

H/PTSD-S v1.0

Heroin/Post Traumatic Stress Disorder Spectrum

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Surname

Name

Initials Surname and Name, Birth ddmmyy, Provincial Code

Date (ddmmyy)

Name of the rater

For each question, mark the answer that best reflects your behavior with

0=No 1=Yes

Have you ever had an event of loss or experiences that may have particularly troubled you at any time in your life, even in the past?

Since the losses and traumatic events have occurred, has he ever had a period where:

Since you experienced these life events

0=No 1=Yes

1. Have you felt that your life had no purpose without the person or thing you lost?	
2. Have your family or friends told you that it was time to get over it?	
3. Have you spent much time with objects that reminded you of the person, place or thing you lost, such as pictures, scrapbooks, or mementos?	
4. Have you avoided going to the cemetery, going to the place where the person died, or any other place related to death?	
5. Have you ever had a period when you blamed yourself for doing or not doing something that you think might have helped the person(s) you lost?	
6. Do you find it difficult to ask for help?	
7. Do you get very upset when you lose something that you are attached to?	
8. Did this event or loss make you feel extraordinarily bitter or angry?	
9. At the time of the loss or event, did you feel your heart pounding, or were you sweating, trembling, or shaking?	
10. At the time of the loss or event, did you feel dizzy, unsteady, lightheaded, or faint?	
11. At the time of the loss or event, did you feel like the event wasn't real, or as if you were in a dream or were acting like a spectator?	
12. At the time of the loss or event, did you feel your sense of time had changed, so it seemed, for example, as if things were happening in slow motion?	
13. Since the loss or event, have you ever had recurrent bad dreams or nightmares about the loss or event, or awakened terrified?	
14. Since the loss or event, have you ever suddenly experienced bad feelings when you were around certain places, odours, sounds or people?	
15. Since the loss or event, have you ever felt or acted as if the events were happening again?	
16. When thinking about the loss or event, did you ever feel upset or have waves of emotion or a sinking feeling in the pit of your stomach?	
17. When thinking about the loss or event, did you ever feel guilt or shame or blame yourself for what happened?	

Since you experienced these life events

18. Did you ever avoid specific places, people, or social situations that reminded you of the loss or event?	
19. Did you ever avoid activities or things that evoked feelings of loneliness, crying or other distressing emotions related to the loss or event?	
20. Since the loss or event, did you ever feel that you no longer had emotions you used to have, or that your feelings were dulled?	
21. Since the loss or event, did you ever feel that you wouldn't live a long or satisfying life?	
22. Since the loss or event, did you ever feel as if your life was changed forever and things would never be the same?	
23. Since the loss or event, did you ever wish you hadn't survived?	
24. Since the loss or event, did you ever intentionally scratch, cut, burn or hurt yourself?	
25. Since the loss or event, did you ever have trouble concentrating or paying attention, for example, following the story line of a TV program or book or remembering what you had read?	
26. Since the loss or event, did you ever feel like you just couldn't relax or let your guard down?	
27. Since the loss or event, did you ever startle easily at the sound of sudden noises, or when someone touched you, spoke to you, or approached you unexpectedly?	
28. Since the loss or event, did you ever feel more irritable, have outbursts of anger or rage, or lose your temper over minor things?	
29. Are you the type of person or have others told you that you often follow your instinct without really thinking about what you are doing?	
30. Are you the type of person or have others told you that you after the loss or the event that happened to you, your personality has changed?	