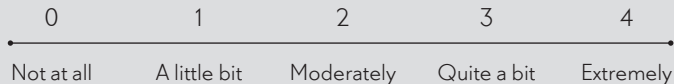


- To rate how much you have been bothered by each of the experiences in the past week, use the following 0-4 scale:

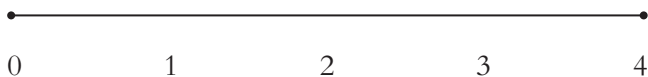


Please answer the following questions by circling the number on each scale which best applies to you:

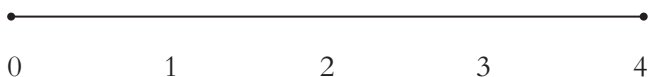
- In the past seven days how much have you been bothered by poor quality sleep, either finding it difficult to fall asleep or staying asleep?



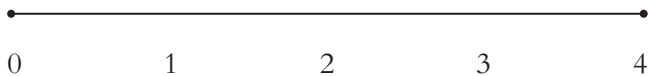
2. In the past seven days how much were you bothered by having flashes of anger or being easily irritated, quick-tempered or argumentative?



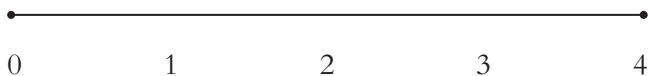
3. In the past seven days how much were you bothered by poor concentration or problems with your memory, such as forgetting things, losing your bearings, having difficulties reading or listening to conversations?



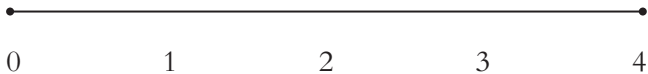
4. In the past seven days how much were you bothered by feeling overly watchful, 'superalert' or experienced a heightened concern for the safety of yourself or others?



5. In the past seven days how much were you bothered by taking too many risks or doing things that could cause you or others harm?



6. In the past seven days how much were you bothered by feeling more on edge, very jumpy or easily startled?



Once you have circled the number that best applies to you on each question add the scores from all the questions (1–6). Record these total scores in your notebook.

TOTAL SCORE FOR AROUSAL REACTIONS
ON..... (date)

Your total score is:.....

If your total score is:

6 or below = they are low

7–12 = they fall into the mid-range

13 or more = they are high