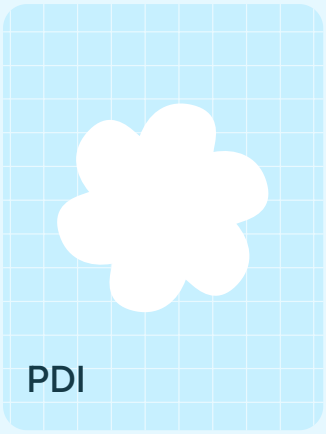


Peritraumatic Distress Inventory (PDI)

The Peritraumatic Distress Inventory is a tool that measures the emotional distress experienced at the time of a traumatic event. It is designed to assess fear, nervousness, and other immediate emotional symptoms associated with a trauma. It can be used to predict the later development of post-traumatic stress-related disorders.

Number of questions	13 questions
Estimated duration	10 minutes
Language	English
Original name	Peritraumatic Distress Inventory
Target audience	Adults
Authors	Brunet, A., Weiss, D.S., Metzler, T.J., & Best, S.R. (2001)
Category	PTSD

Preview of the 13 questions

I felt completely unable to do anything.

Not at all true | A little true | Fairly true | Very true | Extremely true

I felt sadness and sorrow

Not at all true | A little true | Fairly true | Very true | Extremely true

I felt frustrated and angry because I couldn't do anything more.

Not at all true | A little true | Fairly true | Very true | Extremely true

I was afraid for my own safety

Not at all true | A little true | Fairly true | Very true | Extremely true

I felt guilty

Not at all true | A little true | Fairly true | Very true | Extremely true

Administer your questionnaires online

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

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scores are calculated by totaling the responses to the 13 items, each rated on a Likert scale. A higher score indicates greater peritraumatic distress.

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“Reliable, relevant assessments to better understand my patients' psychological state”

 Benjamin G. - Occupational Psychologist