

____ to ____  

(For multiple time periods):

During which of these time periods were you most troubled by or experienced the greatest number of symptoms?  

____ to ____

[For period indicated above, inquire about each symptom by reviewing items 1-17. Change frequency questions to start with “During the month you identified as the worst time, how often did (symptom) occur?”]

**Lifetime Symptoms**

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Met?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>No</td>
</tr>
<tr>
<td>B</td>
<td>No</td>
</tr>
<tr>
<td>C</td>
<td>No</td>
</tr>
<tr>
<td>D</td>
<td>No</td>
</tr>
</tbody>
</table>

PTSD (Criteria A-D met)?  

No Yes
E. Associated or hypothesized features

(23) guilt over acts of commission or omission

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since the event(s), have you felt guilty about behavior you engaged in or about your failure to act in a specific way during the event(s)? How much of the time in the past month?</td>
<td></td>
</tr>
<tr>
<td>0 None of the time</td>
<td></td>
</tr>
<tr>
<td>1 Very little of the time (less than 10%)</td>
<td></td>
</tr>
<tr>
<td>2 Some of the time (approx 20-30%)</td>
<td></td>
</tr>
<tr>
<td>3 Much of the time (approx 50-60%)</td>
<td></td>
</tr>
<tr>
<td>4 Most or all of the time (more than 80%)</td>
<td></td>
</tr>
<tr>
<td>At their worst, how strong were these feelings of guilt?</td>
<td></td>
</tr>
<tr>
<td>0 No guilt</td>
<td></td>
</tr>
<tr>
<td>1 Mild, minimal guilt</td>
<td></td>
</tr>
<tr>
<td>2 Moderate, guilt clearly present but still manageable</td>
<td></td>
</tr>
<tr>
<td>3 Severe, considerable guilt, marked discomfort not readily managed</td>
<td></td>
</tr>
<tr>
<td>4 Extreme, excessive guilt, feels tormented by self-condemnation</td>
<td></td>
</tr>
</tbody>
</table>

Description/Examples:

(24) survivor guilt

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since the event(s), have you felt guilty about surviving the event(s) when others (around you) did not? How much of the time in the past month?</td>
<td></td>
</tr>
<tr>
<td>0 None of the time</td>
<td></td>
</tr>
<tr>
<td>1 Very little of the time (less than 10%)</td>
<td></td>
</tr>
<tr>
<td>2 Some of the time (approx 20-30%)</td>
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<td></td>
</tr>
<tr>
<td>4 Extreme, excessive guilt, feels tormented by self-condemnation</td>
<td></td>
</tr>
</tbody>
</table>

Description/Examples:
(25) Homicidality

**Frequency**

Have there ever been times when you felt like seriously harming or even killing someone? Is this different from how you were before the event(s)? How often in the past month?

0 Never
1 Once or twice
2 Once or twice a week
3 Several times a week
4 Daily or almost every day

**Description/Examples:**

**Intensity**

At their worst, how strong were these feelings of wanting to harm or kill someone?

0 No homicidal ideation
1 Mild, only slight homicidal ideation
2 Moderate, definite homicidal ideation, but no actual homicidal intent
3 Severe, strong homicidal ideation, has seriously considered homicide, but has not formulated definite plan
4 Extreme, very strong homicidal feelings, has formulated plan or acted with homicidal intent

(26) Disillusionment with previously esteemed authority and authority figures

**Frequency**

Since the event(s), have you had thoughts that you were let down, misled, or betrayed by authority figures during or after the event(s)? How much of the time in the past month?

0 None of the time
1 Very little of the time (less than 10%)
2 Some of the time (approx 20-30%)
3 Much of the time (approx 50-60%)
4 Most or all of the time (more than 80%)

**Description/Examples:**

**Intensity**

At their worst, how strong were these feelings of being let down by authority?

0 No disillusionment
1 Mild, minimal disillusionment
2 Moderate, definite disillusionment, but still able to effectively interact with those in authority
3 Severe, considerable disillusionment, difficulty interacting with those in authority
4 Extreme, complete disillusionment, unable to interact with those in authority
(27) feelings of hopelessness

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 None of the time</td>
<td>0 No hopelessness</td>
</tr>
<tr>
<td>1 Very little of the time (less than 10%)</td>
<td>1 Mild, slight loss of hope</td>
</tr>
<tr>
<td>2 Some of the time (approx 20-30%)</td>
<td>2 Moderate, definite loss of hope, but still able to function effectively</td>
</tr>
<tr>
<td>3 Much of the time (approx 50-60%)</td>
<td>3 Severe, considerable loss of hope, feels like &quot;giving up&quot;</td>
</tr>
<tr>
<td>4 Most or all of the time (more than 80%)</td>
<td>4 Extreme, complete loss of hope, sees any attempt to improve as futile</td>
</tr>
</tbody>
</table>

Description/Examples:

At their worst, how strong were these feelings of hopelessness? [Consider patient's plans for treatment, goals for occupational and social endeavors.]

(28) memory impairment, forgetfulness

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 None of the time</td>
<td>0 No difficulty</td>
</tr>
<tr>
<td>1 Very little of the time (less than 10%)</td>
<td>1 Mild, slight memory impairment, minor forgetfulness</td>
</tr>
<tr>
<td>2 Some of the time (approx 20-30%)</td>
<td>2 Moderate, definite memory impairment, but still able to remember most things well</td>
</tr>
<tr>
<td>3 Much of the time (approx 50-60%)</td>
<td>3 Severe, considerable memory impairment, forgets many things easily</td>
</tr>
<tr>
<td>4 Most or all of the time (more than 80%)</td>
<td>4 Extreme, profound memory impairment, forgets even important events or appointments</td>
</tr>
</tbody>
</table>

Description/Examples:

How much difficulty did/do you have remembering things from the recent past? [In rating this item include observations of short-term memory deficits interview]
(29) sadness and depression

**Frequency**

Have there ever been times when you felt sad, blue, or down in the dumps? Is this different from how you were before the event(s)? How much of the time in the past month?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None of the time</td>
</tr>
<tr>
<td>1</td>
<td>Very little of the time (less than 10%)</td>
</tr>
<tr>
<td>2</td>
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</tr>
<tr>
<td>3</td>
<td>Much of the time (approx 50-60%)</td>
</tr>
<tr>
<td>4</td>
<td>Most or all of the time (more than 80%)</td>
</tr>
</tbody>
</table>

**Intensity**

At their worst, how strong were these feelings of sadness or depression?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No sadness or depression</td>
</tr>
<tr>
<td>1</td>
<td>Mild, minimal sadness or depression</td>
</tr>
<tr>
<td>2</td>
<td>Moderate, definite sadness or depression, but still manageable</td>
</tr>
<tr>
<td>3</td>
<td>Severe, considerable depression, reports feeling stuck in sad or depressed mood</td>
</tr>
<tr>
<td>4</td>
<td>Extreme, overwhelming or incapacitating depression</td>
</tr>
</tbody>
</table>

Description/Examples:

(30) feelings of being overwhelmed

**Frequency**

Have there ever been times when you felt overwhelmed or unable to handle the pressure on you? Is this different from how you were before the event(s)? How much of the time in the past month?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None of the time</td>
</tr>
<tr>
<td>1</td>
<td>Very little of the time (less than 10%)</td>
</tr>
<tr>
<td>2</td>
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<tr>
<td>3</td>
<td>Much of the time (approx 50-60%)</td>
</tr>
<tr>
<td>4</td>
<td>Most or all of the time (more than 80%)</td>
</tr>
</tbody>
</table>

**Intensity**

At their worst, how strong were these feelings of being overwhelmed?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No feelings of being unable to handle pressure</td>
</tr>
<tr>
<td>1</td>
<td>Mild, slight feelings of being unable to handle pressure</td>
</tr>
<tr>
<td>2</td>
<td>Moderate, definite feelings of being unable to handle pressure, but still able to function</td>
</tr>
<tr>
<td>3</td>
<td>Severe, strong feelings of being unable to handle pressure</td>
</tr>
<tr>
<td>4</td>
<td>Extreme, immobilizing feelings of being unable to handle pressure, feels completely overwhelmed</td>
</tr>
</tbody>
</table>

Description/Examples:

END OF CAPS-1 INTERVIEW.

CODE SUMMARY SHEET.
CAPS-1 SUMMARY SHEET

Patient: ____________  Pt#: ___  Clinician: ____________  Date: ________

PTSD Symptoms

A. Traumatic event: _______________________________________________________

B. The traumatic event is persistently reexperienced:
   (1) recurrent and intrusive recollections
   (2) distress when exposed to events
   (3) acting or feeling as if event recurring
   (4) recurrent distressing dreams of event

   **NUMBER OF CURRENT SYMPTOMS FOR CRITERION B (NEED 1):** __________
   **NUMBER OF LIFETIME SYMPTOMS FOR CRITERION B (NEED 1):** __________

C. Persistent avoidance of stimuli/numbing of responsiveness
   (5) efforts to avoid thoughts or feelings
   (6) efforts to avoid activities or situations
   (7) inability to recall trauma aspects
   (8) markedly diminished interest in activities
   (9) Feelings of detachment or estrangement
   (10) restricted range of affect
   (11) sense of a foreshortened future

   **NUMBER OF CURRENT SYMPTOMS FOR CRITERION C (NEED 3):** __________
   **NUMBER OF LIFETIME SYMPTOMS FOR CRITERION C (NEED 3):** __________

D. Persistent symptoms of increased arousal
   (12) difficulty falling or staying asleep
   (13) irritability or outbursts of anger
   (14) difficulty concentrating
   (15) hypervigilance
   (16) exaggerated startle response
   (17) physiologic reactivity

   **NUMBER OF CURRENT SYMPTOMS FOR CRITERION D (NEED 2):** __________
   **NUMBER OF LIFETIME SYMPTOMS FOR CRITERION D (NEED 2):** __________

PTSD Cx Met (Circle):  **Current:** YES NO  **Lifetime:** YES NO
CAPS Interviewer Ratings

<table>
<thead>
<tr>
<th>Impact/Feature</th>
<th>Current</th>
<th>Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>(18) Impact on social functioning</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(19) Impact on occupational functioning</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(20) Rating validity</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(21) Global improvement</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(22) Global severity</td>
<td>——</td>
<td>——</td>
</tr>
</tbody>
</table>

Hypothesized or Associated Features

<table>
<thead>
<tr>
<th>Feature</th>
<th>Current Sxs</th>
<th>Lifetime Sxs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Freq</td>
<td>Ints</td>
</tr>
<tr>
<td>(23) Guilt over acts of commission or omission</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(24) Survivor guilt</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(25) Homicidality</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(26) Disillusionment with authority</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(27) Feelings of hopelessness</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(28) Memory impairment, forgetfulness</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(29) Sadness and depression</td>
<td>——</td>
<td>——</td>
</tr>
<tr>
<td>(30) Feelings of being overwhelmed</td>
<td>——</td>
<td>——</td>
</tr>
</tbody>
</table>

NUMBER OF ASSOCIATED OR HYPOTHESIZED SYMPTOMS - CURRENT: ___
NUMBER OF ASSOCIATED OR HYPOTHESIZED SYMPTOMS - LIFETIME: ___