

APPENDIX 1. Acute Stress Disorder Structured Interview–5

The Acute Stress Disorder Structured Interview–5 provides a structured clinical interview of the symptoms required to make a DSM-5 diagnosis of ASD. It can be administered by clinicians with knowledge of posttraumatic stress responses. To make a diagnosis of ASD according to DSM-5, the person needs to satisfy each of Criteria A–E. Criterion B requires endorsement of at least nine symptoms.

Name: _____ DOB: _____ Sex: M F

Interviewer: _____ Referral Source: _____

Date of trauma: _____ Date of assessment: _____

Description of trauma:

CRITERION A.

NO YES

Have you been exposed to threatened death, or injury by:

- | | | |
|---|---|---|
| 1. Directly experiencing the event | 0 | 1 |
| 2. Witnessing the event occurring to others | 0 | 1 |
| 3. Learning of the event occurring to close friend/family | 0 | 1 |
| 4. Experiencing repeated exposure to details of trauma | 0 | 1 |

If any item in Criterion A is coded 1, Criterion A is met.

Criterion A met: Yes _____ No _____

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CRITERION B.**NO YES**

Have the following symptoms begun or worsened since the trauma:

Intrusive Symptoms

- | | | |
|--|---|---|
| 1. Do you keep having distressing memories of the trauma when you do not mean to? | 0 | 1 |
| 2. Do you keep having distressing dreams about the trauma? | 0 | 1 |
| 3. Do you suddenly feel as though the trauma is happening again? | 0 | 1 |
| 4. Do you feel upset or does your body feel uptight when you are reminded of the trauma? | 0 | 1 |

Negative Mood

- | | | |
|---|---|---|
| 5. Do you have difficulty experiencing positive emotions? | 0 | 1 |
|---|---|---|

Dissociative Symptoms

- | | | |
|--|---|---|
| 6. Do things seem unreal or do you feel distant from your normal self? | 0 | 1 |
| 7. Are you unable to remember an important aspect of trauma not because of head injury or alcohol? | 0 | 1 |

Avoidance Symptoms

- | | | |
|---|---|---|
| 8. Do you try to avoid distressing trauma memories, thoughts, or feelings about the trauma event? | 0 | 1 |
| 9. Do you try to avoid situations, people, or conversations about the trauma? | 0 | 1 |

Arousal Symptoms

- | | | |
|---|---|---|
| 10. Do you have trouble falling asleep or staying asleep? | 0 | 1 |
| 11. Do you behave angrily or have temper outbursts? | 0 | 1 |
| 12. Are you on the lookout for danger? | 0 | 1 |
| 13. Do you have problems with concentration? | 0 | 1 |
| 14. Are you jumpy when something surprises you? | 0 | 1 |

If nine items in Criterion B are coded 1, Criterion B is met.

Criterion B met: Yes _____ No _____

CRITERION C.

Have the symptoms reported above lasted at least 3 days and less than 4 weeks after the trauma?

Criterion C met: Yes _____ No _____

CRITERION D.

	NO	YES
1. Have you felt very upset by the symptoms you have experienced since the trauma?	0	1
2. Have these problems resulting from the trauma kept you from normal socializing or talking with people?	0	1
3. Have the problems that occurred as a result of the trauma kept you from completing your normal work?	0	1
4. Have the problems that occurred as a result of the trauma kept you from doing other things you need to do?	0	1

If any of Criterion D items are coded 1, Criterion D is met.

Criterion D met: Yes _____ No _____

CRITERION E.

1. Are you medicating or using drugs or alcohol? Yes _____ No _____
If yes, specify which _____
2. Have you suffered any medical conditions, including head injuries, that have affected your awareness? Yes _____ No _____

If any Criterion D items are coded 1, consider if the substance use or medical condition may account for the previously described symptoms. If there is no evidence of substance use or medical condition accounting for the previously described symptoms, Criterion D is met.

SUMMARY SCORES

Criterion Met

Criterion A Yes _____ No _____

Criterion B Yes _____ No _____

Criterion C Yes _____ No _____

Criterion D Yes _____ No _____

Criterion E Yes _____ No _____

ASD criteria met Yes _____ No _____

APPENDIX 2. Acute Stress Disorder Scale–5

The Acute Stress Disorder Scale–5 indexes the symptoms of traumatic stress in the acute period after traumatic stress. It can be completed by the trauma survivor him- or herself. If completed within the time frame of 3 days to 1 month, it allows one to make a DSM-5 diagnosis of ASD. To make a diagnosis of ASD according to DSM-5, endorsement of nine symptoms is required. This requires scoring at least 3 on nine or more items on the Acute Stress Disorder Scale. However, if one wishes to use the instrument for clinical purposes and not be constrained by diagnostic restraints, it can be used outside the time frame of 3 days and 1 month.

Name: _____ Date: _____

Briefly describe your recent traumatic experience: _____

Please answer each of these questions about how you have felt since the event. Circle one number next to each question to indicate how you have felt.

	Not at all	Mildly	Medium	Quite a bit	Very much
1. Do you have distressing memories of the trauma when you do not mean to?	1	2	3	4	5
2. Do you have distressing dreams about the trauma?	1	2	3	4	5
3. Do you feel as though the trauma is happening again?	1	2	3	4	5
4. Are you upset or does your body feel uptight when reminded of the trauma?	1	2	3	4	5
5. Do you have difficulty having positive emotions?	1	2	3	4	5
6. Do things seem unreal or do you feel distant from your normal self?	1	2	3	4	5
7. Are you unable to remember an important aspect of trauma not because of head injury or alcohol?	1	2	3	4	5
8. Do you try to avoid thinking about the trauma?	1	2	3	4	5
9. Do you try to avoid situations or conversations that remind you of the trauma?	1	2	3	4	5

10. Do you have trouble falling asleep or staying asleep?	1	2	3	4	5
11. Do you behave angrily or have temper outbursts?	1	2	3	4	5
12. Are you on the lookout for danger?	1	2	3	4	5
13. Do you have problems with concentration?	1	2	3	4	5
14. Are you jumpy when something surprises you?	1	2	3	4	5

APPENDIX 3. Prolonged Exposure Monitoring Form

Each time you complete a prolonged exposure exercise, complete this form. Indicate the times you began and completed the imagining, describe the scene you focused on, rate your SUDS at the beginning and end, and write down any thoughts you noticed.

Name:			Date:		
Start time	Finish time	Describe the scene	SUDS rating on commencing exposure	SUDS rating on completion of exposure	Thoughts during exposure/General comments

Note. SUDS, Subjective Units of Distress Scale.

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APPENDIX 4. Thought Record Form

Each time you notice an unhelpful thought, complete this form. Note the content of the thought, how much you believe it, what emotion it causes and how intense this emotion is. Then weigh the evidence for and against this thought, and then again rate how intense the emotion is.

Name: _____

Thought	Belief in thought: 0, not at all; 100, extremely	Emotion	Emotion intensity: 0, not at all; 100, extremely	Evidence for	Evidence against	Emotion intensity: 0, not at all; 100, extremely

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APPENDIX 5. Trauma Hierarchy Form

Below write down each situation that you find difficult to be in because it causes you fear. Think about the things you avoid. Start from situations that cause you least distress (1) and then list at least 10 situations that increasingly cause you distress.

Name: _____

Situation:	SUDS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

Note. SUDS, Subjective Units of Distress Scale.

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APPENDIX 6. *In Vivo* Exposure Form

Each time you complete an *in vivo* exposure exercise, complete this form. Indicate the situation, times you began and completed the exercise, rate your SUDS at the beginning and end, and write down what you expected to happen and whether it occurred.

Name: _____ Date: _____

Situation: _____

_____ Expected SUDS: _____ /100

Before

Time commenced: _____ Initial SUDS: _____ /100

What do you predict will happen in the situation?

After

Time finished: _____ Final SUDS: _____ /100

Did your predictions come true?

Additional Problems/Comments:

Note. SUDS, Subjective Units of Distress Scale.

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