

Impact of Event Scale-Revised (IES-R)

This scale is used to measure the severity of posttraumatic stress symptoms related to life events. It is often used in research and clinical settings to assess stress reactions in individuals who have experienced traumatic events.

Number of questions	22 questions
Estimated duration	5 minutes
Language	English
Original name	Impact of Event Scale
Authors	Daniel Weiss, Charles Marmar (1997)
Category	PTSD

Preview of the 22 questions

Over the past 7 days,

Any reminder of the event rekindled my feelings about it

Not at all | A little | Moderately | A lot | Extremely

Over the past 7 days,

I would wake up during the night

Not at all | A little | Moderately | A lot | Extremely

Over the past 7 days,

Various things made me think about it

Not at all | A little | Moderately | A lot | Extremely

Over the past 7 days,

I felt irritable and angry

Not at all | A little | Moderately | A lot | Extremely

Over the past 7 days,

When I thought back on it or someone reminded me of it, I kept myself from getting upset

Not at all | A little | Moderately | A lot | Extremely

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Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Responses are based on a Likert scale from 0 (not at all) to 4 (extremely). Scores are divided into three subscales: Re-experiencing, Avoidance, and Hyperarousal.

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 Laura V. - Online Psychologist