



Scan for more tools

Trauma Impact Quick Screener

Underrated
Superhero

Briefly identify trauma-related symptoms and their effect on daily functioning. Can guide further assessment and care planning.

Instructions: Circle the number that best represents how often you've experienced each in the past month.

Rating Scale:

0 = **Never** | 1 = **Rarely** | 2 = **Sometimes** | 3 = **Often**

Section A – Intrusion	
Symptom	Rating (0-3)
Unwanted memories or flashbacks	
Disturbing dreams related to the event(s)	
Section B – Avoidance	
Symptom	Rating (0-3)
Avoiding thoughts or feelings about the event(s)	
Avoiding people, places, or things that remind you of the event(s)	
Section C – Negative Mood & Cognition	
Symptom	Rating (0-3)
Persistent negative beliefs about self or others	
Feeling detached from others	
Section D – Hyperarousal	
Symptom	Rating (0-3)
Being easily startled or “on edge”	
Trouble sleeping or concentrating	

Scoring Guide:

Not for diagnosis. Higher numbers in a section may indicate areas for targeted support. Use to guide conversation, not to assign labels.

Notes
