

Impact of Events Scale - Revised (IES-R)

Reviewed by (Altawil,2020)

Below is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you **DURING THE PAST SEVEN DAYS** *with respect to your problem/Accident*, how much were you distressed or bothered by these difficulties? This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a health professional.

Not at all=(0) A little bit=(1) Moderately=(2) High=(3) Extremely=(4)

No	Statement	Scores				
1	Any reminder brought back feelings about incident/accident.	0	1	2	3	4
2	I had trouble staying asleep.	0	1	2	3	4
3	Other things kept making me think about it.	0	1	2	3	4
4	I felt irritable and angry.	0	1	2	3	4
5	I felt upset and annoyed when I thought about it or was reminded of it.	0	1	2	3	4
6	I thought about it when I didn't mean to.	0	1	2	3	4
7	I felt as if it hadn't happened or wasn't real.	0	1	2	3	4
8	I stayed away from reminders about it.	0	1	2	3	4
9	Pictures about it popped into my mind.	0	1	2	3	4
10	I was jumpy and easily astonished.	0	1	2	3	4
11	I tried not to think about the accident/accident.	0	1	2	3	4
12	I was aware that I still had a lot of feelings about it, but I didn't deal with them.	0	1	2	3	4
13	My feelings about it were kind of numb.	0	1	2	3	4
14	I found myself acting or feeling like I was back at that time.	0	1	2	3	4
15	I had trouble falling asleep.	0	1	2	3	4
16	I had waves of strong feelings about it.	0	1	2	3	4
17	I tried to remove it from my memory but without success.	0	1	2	3	4
18	I had trouble concentrating.	0	1	2	3	4
19	Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.	0	1	2	3	4
20	I had dreams about it.	0	1	2	3	4
21	I felt vigilant and on guard.	0	1	2	3	4
22	I tried not to talk about it.	0	1	2	3	4

Total score = / 88 scores		
Subscales	Normal Score	Notes
a) Avoidance [8 items] = ((5, 7, 8, 11, 12, 13, 17, 22))		
(b) Intrusion [8 items] = ((1, 2, 3, 6, 9, 14, 16 , 20))		
(c) Hyperarousal [6 items] = ((4, 10, 15, 18, 19 , 21))		
Total IES-R Score		

Introduction to the IES-R

The IES-R was developed in 1997 by Daniel Weiss and Charles Marmar to reflect the **DSM-IV** criteria for post-traumatic stress disorder (PTSD). The original Impact of Events Scale (IES) predated the adoption of PTSD as a 'legitimate' diagnosis in the DSM-III of 1980 and measured two of the four DSM-IV criteria for PTSD; specifically 're-experiencing / intrusion' and 'avoidance / numbing'. The IES-R was designed to also assess hyperarousal, another of the DSM criteria for PTSD.

The main strengths of this revised measure are that it is short, quick and easy to administer and score and may be used repeatedly to assess progress. It is intended to be used as a screening tool, not a diagnostic test.

Scoring the IES-R






*** A total IES-R score of 33 or over from a theoretical maximum of 88 signifies the likely presence of PTSD.**

On this test, scores that exceed 24 can be quite meaningful. High scores have the following associations. Score (IES-r) Consequence 24 or more PTSD is a clinical concern.[1]

Those with scores this high who do not have full PTSD will have partial PTSD or at least some of the symptoms. 33 and above This represents the best cut off for a probable diagnosis of PTSD.[2]

37 or more This is high enough to suppress your immune system's functioning (even 10 years after an impact event).[3] The IES-R is very helpful in measuring the affect of routine life stress, everyday traumas and acute stress.

Evaluation of PTSD:

Normal Scores from 0-11	Mild PTSD Scores from 12-23	Moderate PTSD Scores from 24-32	High PTSD Scores from 33-36	Severe PTSD Scores from 37-88
				

References:

- [1] Asukai, N. Kato, H. et al. (2002). Reliability and validity of the Japanese-language version of the Impact of event scale-revised (IES-R-J). Journal of Nervous and Mental Disease. 190 (3): 175- 182.
- [2] Creamer, M. Bell, R. & Falilla, S. (2002). Psychometric properties of the Impact of Event Scale Revised. Behaviour Research and Therapy. 41: 1489-1496.
- [3] Kawamura, N. Yoshiharu, K. & Nozomu, A. (2001) Suppression of Cellular Immunity in Men with a Past History of Post Traumatic Stress Disorder. American Journal of Psychiatry. 158: 484- 486
- [4] Horowitz, M.J., Wilner, M. & Alvarez, W. (1979). Impact of Events Scale: A measure of subjective stress. Psychosomatic Medicine, 41(3), 209-218.
- [5] Weiss, D.S. (2007). The Impact of Event Scale: Revised. In J.P. Wilson & C.S. Tang (Eds.), Cross-cultural assessment of psychological trauma and PTSD (pp. 219-238). New York: Springer.