



Acute Trauma Indicator

Work through the 24 statements below and make note of your score for each one of them. Add your scores together at the end.



Read each statement and give yourself the following scores based on your level of agreement. Give yourself 1 point if you strongly disagree. 2 if you disagree, 3 if you neither agree nor disagree. Count 4 points if you agree with the statement and 5 if you strongly agree with it.

- I have heard lots of frightening things about Covid-19
- I feel very confused about the pandemic
- My friends are saying lots of different things about the pandemic
- I don't really know what to believe about the pandemic
- I keep thinking about things I've seen or heard on the news
- I'm not sure which information to trust or believe
- Someone I really care about has died because of Covid-19
- I can't believe someone I know has died
- I don't understand death
- I don't think I should be happy when someone I love has died
- I am angry that Covid-19 has killed someone I care about
- I am scared that other people will die now
- I feel so confused about the Covid-19 pandemic
- I feel a bit like I'm living in a dream
- I have had feelings that I haven't had before
- I think things that I don't really understand
- I keep thinking I might wake up and everything will be back to normal
- I'm finding it difficult to do things I used to enjoy
- I feel sad often
- I think about people hurt by the pandemic a lot of the time
- I wish I could help people suffering because of Covid-19
- I think everyone is sad or angry because of Covid-19
- I don't think the world is a happy place anymore
- I think we will always feel sad when we think about Covid-19



Calculating Scores: count up your scores to measure your acute trauma response. If you have scored 90-120 then you are at risk of Acute Trauma. A score of 60-89 indicates a moderate Acute Trauma risk and below 59 shows a minimal risk of Acute Trauma response.