Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark No if it didn't happen to you.

1. Serious natural disaster like a flood, tornado, hurricane, earthquake, or fire. □ Yes □ No

2. Serious accident or injury like a car/bike crash, dog bite, or sports injury. □ Yes □ No

3. Threatened, hit or hurt badly within the family. □ Yes □ No

4. Threatened, hit or hurt badly in school or the community. □ Yes □ No

5. Attacked, stabbed, shot at or robbed by threat. □ Yes □ No

6. Seeing someone in the family threatened, hit or hurt badly. □ Yes □ No

7. Seeing someone in school or the community threatened, hit or hurt badly. □ Yes □ No

8. Someone doing sexual things to you or making you do sexual things to them when you couldn't say no. Or when you were forced or pressured. □ Yes □ No

9. On line or in social media, someone asking or pressuring you to do something sexual. Like take or send pictures. □ Yes □ No

10. Someone bullying you in person. Saying very mean things that scare you. □ Yes □ No

11. Someone bullying you online. Saying very mean things that scare you. □ Yes □ No

12. Someone close to you dying suddenly or violently. □ Yes □ No

13. Stressful or scary medical procedure. □ Yes □ No

14. Being around war. □ Yes □ No

15. Other stressful or scary event? □ Yes □ No
   Describe: ____________________________

Turn the page and answer the next questions about all the scary or stressful events that happened to you.
Mark 0, 1, 2 or 3 for how often the following things have bothered you in the last two weeks:

0  Never / 1  Once in a while / 2  Half the time / 3  Almost always

1. Upsetting thoughts or pictures about what happened that pop into your head. 0 1 2 3
2. Bad dreams reminding you of what happened. 0 1 2 3
3. Feeling as if what happened is happening all over again. 0 1 2 3
4. Feeling very upset when you are reminded of what happened. 0 1 2 3
5. Strong feelings in your body when you are reminded of what happened (sweating, heart beating fast, upset stomach). 0 1 2 3
6. Trying not to think about or talk about what happened. Or to not have feelings about it. 0 1 2 3
7. Staying away from people, places, things, or situations that remind you of what happened. 0 1 2 3
8. Not being able to remember part of what happened. 0 1 2 3
9. Negative thoughts about yourself or others. Thoughts like I won’t have a good life, no one can be trusted, the whole world is unsafe. 0 1 2 3
10. Blaming yourself for what happened, or blaming someone else when it isn’t their fault. 0 1 2 3
11. Bad feelings (afraid, angry, guilty, ashamed) a lot of the time. 0 1 2 3
12. Not wanting to do things you used to do. 0 1 2 3
13. Not feeling close to people. 0 1 2 3
14. Not being able to have good or happy feelings. 0 1 2 3
15. Feeling mad. Having fits of anger and taking it out on others. 0 1 2 3
16. Doing unsafe things. 0 1 2 3
17. Being overly careful or on guard (checking to see who is around you). 0 1 2 3
18. Being jumpy. 0 1 2 3
19. Problems paying attention. 0 1 2 3
20. Trouble falling or staying asleep. 0 1 2 3

<table>
<thead>
<tr>
<th>CATS 7-17 Years Score &lt;15</th>
<th>CATS 7-17 Years Score 15-20</th>
<th>CATS 7-17 Years Score 21+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal. Not clinically elevated.</td>
<td>Moderate trauma-related distress.</td>
<td>Probable PTSD.</td>
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</tbody>
</table>

Please mark “YES” or “NO” if the problems you marked interfered with:

1. Getting along with others  ☐ Yes  ☐ No  4. Family relationships  ☐ Yes  ☐ No
2. Hobbies/Fun  ☐ Yes  ☐ No  5. General happiness  ☐ Yes  ☐ No
3. School or work  ☐ Yes  ☐ No