

Posttraumatic Adjustment Scale (PAS)

This questionnaire asks you questions that relate to factors that occurred before, during or after the event that caused your injuries. Circle the response that best describes how much you **agree** with the following statements.

Q	Not at all	To a small extent	To a moderate extent	To a large extent	Totally
1 I have needed professional help to deal with emotional problems in the past.	0	1	2	3	4
2 Previously traumatic events have impacted negatively on my life in the past (e.g., assault, sexual abuse, previous combat duty, natural disasters, witnessing traumatic events).	0	1	2	3	4
3 In the past I was able to talk about my thoughts and feelings with my family members or friends	4	3	2	1	0
4 In the past I was satisfied with the support that I had from my friends and family.	4	3	2	1	0
5 At the time of the event, I felt terrified, helpless or horrified.	0	1	2	3	4
6 During the event, I thought I was about to die.	0	1	2	3	4
7 I have felt irritable or angry since the event.	0	1	2	3	4
8 I have found it difficult to concentrate on what I was doing or things going on around me since the event.	0	1	2	3	4
9 I am confident that I can deal with the financial stressors that may arise as a consequence of being injured.	4	3	2	1	0
10 I can accept what happened to me.	4	3	2	1	0

PAS_P score _____

PAS_D score _____

Office use only

Scoring of the Posttraumatic Adjustment Scale.

Add scores below for total scores.

Those who are amnesic to their injury event score 0 for questions 5 and 6.

PAS_P (PTSD)

Q1 ____

Q2 ____

Q3 ____

Q4 ____

Q5 ____

Q6 ____

Q7 ____

Q8 ____

Q9 ____

Q10 ____

Total PAS_P Score ____

* A summary score of 16 or above indicates risk for later PTSD.

PAS_D (Depression)

Q1 ____

Q2 ____

Q4 ____

Q7 ____

Q8 ____

Total PAS_D Score ____

*A summary score of 4 or above indicates risk for later Depression.

O'Donnell, M.L., Creamer, M., Parslow, R., Elliott, P., Holmes, A., Ellen, S., Judson, R., McFarlane, A., Silove, D., and Bryant, R. A. (2008). A predictive screening instrument for posttraumatic stress disorder and depression following traumatic injury. *Journal of Consulting and Clinical Psychology*, 76 (6), 923-932